



Effectiveness of Mindful Yoga on Psychospiritual Distress in Patients with Advanced Cancer: A Mixed-method Pilot Randomized Controlled Trial

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INTRODUCTION

- Psychospiritual distress is highly prevalent among patients with advanced cancer and has significant negative implications for cancer outcomes.
- This distress remains largely unaddressed in current treatments.
- Mindful yoga, a low-to-moderate intensity exercise that integrates mind, body, and spirit, has gained popularity among general and clinical populations.



METHODS

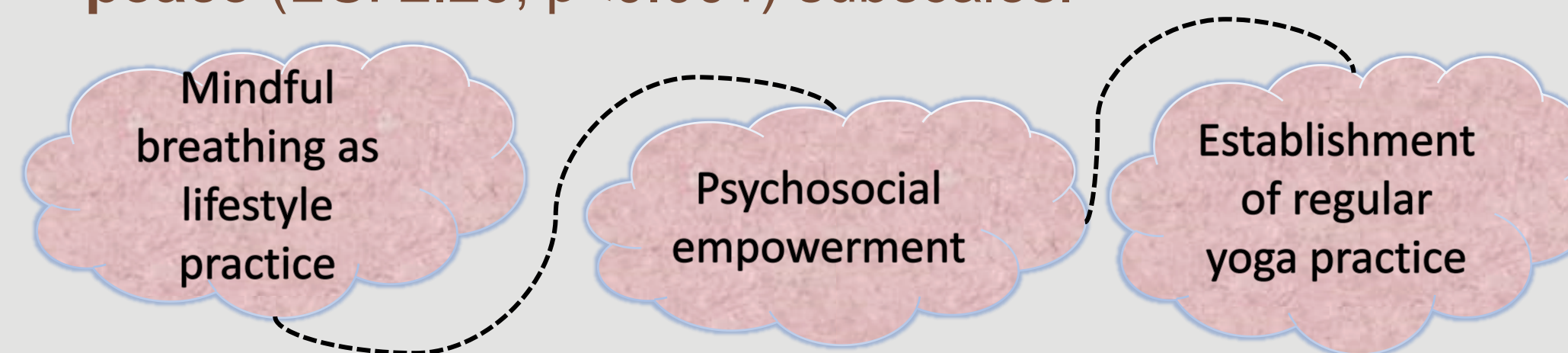
- A mixed-method pilot two-arm randomized controlled trial was conducted in 2023-2024 with 31 participants assigned to either mindful yoga (n=15) or control group (n=16).
- Over a 12-week period, mindful yoga group participated in weekly 120-minute sessions, while control group received exercise guidelines.
- Assessments were conducted at baseline, immediately (T1), and three-month post-intervention (T2) using self-reported questionnaires and semi-structured interviews.

OBJECTIVES

To explore the feasibility, acceptability, and preliminary effects of mindful yoga on psychospiritual distress in patients with advanced cancer, compared to a control group.

RESULTS

- Thirty-one participants, with a mean age of 61 years, were enrolled, primarily diagnosed with breast, colorectal, and lung cancers.
- The mindful yoga program was **feasible and satisfactory** in terms of attendance, adherence, credibility, safety, and treatment fidelity.
- Participants in the mindful yoga group demonstrated a significant reduction in **depression** at T1 (Effect Size [ES]: -3.17, $p < 0.001$) and T2 (ES: -3.72, $p < 0.001$).
- Improvements were observed in **spiritual well-being** (ES: 6.01, $p = 0.02$), **meaning** (ES: 2.28, $p = 0.03$), and **peace** (ES: 2.29, $p < 0.001$) subscales.



CONCLUSIONS

- The 12-week mindful yoga program was feasible, well-received, and demonstrated preliminary effectiveness in reducing psychospiritual distress.
- Given the incurable nature of advanced cancer, mindful yoga appears to be a promising complementary therapeutic option for managing psychospiritual distress in these patients.

