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Yoga for older adults with multimorbidity: Randomised controlled trial with embedded economic and process evaluations

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Introduction

- Interventions to improve outcomes for older adults with multimorbidity have shown limited effectiveness.
- Our study evaluated the effectiveness and cost-effectiveness of offering a 12-week yoga programme in addition to usual care.

Methods

- Randomised controlled trial with embedded economic and process evaluations
- Community-dwelling older adults aged ≥ 65 years with ≥ 2 chronic conditions
- All participants continued with usual care
- Intervention participants were offered a 12-week Gentle Years Yoga[®] programme
- The primary outcome and endpoint was health-related utility (EQ-5D-5L) over 12 months
- Secondary outcomes: HRQOL, depression, anxiety, loneliness, falls, adverse events



Results

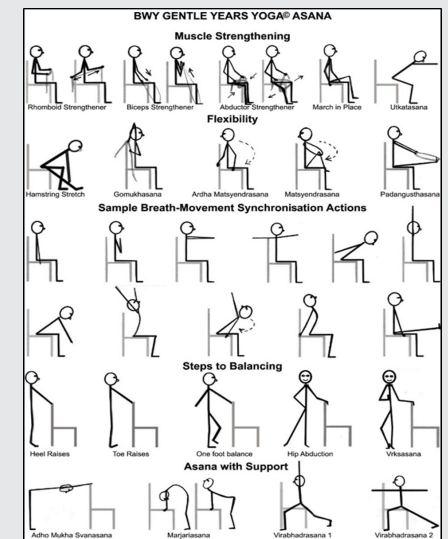
- 454 participants (240 intervention, 214 control): mean age 73.5 years, 60.6% female, median of 3 conditions
- Intervention participants attended a median of 10 out of 12 classes
- Primary analysis (n=422): no statistically or clinically significant difference in EQ-5D-5L utility over 12 months (adjusted mean difference of 0.020 favouring intervention; 95% CI -0.006 to 0.045, p=0.14)
- No statistically significant differences in key secondary outcomes
- No serious, related adverse events
- The incremental cost-effectiveness ratio was £4,546 and the yoga programme had a 79% probability of being cost-effective at a £20,000 per quality-adjusted life-year threshold

Conclusions

- The yoga programme was safe and well-received by older adults with multimorbidity
- The intervention showed no overall benefit in quality of life or other self-reported outcomes but is probably cost-effective

Reference

Tew, G.A., Bissell, L., Corbacho, B. et al. Yoga for older adults with multimorbidity (the Gentle Years Yoga Trial): study protocol for a randomised controlled trial. *Trials* 22, 269 (2021).



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