**The Effects of a Regular Yoga Practice on Psychophysiological Measures**

**in College Students**

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PURPOSE: The purpose of this study was to test the hypothesis that 12 weeks of a regular yoga practice (150 minutes/week) would improve measures of cardiovascular and psychological health in college students. METHODS: Twenty-two college students (211.2 yrs; 21 female) participated in this study. Height, weight, waist/hip circumference, resting blood pressure and heart rate, fasting blood glucose and cholesterol, and psychological health (STAI form Y-1 and Y-2) were assessed prior to the end of the third week of the semester (PRE). Subjects participated in their Yoga I class throughout Fall semester. After the 12th week of class, participants reported to the laboratory for follow up testing (POST). RESULTS: A significant improvement in trait anxiety (Y-2), assessing participants’ disposition to develop anxiety as a part of their personality, was observed after 12 weeks of a regular yoga program (PRE: 392 vs POST: 341.8; p=0.002). There was no change in state anxiety (Y-1), assessing participants’ levels of anxiety “in the moment” (PRE: 341.7 vs POST: 331.9; p=0.96). There was also no change in weight, waist/hip circumference, resting heart rate, resting blood pressure, fasting blood glucose, or cholesterol measurements from PRE to POST testing. CONCLUSION: 12 weeks of regular attendance to a beginner yoga program improved measures of (personality) trait-anxiety in college students.