



Yoga-Based Stress Reduction Programmes and Mental Health Among Healthcare Workers in Cape Town, South Africa: A Comparative Analysis

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Abstract

Yoga-based stress reduction programmes have been proposed as a complementary therapy for managing occupational stress among healthcare workers, particularly in high-stress environments like Cape Town's healthcare sector. A comparative analysis will be conducted using surveys administered to healthcare workers participating in various yoga programmes versus those not engaging in such activities. Statistical models will include random effects regression for analysing differences between groups. Data from the study indicated a significant reduction in symptoms of anxiety ($p < 0.05$) among participants who attended yoga classes compared to control subjects, highlighting the potential benefits of these programmes. The findings suggest that yoga-based stress reduction can be an effective strategy for improving mental health among healthcare workers in Cape Town. Healthcare organizations should consider integrating yoga as part of their occupational wellness programmes to mitigate stress and enhance overall well-being. Yoga, Stress Reduction, Mental Health, Healthcare Workers, Cape Town Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Cape Verde, Yoga Therapy, Mind-Body Interventions, Occupational Stress, Mental Health Outcome Analysis, Quantitative Research Design, Qualitative Data Collection*

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