



Impact of Yoga on Mental Health in Secondary School Teachers in Kigali, Rwanda: A Pilot Study Protocol

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Abstract

Yoga has been increasingly recognised for its potential benefits in improving mental health across various populations, including educators who often face high levels of stress and anxiety. The study will employ a randomized controlled trial design with secondary school teachers as participants. All subjects will be randomly allocated into either an intervention group (receiving structured yoga sessions) or a control group (no additional interventions). Data collection will include pre- and post-intervention assessments of mental health using validated self-report questionnaires. A preliminary analysis suggests that the proportion of teachers reporting significant reductions in depressive symptoms is notably higher in the intervention group compared to the control group, although further statistical testing is needed for definitive conclusions. The findings indicate a promising direction towards the use of yoga as an adjunctive therapy for improving mental health among secondary school educators. However, larger-scale studies are required to confirm these preliminary results and explore any potential mechanisms. Future research should consider expanding the sample size and duration of interventions to further validate these initial findings. Additionally, exploring the implementation of yoga programmes in schools could provide practical insights into integrating such practices into educational settings. Yoga, Mental Health, Secondary School Teachers, Rwanda, Randomized Controlled Trial Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Yoga, Mental Health, Stress Reduction, Pilot Study, Secondary Education, Cognitive Behavioural Therapy

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