

SKY and Mental Health

INTRODUCTION

Good Mental Health is not just an absence of mental disorders, it's a state of positive mental wellbeing

Traits linked to Poor Mental Health



Anxiety



Depression



Stress

For several decades, the sole focus of mental health research was around mitigation of mental health disorders like depression and anxiety

Traits linked to Good Mental Health

In recent decades there has been an increased focus on positive mental health and how to enhance it. Following are a few of the traits linked to good mental health



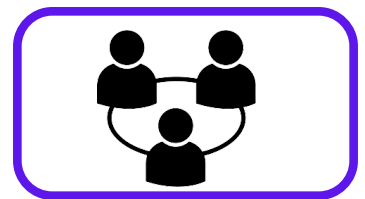
Happiness



Satisfaction with Life



Healthy Coping Skills



Strong Interpersonal Relationships



Managing Negative Emotions



Resilience



Self Efficacy



Optimism and Meaning in life

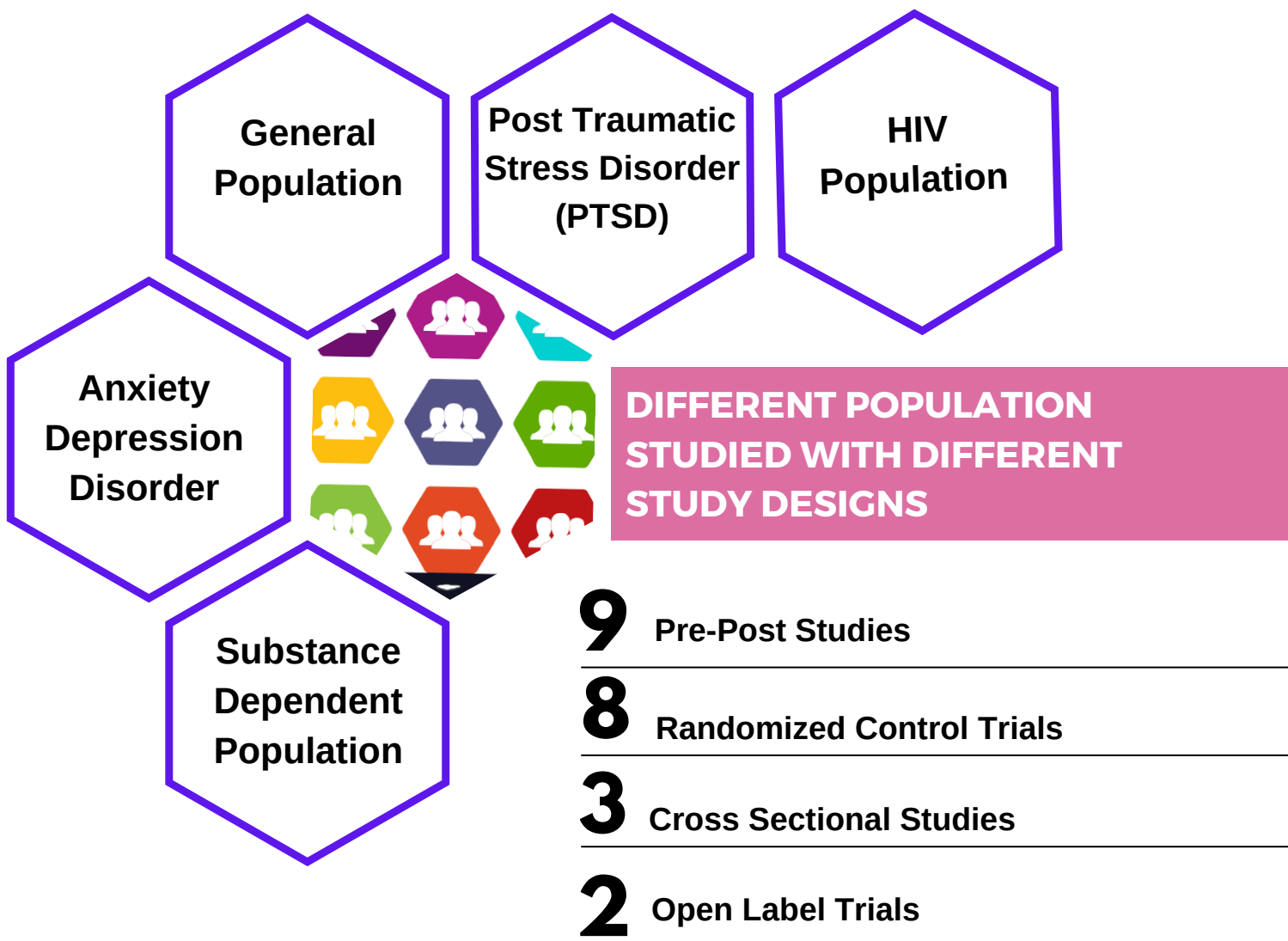
Just like maintaining good physical health requires attention, so does "Mental Health"

SKY and Mental Health

RESEARCH STUDIES: AN OVERVIEW

Total Studies	Total Population	Age Group	No. of Countries Conducted Studies
22	4000+	18-80	6

Research studies investigating the impact of SKY on Mental health and well-being include varied demographics



There are 22 research studies conducted on SKY and mental health across 6 countries including 4000+ participants



SKY and Mental Health

RESEARCH STUDIES: AN OVERVIEW

Total Studies	Total Population	Age Group	No. of Countries Conducted Studies
22	4000+	18-80	6

Research studies investigating the impact of SKY on Mental health and well-being include varied demographics as well as conducted with different study designs.

Different Population under Study

	General Population
	Population with Post Traumatic Stress Disorder(PTSD)
	Population with Anxiety Depression Disorder
	Substance Dependent Population
	HIV Population

Different Study Designs

9	Pre-Post
8	Randomized Control Trials
3	Cross Sectional
2	Open Label Trials

There are 22 research studies conducted on SKY and mental health across 6 countries including 4000+ participants

SKY and Mental Health

RESEARCH STUDIES: GENERAL POPULATION

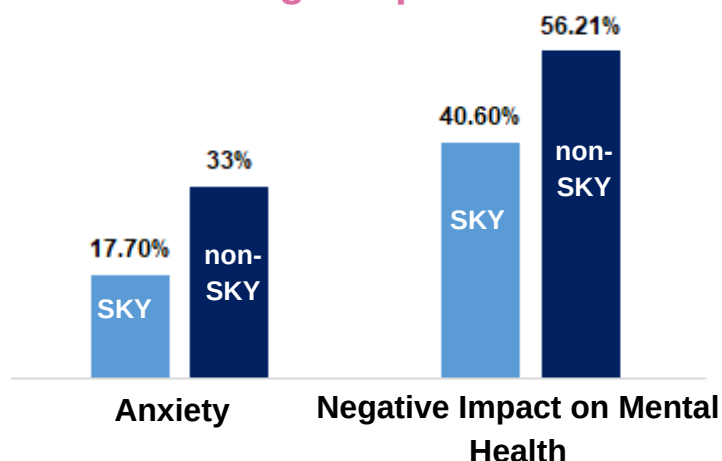
Study 1.1 : Association Between SKY & Mental health of Indians during COVID-19

(Published : 2021)

Self reported mental health of 554 SKY practitioners was compared with 402 non-SKY practitioners during initial lockdown of COVID-19 pandemic in this cross sectional study.

SKY Practitioners
found with lower anxiety & lesser negative impact of pandemic compared to non-SKY practitioners

Percentage Population



Study 1.2 : Effect of SKY on healthcare professionals' well-being during the early part of COVID-19

(Published On: 2021)

The impact of SKY on 92 HCPs' well-being was assessed during initial lockdown of COVID-19 pandemic before SKY, after SKY and on 40th day of daily SKY

After 40 Days Practice of SKY it was found that



Anxiety reduced by

27.4%



Stress reduced by

36.8%



Depression reduced by

46.7%

SKY helps preserving mental well-being during difficult situations like COVID-19 by reducing stress, anxiety, depression and negative impact **3**

SKY and Mental Health

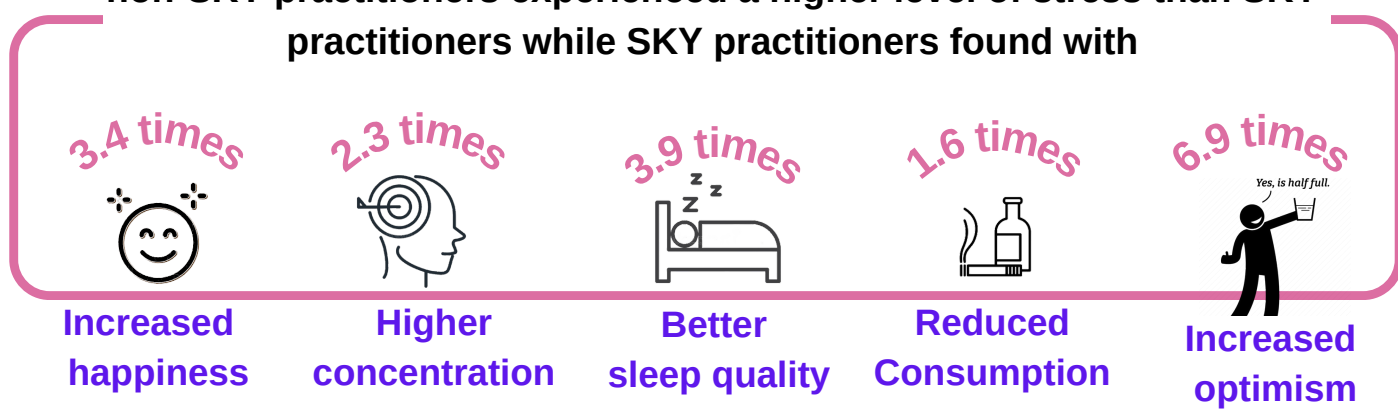
RESEARCH STUDIES: GENERAL POPULATION

Study 1.3 : Effect of SKY on Stress reduction among general population

(Published : 2018)

100 SKY practitioners (practicing SKY regularly >6 months) were compared with 100 non-SKY practitioners (engaged in walking, pranayama, gymming) for their stress levels

non-SKY practitioners experienced a higher level of stress than SKY practitioners while SKY practitioners found with

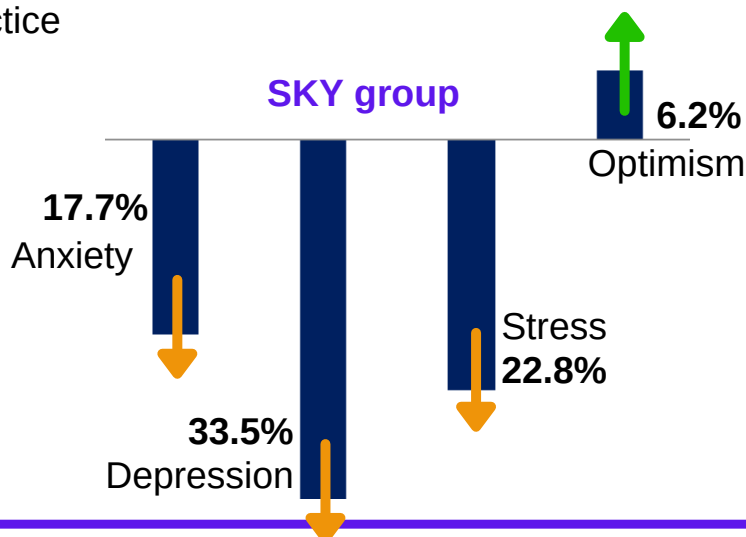


Study 1.4 : Impact of SKY on Wellness among Healthy Adults (Published : 2007)

The study compared the well-being of 103 healthy adults (48 SKY group & 55 Control) before SKY and after 6 weeks SKY practice

After 6 weeks of daily SKY practice stress, anxiety, depression reduced and optimism increased among SKY group

The control group did not show any change after 6 weeks



SKY alleviates stress and increases optimism more effectively compared to other stress relieving measures & promotes a healthier quality of life



SKY and Mental Health

RESEARCH STUDIES: GENERAL POPULATION

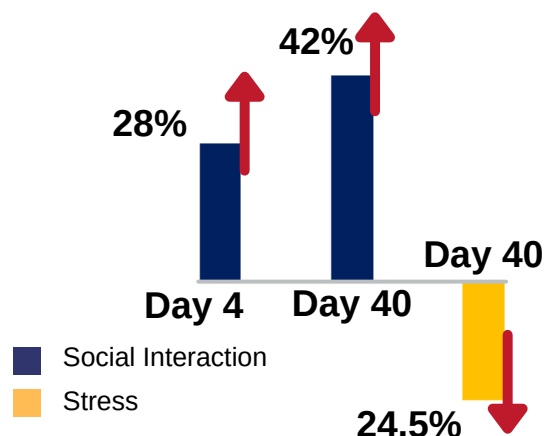
Study 1.5 : Effect of SKY on overcoming stress and improving social connectedness (Under Publication)

Social connectedness and stress levels were assessed among 473 participants at three different time points before SKY, after SKY and day 40 of SKY practice

SKY improved social connectedness and reduced stress

Negative correlation found between social connectedness and stress

Daily SKY Practitioners had 50.8% improvement in social connectedness greater than less frequent Practitioners



Study 1.6: Effect of SKY on the internet dependency and social connectedness (Under Publication)

Internet Dependencies and social connectedness were compared between 497 SKY & 272 non-SKY practitioners

non-SKY found with



5.2%

Lower
Social Connectedness



12.7%

Higher
Internet Dependency

as compared to SKY practitioners

SKY helps in resisting behavioral addictions, overcome loneliness and improve sense of social connectedness by reducing stress. It promotes a healthier quality of life



SKY and Mental Health

RESEARCH STUDIES: PTSD POPULATION

Study 2.1 : Post-traumatic stress relief among Vietnam Veterans

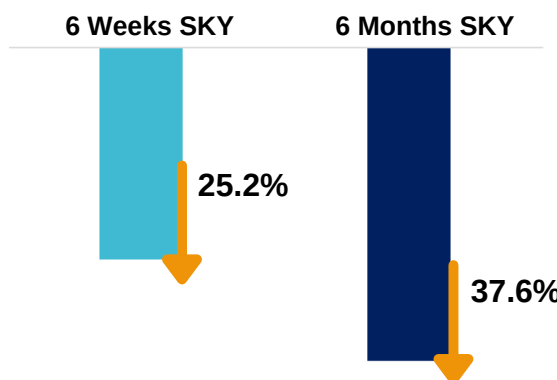
(Published : 2013)

25 Vietnam veterans resistant to several other PTSD treatments (14 SKY group, 11 control group) were studied before SKY and after 6 weeks & 6 months of SKY practice

After 6 weeks & 6 months SKY practice PTSD symptoms reduced among SKY group

Control group showed no change during study period of 6-weeks

% Reduction in PTSD Symptoms from baseline among SKY group



Study 2.2: PTSD measures among U.S. military group after SKY practice

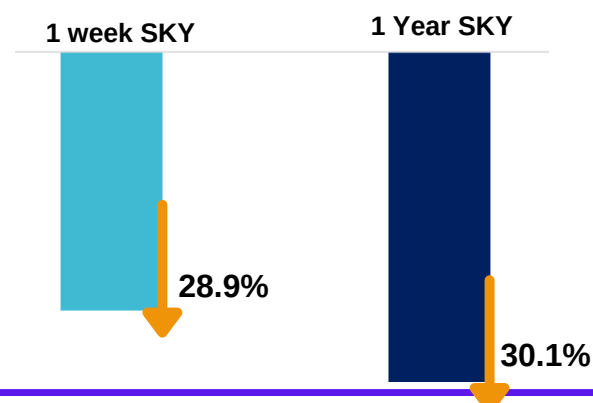
(Published : 2014)

21 U.S. male veterans of the Iraq or Afghanistan war (11 SKY group, 10 Control group) were studied before SKY & After 1 week, 1 month and 1 year of SKY practice

PTSD symptoms reduced within 1 week of SKY practice which lasted till a year.

Control group showed no change during study period

% Reduction in PTSD Symptoms from baseline among SKY group



SKY practice is sustainable and long term effective in reducing Post Traumatic Stress Disorder Symptoms among veterans irrespective of their region



SKY and Mental Health

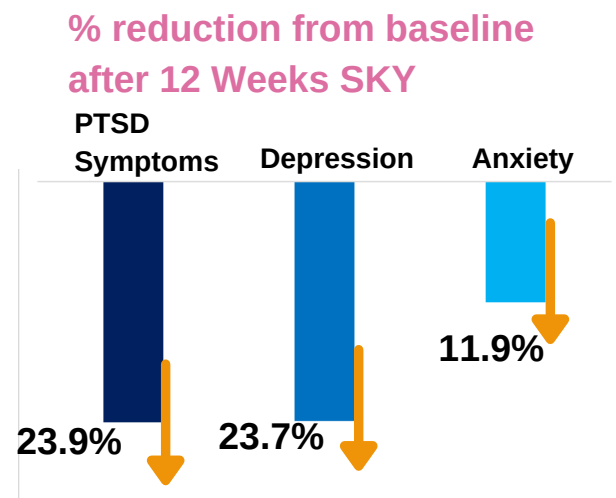
RESEARCH STUDIES: PTSD POPULATION

Study 2.3 : SKY Program in Post-traumatic Stress Disorder: A Feasibility Study

(Published : 2020)

19 individuals with PTSD studied before SKY, at 12 and 24 weeks of SKY practice

The symptoms further reduced at 24 week timepoint even without any formal intervention support



Study 2.4 : Effect of a SKY on PTSD and depression among the survivors of the 2004 South-East Asia Tsunami

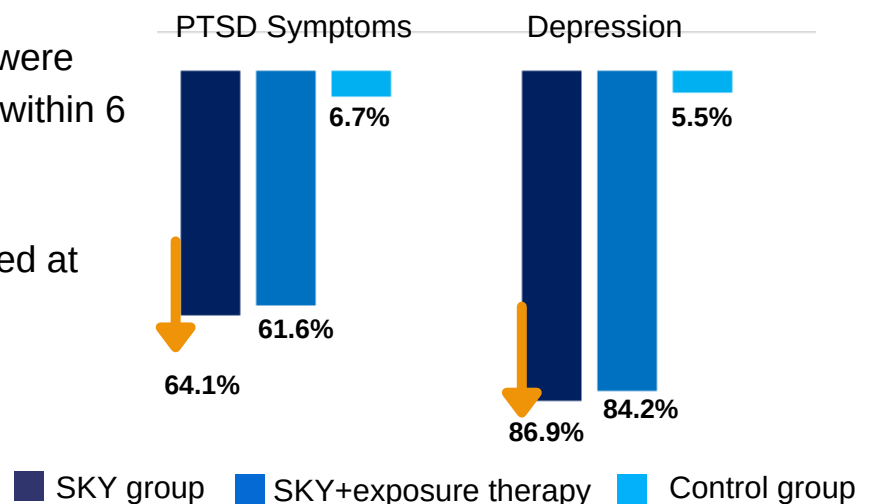
(Published : 2010)

183 survivors of tsunami were studied before SKY and after 6, 12 & 24 weeks of SKY practice. They were divided into three groups : SKY group, SKY+exposure therapy group and the control group

PTSD symptoms and depression were reduced among both SKY groups within 6 weeks of SKY

The improvements were maintained at the 24-week follow-up

% Reduction After 6 Weeks from baseline



SKY practice is an efficient, sustainable technique with long term effect on reducing anxiety, depression and improving PTSD symptoms



SKY and Mental Health

RESEARCH STUDIES: POPULATION WITH ANXIETY DEPRESSION DISORDER

Study 3.1 : SKY As An Adjunctive Treatment For Major Depressive Disorder(MDD)

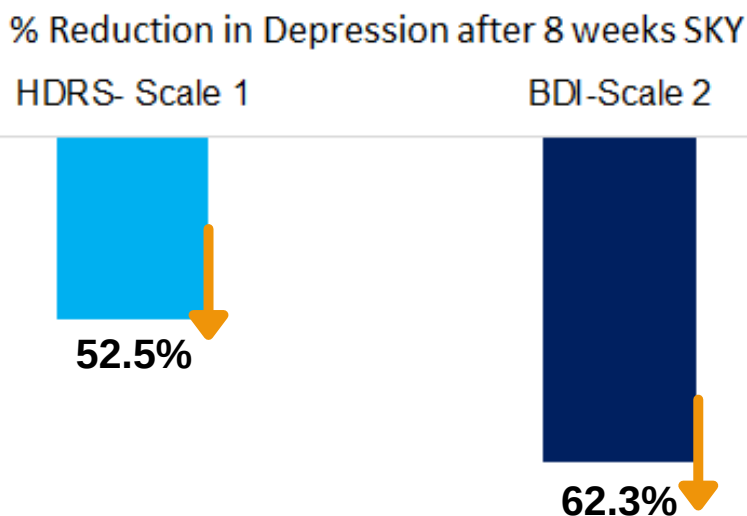
(Published : 2017)

RCT was conducted on patients with MDD unresponsive to anti-depressant therapy for ≥ 8 weeks

Timepoints: Before SKY, After 4 weeks SKY Practice, After 8 weeks SKY practice

Decrease in depression was found with two different scales after 8 weeks SKY Practice

While Control Group did not show any changes after 8 weeks



Completion Rate

77%

A high subject completion rate of 77%, support the feasibility of SKY as an intervention for MDD outpatients.

Population Benfited

54%

More than 54% population in the SKY group showed a greater than 50% improvement in their symptoms

SKY is effective in reducing depression among individuals with major depressive disorder, espically those unresponsive to antidepressant therapy

SKY and Mental Health

RESEARCH STUDIES: POPULATION WITH ANXIETY
DEPRESSION DISORDER

Study 3.2 : Antidepressant effect of SKY among individuals with melancholic depression (Published : 2000)

45 untreated individuals with melancholic depression were randomized into three treatment groups SKY, electroconvulsive therapy and medication Imipramine and were studied with standardized depression questionnaire

n=15



Group 1: SKY

n=15



Group 2: electroconvulsive therapy or shock treatment

n=15

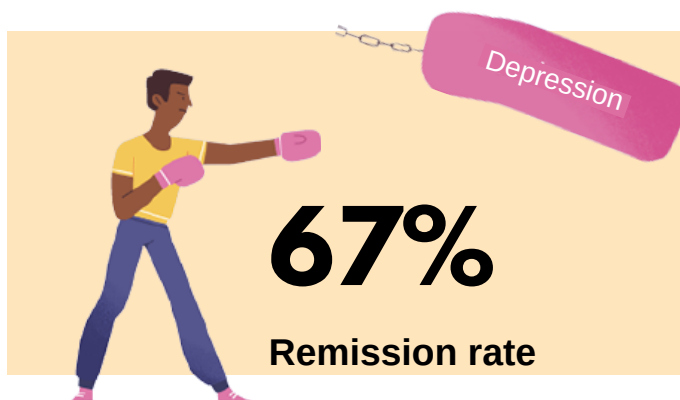


Group 3: Medication Imipramine

Timepoints: At recruitment (baseline) and weekly thereafter for four weeks

SKY had the same effect of treatment as the antidepressant medication Imipramine at 3rd week of assessment

STUDY FINDINGS : AFTER 4 WEEKS OF SKY PRACTICE



67%
Remission rate

- A reduction in the depression scores was noted for all three groups
- SKY is better tolerated than electroconvulsive therapy or shock treatment
- The side effects due to medication can be avoided with SKY as an alternative to drugs

SKY can be a potential alternative to drugs and shock therapy as a first line treatment for melancholia

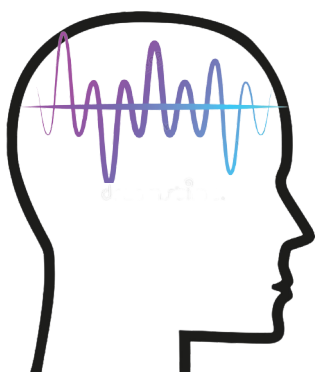
SKY and Mental Health

RESEARCH STUDIES: POPULATION WITH ANXIETY DEPRESSION DISORDER

Study 3.3: Effect of SKY on P300 Amplitude in Dysthymia patients

(Published : 1997)

24 Individuals with depression disorder(Dysthymia) and 15 healthy individuals were compared with the help of P300 ERP amplitude and depression scale before SKY and after 90 days of SKY



After 90 Days of SKY Practice

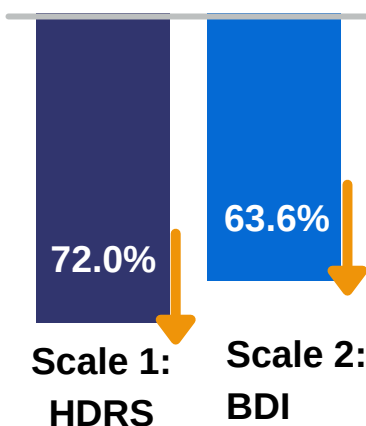
Abnormal and lower EEG P300 waves became similar to that of healthy individuals on 90 day SKY practice among individuals with dysthymia

Improvement in depression was also observed

Study 3. 4: Antidepressant response of SKY (Published : 1998)

Medication-free 22 patients with depression (10 dysthymics and 12 melancholics) were studied with two different scales before SKY and after 1 month

% Reduction in Depression scores after 1 Month SKY



A significant reduction in depression by 72.0% and 63.6% at one month of SKY practice was observed as measured by two different scales

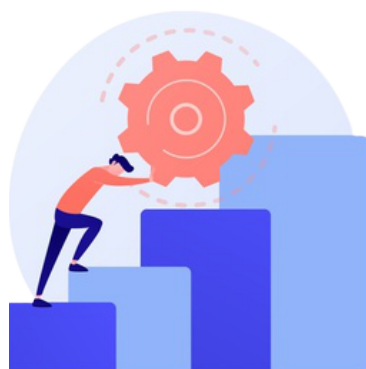
SKY is effective in treating mild and melancholic depression. Its antidepressant effect is significant and persists over time

SKY and Mental Health

RESEARCH STUDIES: POPULATION WITH ANXIETY
DEPRESSION DISORDER

Study 3. 5: Powerful effect of SKY in Dysthymic Disorder (Published : 1998)

37 medication free individuals with dysthymia were studied via video interviews and self-report scales before SKY and after 3 months of SKY practice



Regular SKY practice for 3 months almost ceased Symptoms of dysthymia among study participants

% Reduction from baseline after 3 months SKY

Depression

Anxiety

68.5%

64%



The idea that your brain can convince your body a fake treatment is the real is called placebo effect

The typical placebo response rate in patients with dysthymia for any intervention is 18% and it disappears by 5 weeks



The therapeutic effect of SKY persisted till 3 months among dysthymia patients which indicates its not a placebo effect

SKY has the advantage of making the patients self reliant and reducing health care costs



SKY and Mental Health

RESEARCH STUDIES: POPULATION WITH ANXIETY
DEPRESSION DISORDER

Study 3.6: Long and short SKY In Major Depressive Disorder (MDD)

(Published : 2000)

Differences between the effect of Short and Long SKY was studied among 30 individuals with major depressive disorder for before SKY

Effect of Long SKY in MDD = Effect of Short SKY in MDD

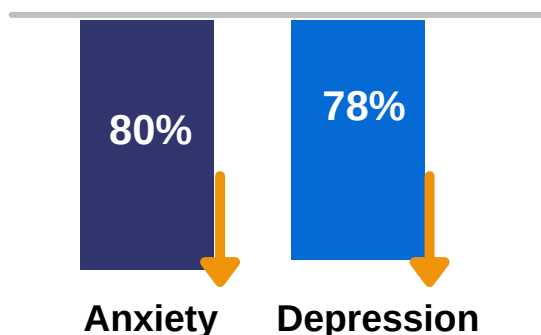
Depression and anxiety decreased significantly & equally among both SKY group during study period

Study 3.7: Therapeutic effects of SKY on mild-moderate depression and anxiety patients

(Published : 2019)

991 Patients were studied for the effect of SKY on anxiety and depression before SKY and after 4 weeks of SKY

% Reduction after 4 Weeks of SKY Practice



After 4 weeks of SKY clinically meaningful change was found among

74.6%

Depression Patients

SKY can be a therapeutic substitute. Both Short SKY and Long SKY are equally effective in reducing anxiety and depression

SKY and Mental Health

RESEARCH STUDIES: POPULATION WITH ANXIETY DEPRESSION DISORDER

Study 3.8: SKY as an adjunct treatment in generalized anxiety disorder (GAD) with or without comorbidities (Published : 2012)

29 Patient with Generalized Anxiety Disorder was studied with HAM-A test measuring overall anxiety before SKY and after 4 weeks of SKY practice

AFTER 4 WEEKS OF SKY

Response Rate was **73%**

A decrease of $\geq 50\%$ on anxiety scores was seen in 21 out of 29 subjects

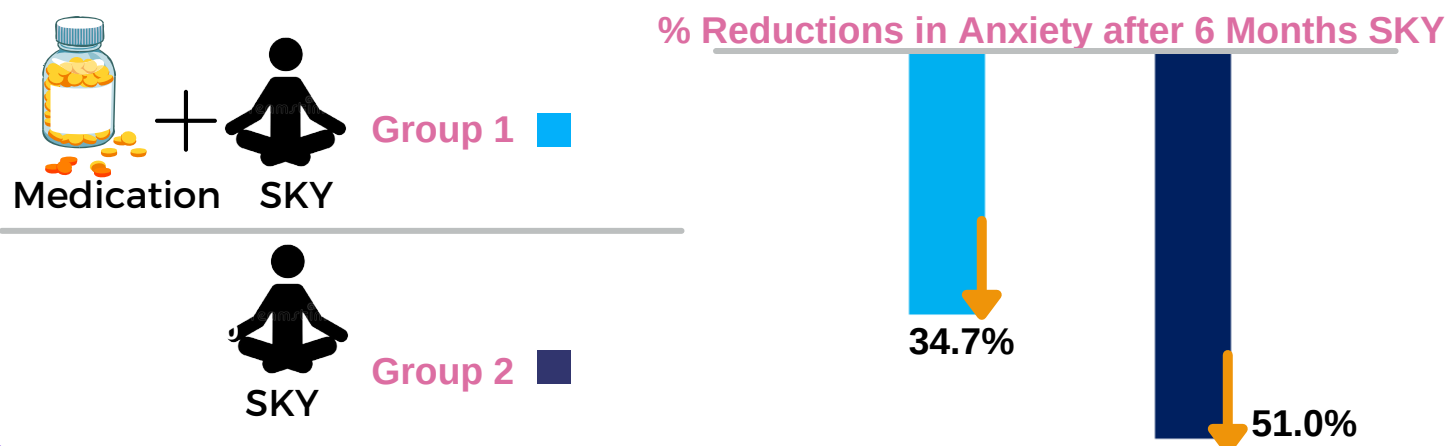
Remission Rate was **41%**

A very low anxiety scores and achieved by 12 out of 29 subjects

Study 3.9: Anti-anxiety efficacy of SKY in generalized anxiety disorder

(Published : 2015)

69 outpatients diagnosed with Mood/anxiety disorders, divided into two groups (SKY+medication, SKY) and were studied before SKY, after 2 weeks, 3 months & 6 months SKY practice



SKY is a potentially valuable adjunct to medication for patients with GAD and treatment-resistant GAD. It is an equally effective complementary therapy for patients with anxiety who are on medication and not keen on medication

SKY and Mental Health

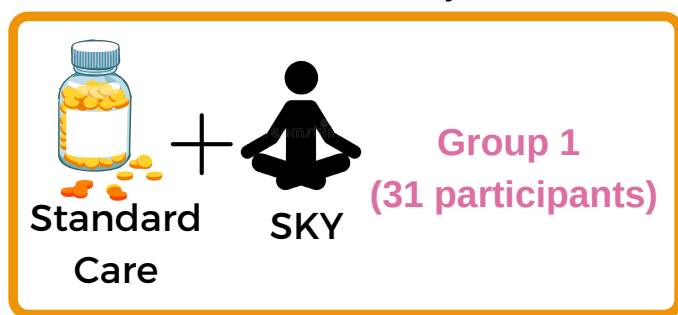
RESEARCH STUDIES: HIV INFECTED POPULATION

Study 4.1: Evaluating quality of Life among HIV patients who practice SKY

(Published : 2015)

The quality of life of 61 adults infected with HIV were studied before SKY, after 4 weeks, 8 weeks and 12 weeks of SKY practice

They were randomized into two groups



After 12 weeks of SKY practice compared to Group 2, Group 1 found with



Improved Overall Quality of Life

12.5%

improvement was seen in Physical Domain of Quality of Life

Overall improvement in the Quality of Life was observed in the SKY group, as compared to the non-participating control group

An improvement of 12.5% in the physical domain of the Quality of life after 12 week SKY practice, in the SKY group was observed.

SKY is a low cost strategy which could be used by HIV patients for a better quality of life



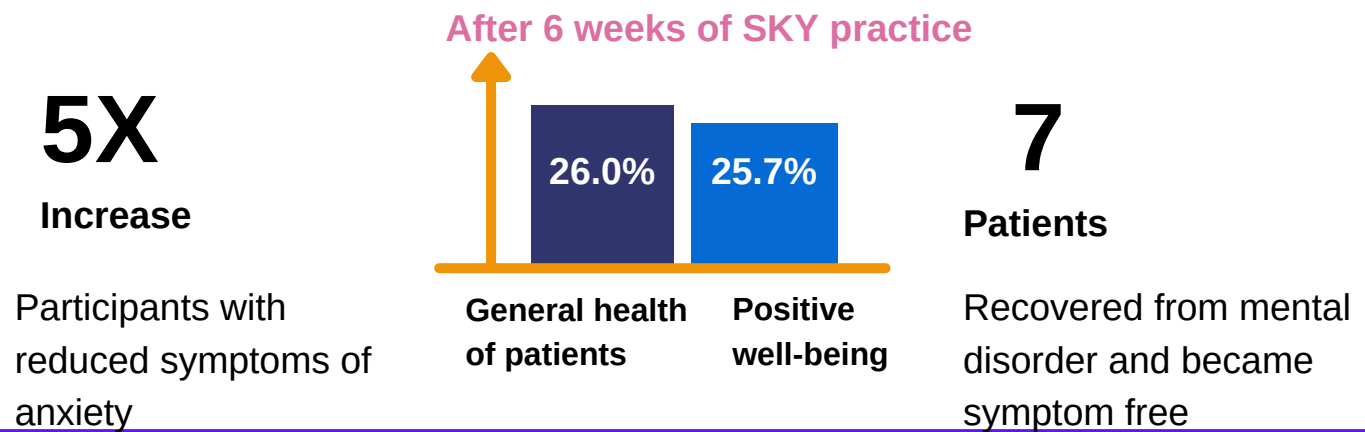
SKY and Mental Health

RESEARCH STUDIES: SUBSTANCE DEPENDENT POPULATION

Study 5.1: SKY as an intervention to manage psychoactive substance use

(Published : 2015)

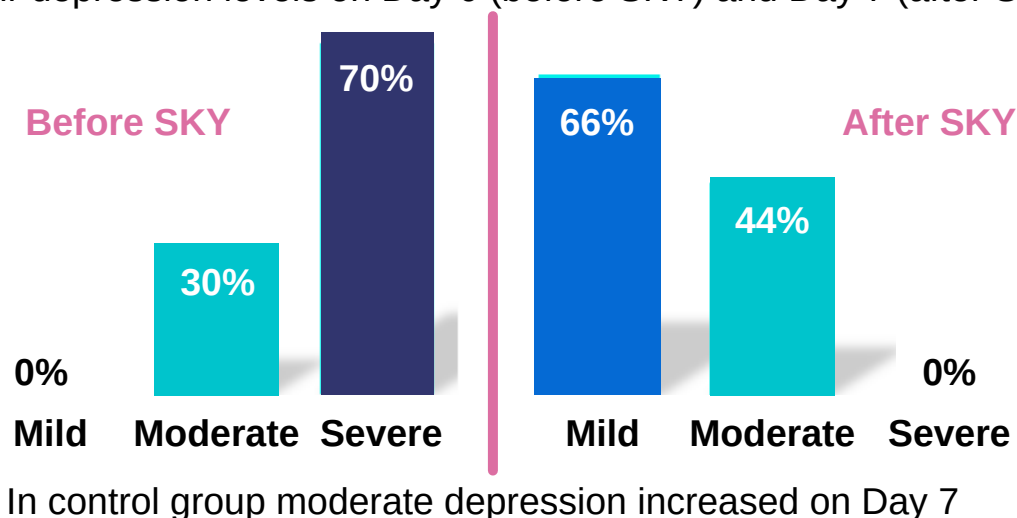
111 incarcerated males recovering from substance abuse and affected by mental illness were provided SKY to evaluate its impact on mitigating psychological problems before SKY and after 6 weeks of SKY



Study 5.2: Effect of SKY on Depression Among Alcohol Dependent Individuals

(Published : 2019)

60 individuals with alcohol dependency (30 SKY and 30 Control) were studied for their depression levels on Day 0 (before SKY) and Day 7 (after SKY)



SKY helps to improve physical-psychological wellbeing and overall functioning of individuals with substance dependency. It also helps them to alleviate depression.