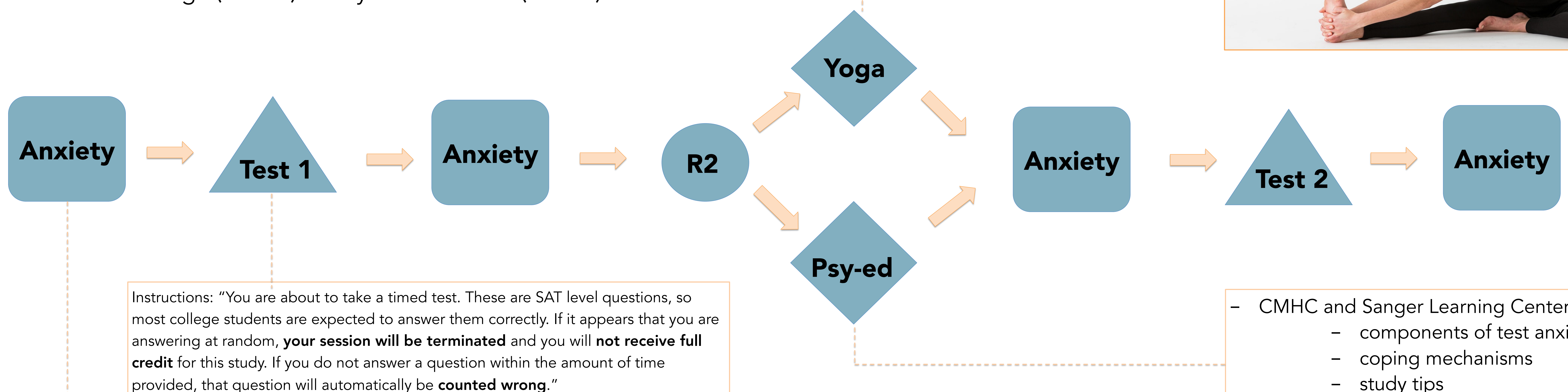


Brief Yoga Compared to Psychoeducation for Test Anxiety: A Randomized Controlled Experiment

Sasha Flowers, Psychology Honors, sashanflowers@gmail.com

Abstract

- Current aid for test anxiety is often limited to psychoeducation
- Yoga could be a more effective intervention
- Between subjects design
- Students randomized to Yoga (n = 22) or Psychoeducation (n = 22)



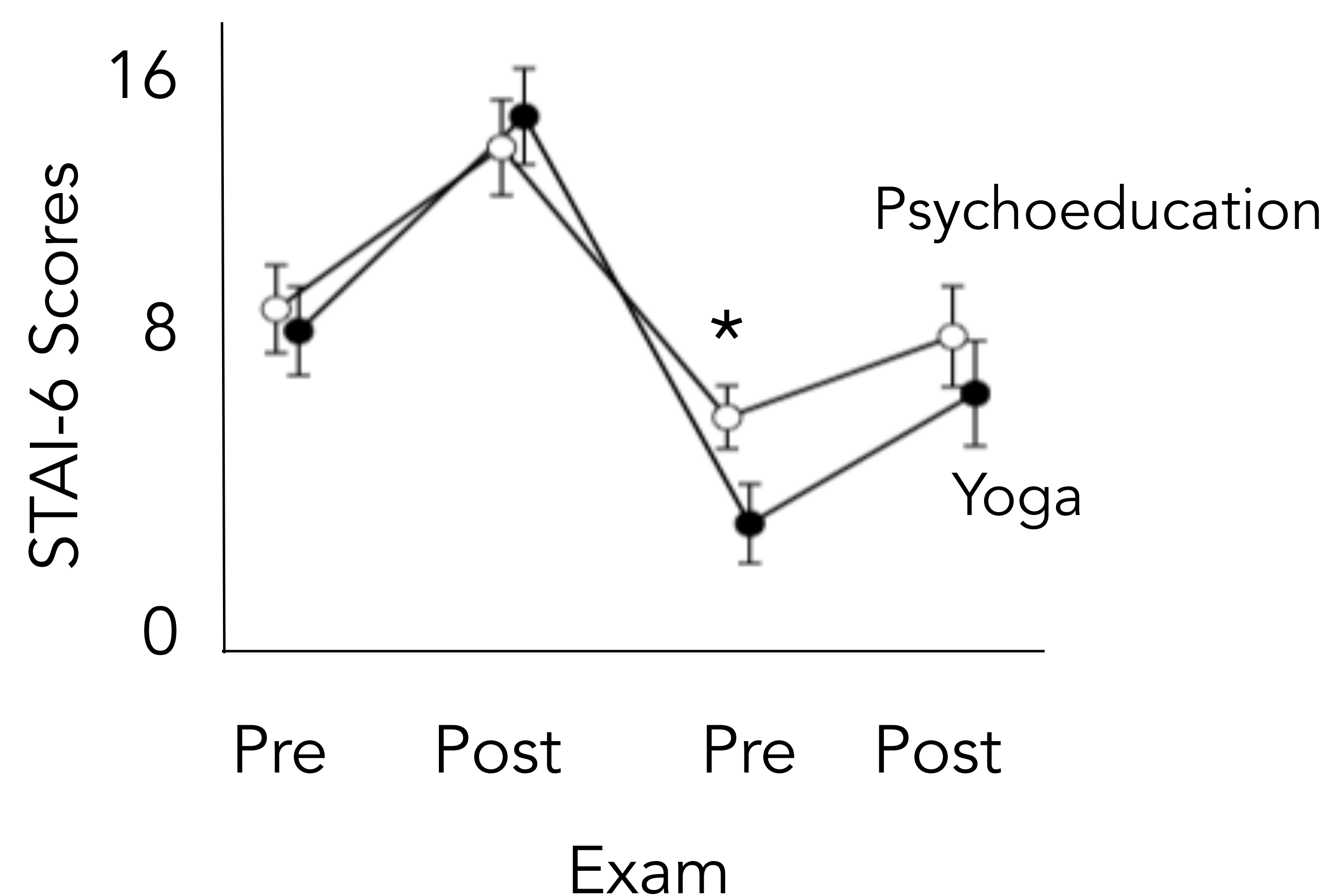
Instructions: "You are about to take a timed test. These are SAT level questions, so most college students are expected to answer them correctly. If it appears that you are answering at random, **your session will be terminated** and you will **not receive full credit** for this study. If you do not answer a question within the amount of time provided, that question will automatically be **counted wrong**."

- CMHC and Sanger Learning Center
 - components of test anxiety
 - coping mechanisms
 - study tips

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the most appropriate number to the right of the statement to indicate how you feel right now, at this moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

	Not at all	Somewhat	Moderately	Very much
1. I feel calm	1	2	3	4
2. I am tense	1	2	3	4
3. I feel upset	1	2	3	4
4. I am relaxed	1	2	3	4
5. I feel content	1	2	3	4
6. I am worried	1	2	3	4

Results



Anxiety levels rose from Pre to Post Exam 1 for both groups. Post intervention, anxiety dropped significantly within and between groups. A non significant increase in anxiety occurred Post Exam 2. * indicates significance (p<.05)

Conclusions

- Anxiety manipulation was successful
- Both interventions reduced anxiety
- Yoga intervention showed significantly more reduction of anxiety
- Non-significant increase in anxiety after Exam 2

Acknowledgments

I would like to express my gratitude to Audre and Bernard Rapoport and Robert D. King for funding this study, and to my mentors—Jasper Smits, Theresa Jones, Santiago Papini, and Ariel Handy.

Participants

	Yoga (n=22)	Psy-ed (n=22)
Sex	F 91%, M 9%	F 77%, M 23%
Age	19.14 yrs.	21.55 yrs.
Yoga	Y 81%, N 19%	Y 63%, N 37%
Exam	9% inc.	7% inc.