



Developing Feasible Yoga Intervention Research Studies

Arlene A. Schmid, PhD, OTR




Objectives

1. What is feasibility?
2. Why is feasibility important?
3. Discuss and explore how we might improve the development of feasible yoga intervention research studies.




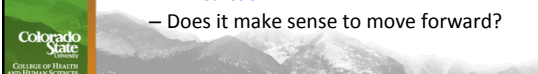
What is feasibility?

- A term used in all research, not specific to yoga research, but important to include in yoga research
- Feasibility studies are common throughout science and business




What is feasibility?

- An analysis of the **viability** of new ideas or theories
- Helps to decide –
 - Is this feasible?
 - Possible
 - Practical
 - Achievable
 - Reasonable
 - Realistic
 - Does it make sense to move forward?

Implementation Science

- **Feasibility** is an aspect of implementation science
- Implementation science helps move science to practice
- We can ‘implement’ the evidence into practice and healthcare



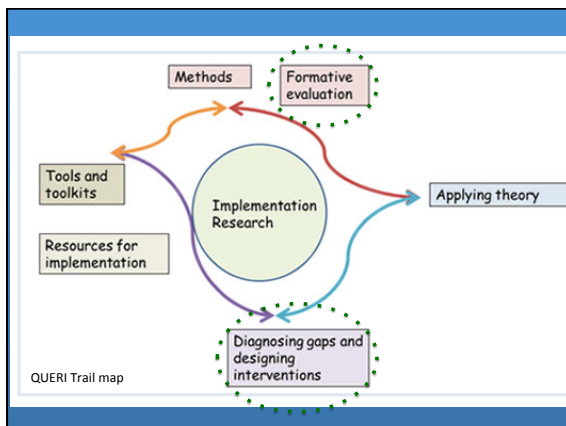

<http://www.queri.research.va.gov/implementation/default.cfm>

IMPLEMENTATION GUIDE

We acknowledge the dedicated work of the following authors who contributed to the writing of this Guide:

Henry Araya, Ph.D.	Christian Heffrich, Ph.D., M.P.H.	Brian Hittman, Ph.D.
Hilary Branning, Ph.D.	Jennifer Hill, M.A.	Monica Mathias, Ph.D., L.C.S.W.
Laura Darnochowicz, M.S., M.P.H.	Tim Hogan, Ph.D.	Mona Richter, Ph.D.
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Christine Ertlich, Ph.D., R.N.	Jodie Lowery, Ph.D.	Alyu Sahay, Ph.D.
Randi Eving, Ph.D.	Linda Mchale, M.S.E., M.S.	Arnie Sales, Ph.D., R.N.
David Goss, M.Ed.	Garry McClynn, M.Ed.	Arlene Schmid, Ph.D., OTR
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Why is Feasibility Important?

- Determining the feasibility of an intervention prepares us for the main study
- Feasibility studies are necessary to estimate **important parameters** that are needed in designing a main study

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Arain, Campbell, et al., 2010

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Feasibility studies determine whether an intervention is appropriate for further testing

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Feasibility Studies Help Determine...

- Best outcome measures
- Standard deviations of the outcomes
- Sample size
- Recruitment and eligibility rates (participants and clinicians to help)
- Adherence rates

All necessary information to support the main study (and grant submissions!!)

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Feasibility Studies....

- Do not need to be randomized
- Do not evaluate the main outcome of the study
- Power calculation for sample size is not needed

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Feasibility Studies – a Place in Yoga Research?

- Much yoga is currently at the level of feasibility studies – often called pilot studies
- These studies prepare the authors to move forward with the main study or a large RCT
- The feasibility study helps provide the evidence that the investigators CAN do the next study!

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Feasibility Studies – areas to address

- **Acceptability** of yoga by subject group?
- **Demand** for yoga?
- Yoga can be fully **implemented** as per the plan?
- **Practicality** - yoga can be delivered with the resources, time, and commitment available?

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Bowen, Kreuter, et al., 2009

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Feasibility Studies – areas to address

- **Adaptation** – flexibility of yoga program to change to accommodate needs – but may still need to be standardized!
- **Integration** – can integrate yoga into current environment?
- **Expansion** – expand the yoga research/intervention to others? Other setting?
- **Limited efficacy testing** – that is for the next study!


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What Should we Measure?

- Involved in yoga research?
- To move yoga research forward, we should commit to producing strong science, that is supported with feasibility and pilot studies.




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What Should we Measure?


- **Acceptability**
- **Recruitment** success
 - Buy in from others?
 - # recruited/# approached
 - Eligible? Not eligible? Declined? – and WHY!
- Participant **retention**
- Adherence/**attendance**
- **Safety** with the yoga intervention



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Questions?



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Arlene.schmid@colostate.edu