

ABSTRACT

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Title: AN EXPERIMENTAL INVESTIGATION ON THE BENEFITS OF YOGA NIDRA FOR VETERANS AND COLLEGE STUDENTS: AN EXPLORATIVE STUDY

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The present study aims to assess the benefits of Yoga Nidra (YN) in veterans and college students. Previous studies have found significant improvements to various degrees for those receiving YN, but few use stringent experimental design and almost no studies utilized a control group. For this study, participants were randomly assigned to either a 4-week YN program or a wait-list control group. Repeated measure ANOVAs indicated improvements on overall health and coping self-efficacy for the YN group. Additionally, participants in the YN group experienced more pleasant, less negative, and more relaxed feelings post-session with an increase in overall mood. The results on qualitative measures supported quantitative measures and also revealed novel findings on the potential mechanisms of YN. This research study is one of the only randomized, wait-list-control trials of Yoga Nidra and suggests that YN would be beneficial for college students, those suffering from mental health problems, as well as veterans.