



— TIDieR —

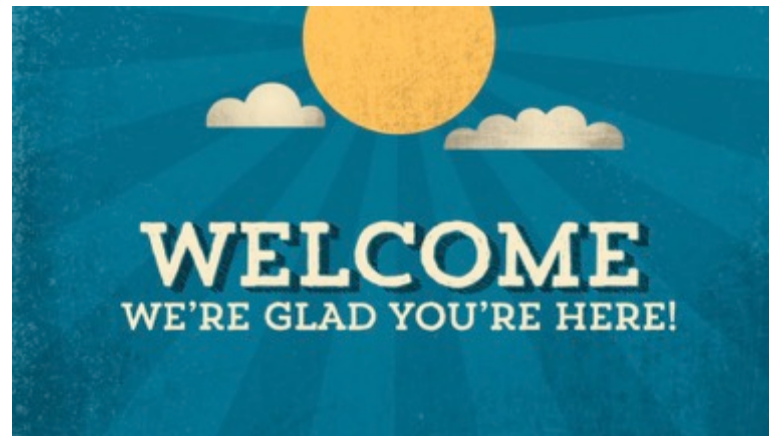
# Reporting Guidelines for Yoga Research

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# Introductions

1. Name and location
2. Are you a yoga researcher, therapist, both?
3. Why are you at SYR?
4. What interests you about this topic?



# Why Publish?

- Why and where do scientists publish their research?
- Why do clinicians read the research?
- Why do journalists write about research?
- How does research inform:
  - Clinical practice?
  - Public opinion?
  - Policy decisions?



# Group Activity

- How well is the intervention reported in this article?
- Could you replicate it? Why or why not?



# Yoga practice is on the rise

2002: 5.1%

2007: 6.1%

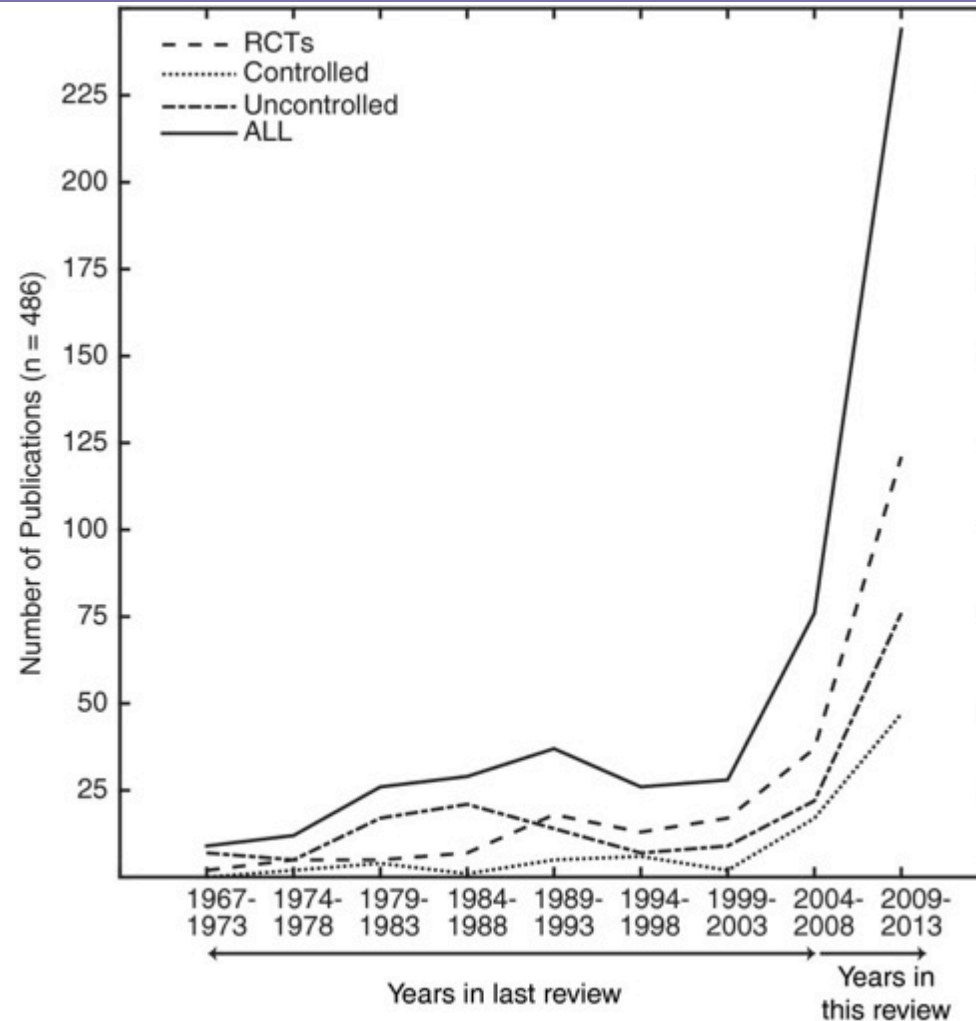
2012: 9.5%

Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL Trends in the use use of complementary health approaches among adults: United States: 2002 – 2012. *National health statistics reports*; number 79. Hyattsville, MD: National Center for Health Statistics. 2015.



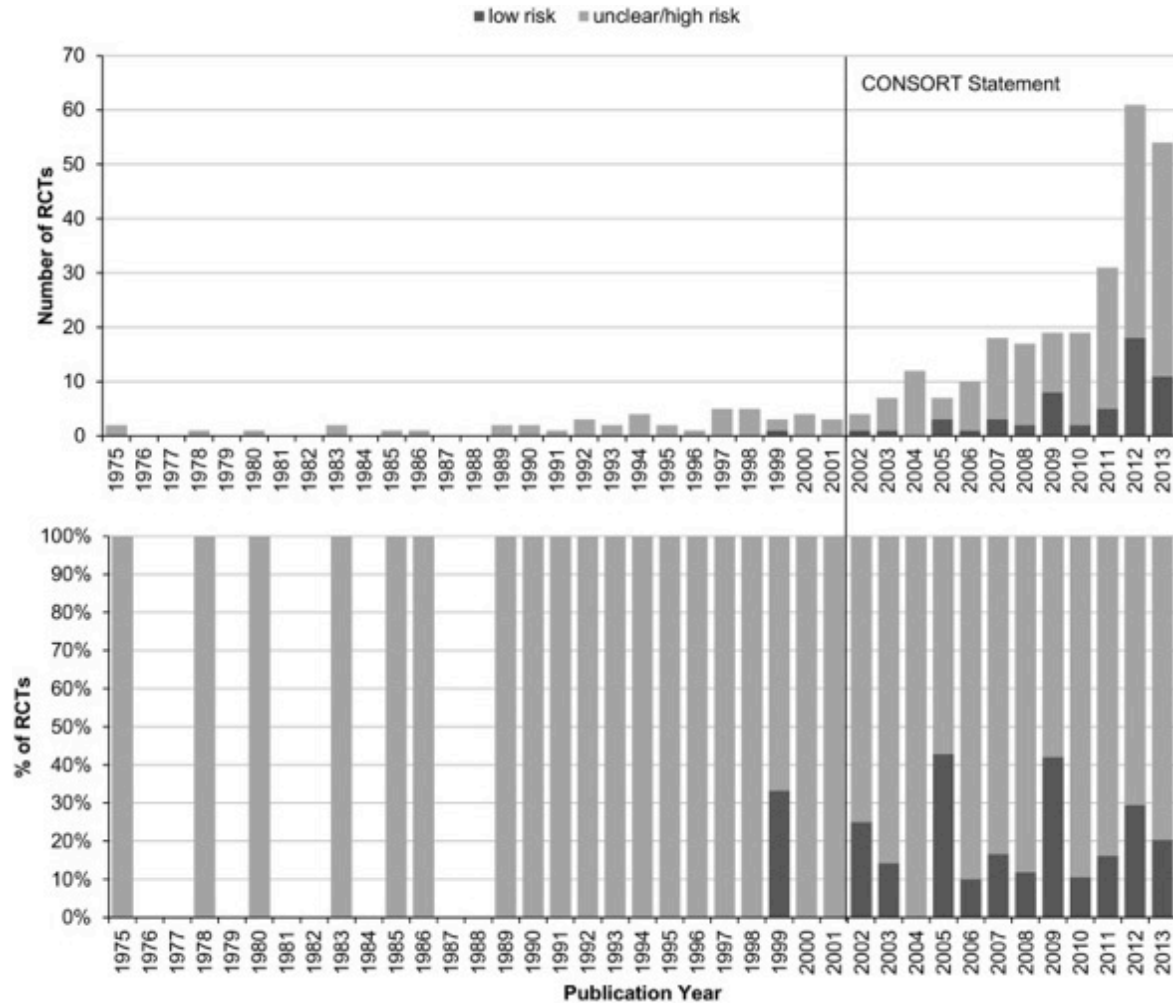
# Yoga research is growing

Jeter PE, Slutsky J, Singh N, Khalsa SB.  
Yoga as a Therapeutic Intervention: A  
Bibliometric Analysis of Published  
Research Studies from 1967 to 2013. *J  
Altern Compl Med.* 2015 Oct;21(10):  
586-92.



# Risk of bias in yoga research is high

Cramer, H., Langhorst, J., Dobos, G., & Lauche, R. Associated Factors and Consequences of Risk of Bias in Randomized Controlled Trials of Yoga: A Systematic Review. *PLoS ONE* 2015, 10(12), e0144125. <http://doi.org/10.1371/journal.pone.0144125>.



# Intervention Description Quality

- Without an accurate description of interventions, clinicians and patients cannot reliably implement interventions
- Researchers cannot replicate research findings
- TIDieR reporting guidelines will improve the quality of yoga intervention reporting applies across all study designs.



# Uneven Quality of Yoga Intervention Description in Publications

- When “yoga” is the primary intervention in a published research article could you implement the results with students or reproduce the study?

# Health Research Reporting Guidelines (HRRGs)

“Reporting health research in a complete, accurate, transparent, and timely manner is a responsibility of stakeholders involved in research.”

Moher D, Schulz KF, Simera I, et al. Guidance for developers of health research reporting guidelines. PLoS Med 2010;7:e1000217.

# Health Research Reporting Guidelines (HRRGs)

“High-quality research reports contribute to more efficient translations of research findings into clinical practice and help advance scientific knowledge and patient care.”

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# Recent History of HRRGs

- 1962: The FDA required pre-approval drug and medical device testing for safety and efficacy. This led to the use of controlled clinical trials for pre-approval.
- 1980s: *The Lancet* editorial on meta-analysis of aspirin for cardiac risk reduction in post-MI patients
- 1996: First HRRG was CONSORT
- 2006: The EQUATOR-Network: international library for reporting guidelines
- 2014 TIDieR guideline: *British Medical Journal*

# The EQUATOR Network

The EQUATOR Network (**E**nhancing the **Q**UAlity and **T**ransparency **O**f health **R**esearch) is an international initiative that provides an up-to-date centralized resource for:

- Researchers and scientists reporting research
- Peer reviewer assessment of manuscripts; and
- Editorial evaluation of submitted manuscripts

Simera I, Moher D, Hirst A, Hoey J, Schulz K, Altman DG. Transparent and accurate reporting increases reliability, utility, and impact of your research: reporting guidelines and EQUATOR Network. *BMC Med.* 2010; 8: 24.

([www.equator-network.org](http://www.equator-network.org))

# TIDieR for Yoga

- Steffany Moonaz
- Holger Cramer
- Rani Elwy
- Laura Schmalz
- David Riley
- Lesley Ward



# Background

## Aim

- Develop reporting standards for clinical yoga research, in line with the Template for Intervention Description and Replication (TIDieR) guidelines

# Design

## Design

- Criteria for analysis, consensus, and termination based on previous Delphi studies
- Criteria for consensus and analysis determined *a priori* by the steering committee via protocol
- IRB approval



# Research Methods

## **Delphi**

- Yoga research experts (with consent)
- 3 rounds to reach consensus on draft TIDieR guidelines
- Online survey via SurveyMonkey — HIPAA compliant.
- Analysis for consensus at each Round using descriptive statistics (median and IQR)

# Research Methods

- Consensus meeting
- Finalize guidelines
- Publication and dissemination
- Guidelines utilization

# Guidelines Follow-up

- Research on effect of guideline uptake

Turner L, Shamseer L, Altman DG, Schulz KF, Moher D. Does use of the CONSORT Statement impact the completeness of reporting of randomized controlled trials Published in medical journal? A Cochrane review. *Syst Rev* 2012;1:60

# Brainstorm

- If you were designing yoga research reporting guidelines, what would you want to require?



# Questions?

- Any questions about:
  - Reporting guidelines?
  - TIDieR?
  - This project?
  - Yoga research in general?

# Namaste

