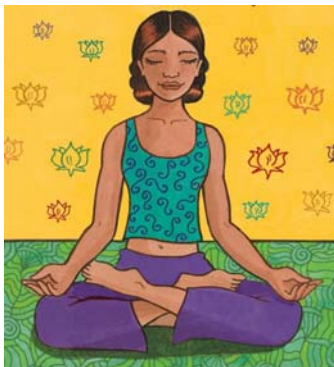


Yoga Study for Social Anxiety Disorder

Investigators at the Centre for Addiction and Mental Health & University of Toronto are conducting a study investigating the effect of a specific type of yoga on symptoms of anxiety in people with social anxiety disorder.

You may be eligible to participate if you are/have:



- Between the ages of 18-65 years
- A primary diagnosis of Social Anxiety Disorder
- Currently experiencing clinically significant social anxiety symptoms
- Free of significant physical illness
- Not currently on any medications, or on stable medications for at least 8 weeks prior to starting yoga

Over an 8-week period, participants will take part in a structured yoga program for two 1-hour sessions each week. There will then be a 3-month follow-up phase.

Medication management will remain with the patient's primary health care physician, or can be overseen by the study physician for the duration of the study.



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

For more information, please call Julia at

416-535-8501 x6854

to leave a confidential voice message.



For more information on programs and services at CAMH, please visit www.camh.net or call at 416-535-8501 (1-800-463-6273).

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