

## COMPARE: Expanding first-line options for depression and matching treatments to patients: hatha yoga vs. behavioral therapy

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

1. Symptoms of depression 2. Able to read English or Spanish 3. Live in states of NC, MA, MN, or RI

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**Exclusion Criteria:**

1. Bone fracture or joint surgery in the past 6 months 2. Unable to walk 3. Severe heart failure or lung disease 4. Engaged in yoga practice or psychotherapy more than once in the past 4 weeks 5. Currently pregnant 7. Active suicidal or manic symptoms

### Conditions & Interventions

**Conditions:**

Mental Health & Addiction

**Keywords:**

alternative therapies, Depression, yoga

### More Information

**Description:** We are studying treatment options for people who have depression. One group will practice hatha yoga and the other will have behavioral therapy. All treatments are done virtually via telehealth (computer) with no in person clinic visits.

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**IRB**

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