

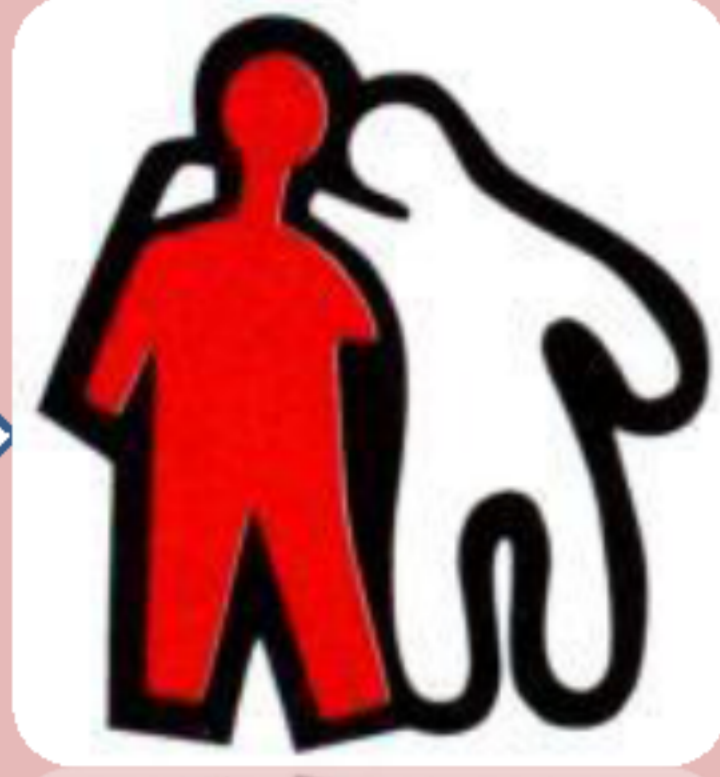
# The Effect of Yoga on the Quality of Life on the Children and Adolescents with Hemophilia in Shiraz southern Iran - 2011

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## Abstract :

**Introduction :** Hemophilia is a chronic bleeding disorder that can result in disruption to everyday activities and impairments in quality of life of children with hemophilia. present study has investigated the effects of yoga on quality of life of children and adolescents with hemophilia, In addition numbers of bleeding, absence from school and referring to the clinic that are important indicators of health and quality of life were also investigated. In this clinical trial pre - post test design study 27 boys between 8-16 years with hemophilia A or B were participate. The demographic data were collected through interviews and from patients' files in the haemophilia center . **Methods :** In this clinical trial pre - post test design study 27 boys between 8-16 years with hemophilia A or B were participate. The demographic data were collected through interviews and from patients' files in the haemophilia center . **Conclusion :** Depending on the results of present study yoga as physical, mental and psychological practices, can improve perception of quality of life of children and adolescents with hemophilia in all dimensions of physical, psychological, social and behavioral without risk for injury



## Introduction:

Hemophilia is a chronic bleeding disorder that can result in disruption to everyday activities and impairments in quality of life of children with hemophilia. Nowadays individuals with hemophilia are widely advised to participate in sport and exercise to improve their quality of life. Yoga may help to reduce the impairments in children and adolescents with hemophilia and improve their quality of life.

present study has investigated the effects of yoga on quality of life of children and adolescents with hemophilia, In addition numbers of bleeding, absence from school and referring to the clinic that are important indicators of health and quality of life were also investigated.

**Method:** In this clinical trial pre - post test design study 27 boys between 8-16 years with hemophilia A or B were participate. The demographic data were collected through interviews and from patients' files in the haemophilia center .

Quality of life was assessed with the disease-specific and self reporting Haemo-QoL questionnaire then, intervention was done for 14 weeks of yoga practice include 8 weeks attendance classes and 6 weeks of exercise at home Haemo-QoL questionnaire was completed pre and at the end of week 8 and 14. The data were analyzed using the statistical software SPSS and non-parametric Friedman and Repeated measures tests.

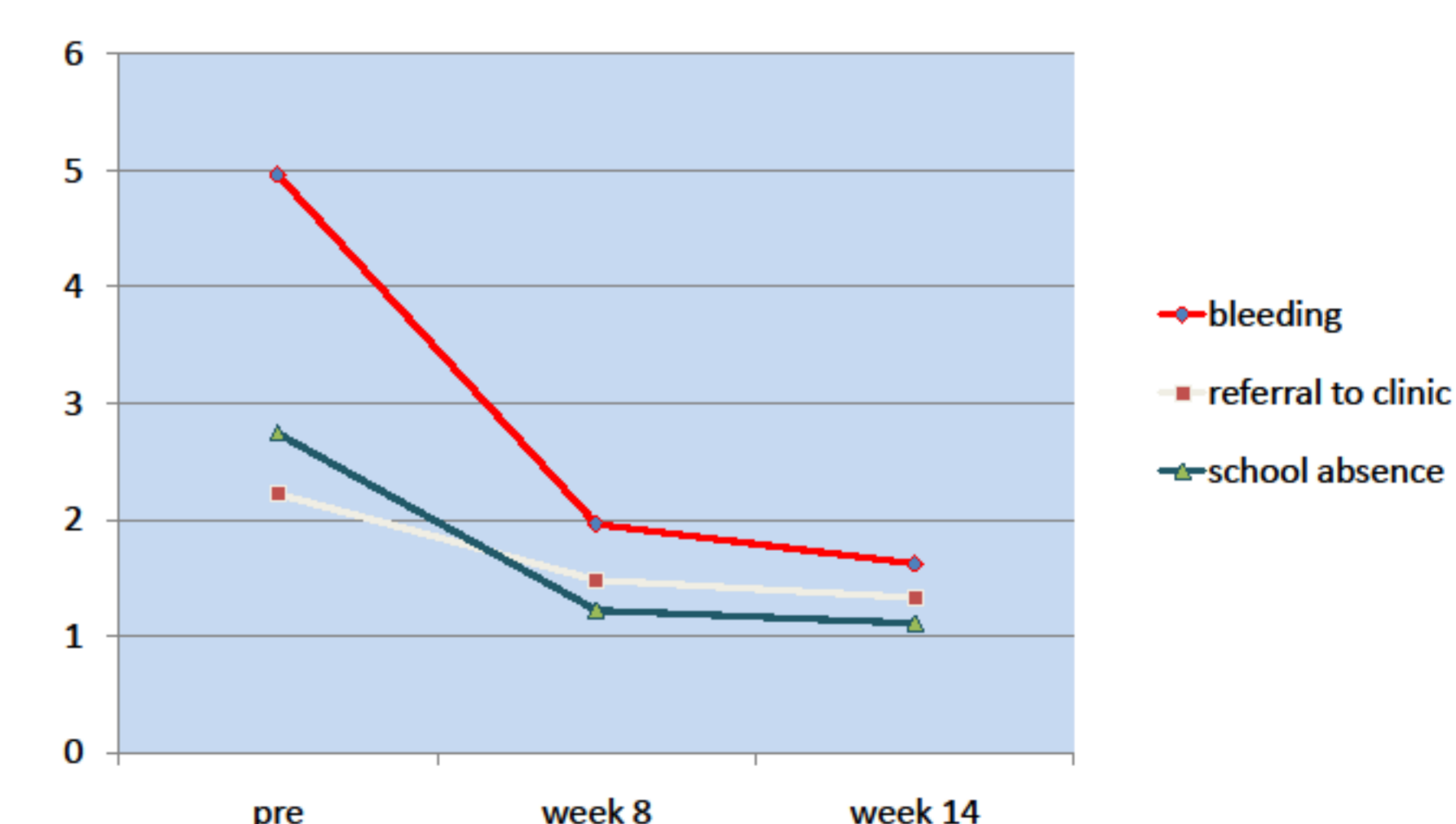
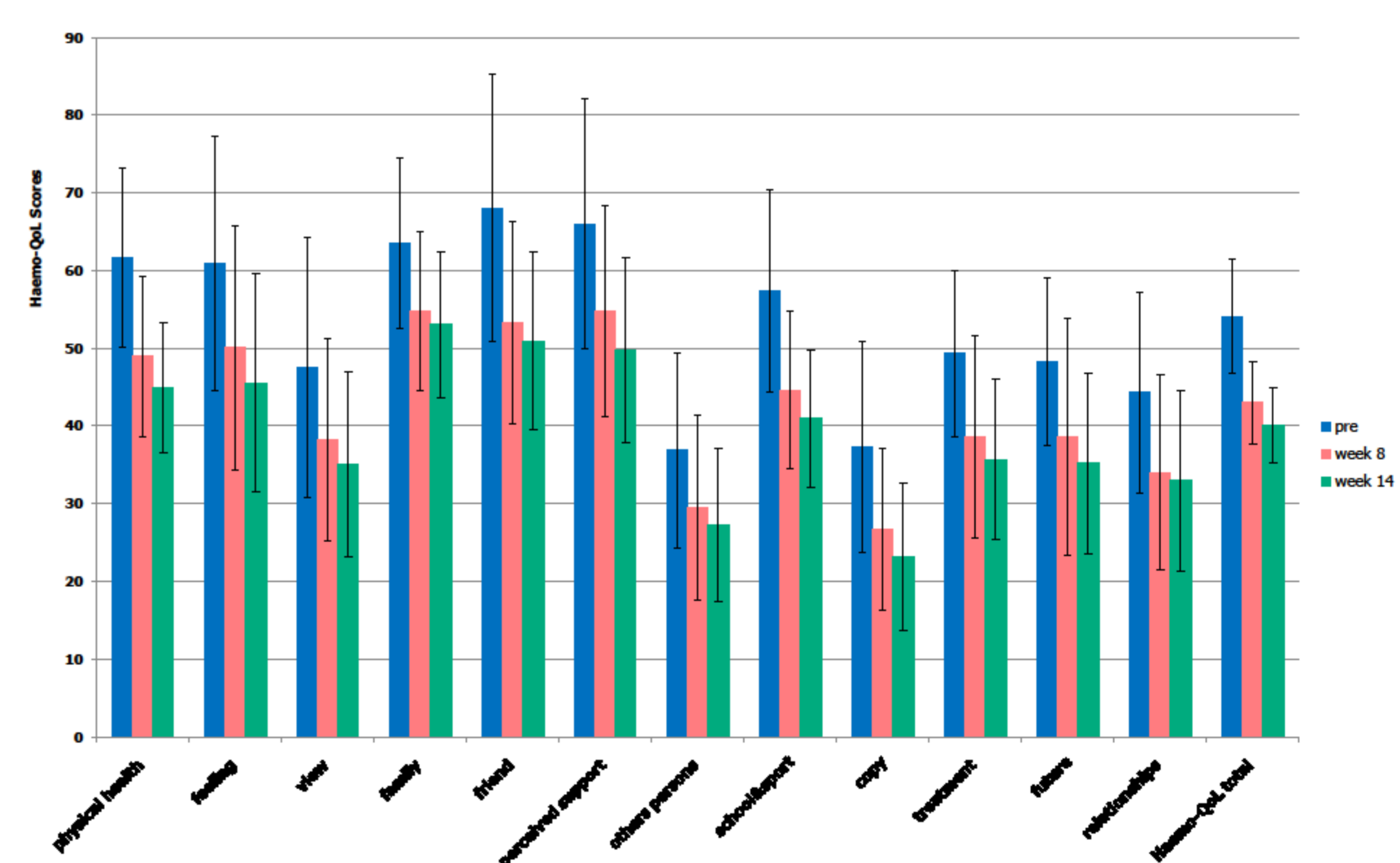
## Results :

The results show that the mean score of quality of life' dimensions scores , numbers of bleeding , referral to hemophilia clinic and school absence were significantly differ after the yoga intervention compared to before the intervention ( $p \leq 0.001$ )

## Conclusion :

Depending on the results of present study yoga as physical, mental and psychological practices, can improve perception of quality of life of children and adolescents with hemophilia in all dimensions of physical, psychological, social and behavioral without risk for injury

## Quality of life' dimensions scores pre, week 8 and week 14 of Yoga intervention



**Keywords:** quality of life, hemophilia, children ,adolescents, yoga

