

Turkish Validity-Reliability of the Outcome Expectations For Yoga Scale

NCT06568341

Status	RECRUITING
Sponsor	Hacettepe University
Enrollment	200 participants

Key Eligibility Criteria

Inclusion (1)

- Adults aged 18 years and older

Exclusion (3)

- Pregnant women
- Body Mass Index above 40
- Practiced yoga, Tai Chi, Qi Gong, or a mindfulness-based therapy program 2 times or more in the past month or 10 times in the past year

Locations (2 total)

Hacettepe University Faculty of Physical Therapy and Rehabilitation, Ankara, Altindag, Turkey (Türkiye)
Çankiri Karatekin University, Çankır1, Turkey (Türkiye)