

Exploring the effects of yoga, meditation, and tDCS brain stimulation

PURPOSE OF THIS STUDY:

tDCS (transcranial Direct Current Stimulation) is a brain stimulation technique that involves passing a very low current through the scalp to change the excitability of underlying brain regions. Moreover, yoga and meditation have recently gained popularity for their proposed health benefits. This study seeks to investigate whether there is a combined effect of yoga, meditation, and tDCS on cognition.

WHO CAN PARTICIPATE?

You are 18 to 35 years of age.

- You have two years or more of yoga experience
- You do not have any history of psychiatric illness and are in good health
- You are not currently using hormonal birth control
- You are willing to undergo tDCS and brain scans
- You are willing to abstain from alcohol, drugs, and caffeine during the study

WHAT IS INVOLVED?

This study involves three visits. For the first two visits, you will undergo a series of brain scans, questionnaires, and cognitive tasks before and after receiving tDCS and a hands-on yoga session with a certified instructor. For the third visit, you will receive tDCS while practicing meditation inside an MRI scanner. A series of other scans, questionnaires, and cognitive tasks will also occur before and after meditation.

CONTACT INFORMATION:

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PRINCIPAL INVESTIGATOR

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STUDY TIME / DURATION

Study starts recruitment immediately and goes until December 31, 2017.

STUDY LOCATION

Research visits are held at the UBC Hospital.

To learn more about this study, visit vchri.ca/participate