

# Editorial

We are delighted to introduce this new issue of IJYT, which features contributions on a wide variety of topics related to yoga and yoga therapy. Similar to previous issues, the contributions include original research, methods, and perspective articles. We are particularly pleased to include another addition to our collection of articles documenting the continuously growing integration of yoga therapy into healthcare systems on the international stage.

The ten original research articles in the current issue begin with a self-report questionnaire-based study documenting knowledge about and attitude toward yoga practice among undergraduate medical students (Hedge et al., 2018) and a paper examining the effect of an 8-week yoga program on self-acceptance, quality of life, and perceived stress in members of an academic medical center's worksite wellness facility (Casey et al., 2018). We are especially pleased to include the results of an NCCIH-funded study evaluating the psychometric properties of the Essential Properties of Yoga Questionnaire (EPYQ). This work was designed to allow researchers to more systematically, thoroughly, and objectively characterize their interventions, which should improve the quality of all yoga research publications (Park et al., 2018).

This issue also offers two studies providing insights into the growing field of yoga for traumatic disorders: One is a systematic evaluation of expert input about the adaptation of yoga for populations with a history of trauma (Justice et al., 2018), and the other is a qualitative study exploring yoga in veterans with PTSD symptoms (Cushing et al., 2018). Research papers on other clinical conditions include a mixed methods study evaluating the value of Hatha Yoga as part of a community-based interdisciplinary rehabilitation intervention for individuals with Parkinson's disease (Hawkins et al., 2018), an analysis of the effects of yoga on physical and psychological well-being in individuals with diabetic peripheral neuropathy (Van Puymbroeck et al., 2018), a feasibility study evaluating the differential effects of restorative and vigorous yoga for sedentary breast or ovarian cancer survivors (Deng et al., 2018), and a study exploring the treatment efficacy and possible mechanisms underlying Kundalini Yoga for generalized anxiety disorder (Curtiss et al., 2018). There is also a research article on a qualitative study based on phenomenological inquiry into Phoenix Rising Yoga Therapy (Sneed & Hammer, 2018).

Methods articles on proposed research trials include a description of an online survey aimed at understanding how specific characteristics of yoga practice style relate to practice frequency (Birdee et al., 2018), a study protocol for the development and evaluation of a yoga intervention specific to the needs of individuals with Parkinson's disease (Justice et al., 2018), as well as the design and rationale of a yoga intervention for adults with type 2 diabetes. (Thind et al., 2018). Lastly, a perspective article describes the current state of yoga therapy in the German healthcare system (Cramer, 2018).

We would like to express our gratitude to everyone working behind the scenes and supporting IJYT on various fronts. Special acknowledgments go to our Editorial Board members Lorenzo Cohen, Holger Cramer, Timothy McCall, Matthew Taylor, and Shirley Telles for their continued support and guidance, to our managing editor Laurie Hyland Robertson for facilitating the editorial process every step along the way, to Ken Wilson for his invaluable work on layout and graphic design, to Abby Abhaya Geyer for managing the advertising, and to Devi Mueller for her support with the IJYT website. And, of course, we are as always indebted to all IAYT members and sponsors, who continue to make the publication of IJYT possible.

Sincerely,



**Laura Schmalzl, PhD**  
Co-Editor in Chief



**Sat Bir Singh Khalsa, PhD**  
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