

# Yoga, Cognitive Health, and Emotional Well-being. A Systematic Review on Healthy Young Adults

Tuesday, September 24, 2024 1:30 PM (20 minutes)

Could yoga, with its mind-body approach, improve cognitive and emotional well-being in young adults? Research indicates that yoga provides mental health benefits, but studies on young adults are still scarce. The growing popularity of yoga among young adults - a population undergoing significant cognitive and emotional changes and adaptations - supports the importance of studying its effects on their well-being. Accordingly, this systematic review aims to investigate the effects of yoga practice on cognitive and emotional processes in healthy young adults (18-30 years old).

The review protocol has been registered on PROSPERO platform (ID: CRD42024527762). A systematic literature search has been performed on 16 March 2024 on PubMed, PsycInfo, and Scopus. The analysis considers yoga practice, both individual/group, in-person/online, with no restrictions on type or duration. The interest group comprises yoga practitioners, compared to control subjects practicing free-body exercise or with no intervention. Studies with at least one cognitive or emotional process evaluation are considered. Studies combining yoga with other activities or treatments are excluded. Literature screening, data extraction, and risk of bias assessment are independently conducted by two reviewers.

A total of 6148 articles have been extracted, of which 2172 were duplicates. From the first analysis, it appears that yoga provides cognitive and - to a greater extent - emotional benefits in young adults, regardless of the practice type.

A better understanding of yoga effects on young adults' cognitive and emotional functions can help promoting well-being and personal success in this population.

**If you're submitting a poster, would you be interested in giving a blitz talk?**

Yes

**If you're submitting a symposium talk, what's the symposium title?**

**If you're submitting a symposium, or a talk that is part of a symposium, is this a junior symposium?**

No

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**Session Classification:** Lunch & poster 2