The role of yoga and mindfulness-based interventions in managing bladder pain syndrome:

A systematic review

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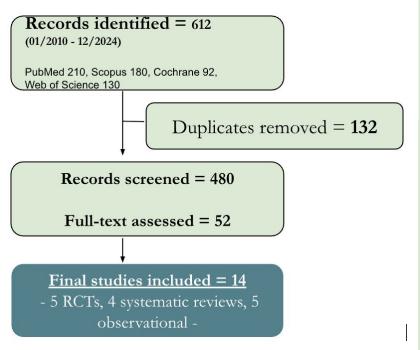


# Aims of study

-To evaluate the efficacy of yoga and mindfulness-based interventions (MBIs) in managing Bladder Pain Syndrome (BPS), focusing on symptom relief and quality of life improvements.

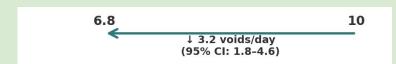
## Study design, materials and methods

- Systematic review conducted per PRISMA guidelines.
- Inclusion criteria = randomized controlled trials (RCTs), systematic reviews, and observational studies that assessed yoga and mindfulness interventions in BPS patients, measuring outcomes such as pain reduction, urinary symptoms, and quality of life



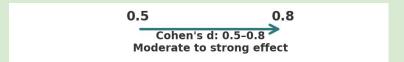
## Results and interpretation

• URINARY FREQUENCY REDUCTION - 4 studies found a mean reduction of 3.2 voids/day



#### • PSYCHOLOGICAL WELL BEING

Significant reduction in anxiety and depression scores, with Cohen's d effect sizes ranging from 0.5 to 0.8



• **PAIN REDUCTION** - Meta-analysis of 5 RCTs (n=460) showed a **27% reduction** in pelvic pain



#### Conclusions

This systematic review supports the potential efficacy of yoga and mindfulness-based interventions as complementary treatments for BPS. These non-pharmacological approaches provide symptom relief and enhance quality of life in affected individuals.

Future larger, standardized RCTs are needed to establish evidence-based recommendations for clinical practice.