



# BREATHING-BASED MEDITATION, DELIVERED VIRTUALLY, FOR CANADIAN VETERANS WITH POST-TRAUMATIC STRESS DISORDER: A RESEARCH STUDY

This study will examine the effectiveness of delivering Sudarshan Kriya Yoga (SKY) virtually (i.e., via video call). SKY is a breathing-based meditation that may help to improve symptoms of PTSD.

The findings from this study will help several organizations that work for Canadian Veterans better understand how the SKY program can benefit their clients and members.

Results from this study will be used to further research. It will also help to support future programming and treatment planning for Veterans across the country.

## **We are looking for participants for this study. If you are:**

- Bothered by a past trauma,
- A Veteran of the Canadian Armed Forces and/or the RCMP,
- Eighteen years of age, or older,
- Able to participate in a six-week meditation program, delivered through video calls, and attend all follow-up sessions,

Please consider joining our study!

## **Here is what the study will involve:**

- This free six-week study, offered in English and French, will take place online through video calls at flexible times each week.
- In the first week of the study, you will be expected to attend five sessions. Each session will last three hours.
- For the next five weeks, there will be one-hour follow-up sessions scheduled twice a week.
- You will be asked to attend a 90-minute appointment before the program begins.
- You will also be asked to complete three 45-minute surveys. These will occur six-weeks, 12-weeks, and 30-weeks after the first appointment.



## Once the study gets underway:

You will be randomly assigned to one of two groups receiving SKY.

- One group will begin the SKY program at the beginning of the study.
- The other group will begin the SKY program shortly after the first group has completed their six-week program.
- Each group will consist of eight to twelve people.
- The SKY program will be delivered by certified meditation instructors. Daily home practice instructions will be provided.

---

### PLEASE NOTE:

- **It is important to note that you will not be asked to change any medications that you may be taking while you are participating in the study.**
- **For the first twelve weeks of the study program, we will ask that you not begin any formal psychotherapy programs (for example, Cognitive Behavioural Therapy or CBT).**

---

### CONFIDENTIALITY:

**All information collected from you will be kept confidential and stored securely. We will assign a unique ID number to you and will use this number on all data collection forms. This means that information you give to us will be kept confidential and no one will be able to identify you.**

---

## The research team:

We are researchers at Sinai Health in Toronto, and the Atlas Institute for Veterans and Families in Ottawa.

### Co-Principal Investigators:

- Dr. Ross Upshur, MA MD MSc
- Dr. Abhimanyu Sud, MD CCFP

### Co-Investigators:

- Mr. Fardous Hosseiny, MSc
- Ms. MaryAnn Notarianni, MSW
- Dr. Abraham Rudnick, MD
- Dr. Robert Simpson, PhD, MBChB
- Dr. Martin D. Provencher, PhD, Clin Psychol

### Collaborators:

- Dr. Edouard Auger, MDCM
- Dr. Vicky Lavoie, PhD, Clin Psychol

---

If you would like more information, please visit: <https://subjectmatter.ca/ptsd-study/>, email us at [SKY.PTSD@sinaihealth.ca](mailto:SKY.PTSD@sinaihealth.ca), or call us at 647-804-6121.

Please note that email messages are not encrypted on the hospital email system and the security of the messages that you send or receive cannot be guaranteed.

Email should not be used to discuss information you think is sensitive. By sending an email, you acknowledge that you accept this.

## This study is funded by:

Atlas Institute for Veterans and Families

