1. **A randomized controlled pilot study of a yoga skills training compared to an attention control implemented in the clinic during chemotherapy**

**Global Integrative Oncology: Use in Cancer Treatment & Patient Management**

**Background:** Fatigue is reported by a majority of gastrointestinal (GI) cancer patients and co-occurs with depression and sleep disturbances.

**Aim:** To conduct a randomized controlled pilot study of a Yoga Skills Training (YST) compared to an attention control (AC) among adults diagnosed with gastrointestinal (GI) cancer.

**Methodology:** YST teaches the key elements of yoga (meditation, movements, breathing practices) delivered individually in the chair during chemotherapy to lessen barriers to participation (e.g., scheduling). YST consisted of four 30-minute sessions plus home practice. AC offered active listening plus home diaries. Patient-reported (PROMIS) measures of fatigue (primary outcome), depressive symptoms and sleep disturbances were collected by blinded assessors at baseline, the day of the last intervention (Week 8) and post-intervention (Week 10). A mixed effects model was used to estimate changes in outcomes over time by arm.

**Results:** Forty-four of 77 eligible adults agreed to participate (57%; YST n=23; AC n=21). Participants mean age was 58 years, a majority were White (86%), and approximately half were men (48%). Adherence to four sessions was 80% (YST=74%; AC=86%). Seventy-seven percent of participants completed the Week 10 primary outcome assessment (YST=87%; AC=67%). Results showed a larger decline in fatigue for YST vs. AC from baseline to Week 10 (-2.4 T-score point difference, d=0.33, SD=7.28). This was less than the estimated minimally important difference (MID) of 3.0-5.0. There was also a larger decline in depressive symptoms in YST at Week 10 (-2.5 difference, d=0.33, SD=7.61, MID 3.0-4.5) and sleep disturbances at Week 8 (-3.9 difference, d=0.56, SD=7.11, no known MID). This trial was registered (NCT02489422) and NIH grant funded (K01AT008219).

**Conclusions:** This pilot study demonstrated that YST is feasible and can reach those who have not typically participated in yoga research (GI cancer patients, men). YST may improve fatigue, depressive symptoms, and sleep disturbances, warranting further examination.

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