

## **Adrijana D'Silva – University of Calgary**

***Project: Mind and yoga for Irritable Bowel Syndrome (MY-IBS) Study***



### **Biography**

Adrijana completed her undergraduate degree in Biological Sciences at the University of Calgary in 2011. Following graduation, she worked with the Alberta Inflammatory Bowel Disease Consortium as a Research Assistant.

She went on to pursue a Master of Health Studies at Athabasca University in 2017, focusing her thesis on physical activity, sedentary behavior, and health outcomes among lung cancer survivors. During this time, she also worked as a Research Associate for a lung cancer research group at the University of Calgary.

Currently Adrijana is a PhD student in the Faculty of Medicine, specializing in Health Services Research, Department of Community Health Sciences, and working under the supervision of Drs. Maitreyi Raman and Glenda MacQueen.

As an Irritable Bowel Syndrome (IBS) patient, she understands the challenges IBS patients face when they have a chronic condition without effective treatment. Her PhD aims to address this gap, through developing a series of patient-centered studies that she hopes will one day lead to the development of readily available and effective mind-body therapies for patients with chronic diseases. Using patient-oriented research, Adrijana's goal is to increase the involvement of patients in research to ensure their perspectives are included and their outcomes are improved.

### **Project Summary**

Current evidence shows that yoga improves symptoms and quality of life and is safe in the treatment of IBS; however, more work is needed to determine if IBS patients and gastroenterologists are accepting of yoga as a therapy and how to best position yoga as a therapy for patients with IBS.

This research aims to determine if yoga is a beneficial and feasible therapy for patients with IBS. Adrijana will explore patient attitudes and preferences towards yoga interventions and methods of delivery (in person vs. online) so that yoga can be offered as a treatment option in a way that is acceptable to patients. Further, by creating a yoga program that considers patients' input, we expect that compliance with the program should increase.

This project will also determine how gastroenterologists feel about recommending yoga as a treatment option to patients with IBS and explore why they may or may not recommend this routinely.

Adrijana's research hopes to demonstrate that yoga is feasible by showing that we can recruit patients, and that is safe and has effect using endpoints that are important to patients such as improved symptoms. New knowledge in this field may provide a platform on which future treatments could be built. Advancing this field may also lead to increasing resources to support mind-body medicine.