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There are few studies about assessment interventions in the quality of live area and rare are those using the evaluation research design indicated by the methodological scientific literature. The objectives of this research are to test a quality life intervention plan, and to promote mental health at the university. The Yoga formed the basis of the intervention plan developed. Aim: to identify the relationship among the yoga practice, the health status (HS) and the quality of life (QL) experienced by students. Methods: it was used a base line before the intervention and repeated measures at the end of the program intervention (pre-and post-test). Participants were a 67 students enrolled in the university program. Measures: a) A questionnaire to identify the participants' health status and their quality of life; b) The Yoga Intervention (YI) developed once a week, lasting one hour during two months at the students' place. Statistical results indicated the positive impact of YI over the students' health and their quality of life (QL). In general, there was an important difference in the degree of health status experienced by students at the end of the program. Even if some health problems remain the students have a better control over them. The QL measure also showed an important difference by the end of the intervention. In addition participants reported the importance of the Yoga in their lives, including better school performance. Conclusion: The quality life intervention plan was tested. We encourage YI for promoting mental health in the university setting.