

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Cherkin DC, Sherman KJ, Balderson BH, Cook AJ, Anderson ML, Hawkes RJ, Hansen KE, Turner JA	Effect of mindfulness-based stress reduction versus cognitive behavioral therapy or usual care on back pain and functional limitations in adults with chronic low back pain: a randomized clinical trial	2016	JAMA	Mar 22-29;315(12)	1240-1249	Excluded 3a. Intervention out of scope	Duplicate citation (already identified in our search)
Nandakumar B, Kadam A, Srikanth H, et al	Naturopathy and yoga based life style intervention for cardiovascular risk reduction in patients with cardiovascular risk factors: a pilot study	2012	BMC Complementary and Alternative Medicine	12(Suppl 1)	P106	Excluded 3a. Intervention out of scope	Duplicate citation (already identified in our search)
Yadav R, Yadav RK, Khadgawat R, Pandey RM, Upadhyay AD, Mehta N	Randomized controlled trial of a 12-week yoga-based (including diet) lifestyle versus dietary intervention on cardio-metabolic risk factors and continuous risk score in Indian adults with metabolic syndrome	2020	Behavioral Medicine	46(1)	44075	Excluded 3a. Intervention out of scope	Duplicate citation (already identified in our search)
Markil N, Whitehurst M, Jacobs PL, Zoeller RF	Yoga Nidra Relaxation Increases Heart Rate Variability and is Unaffected by a Prior Bout of Hatha Yoga	2012	J. Alternative and Complementary Medicine	Oct;18(10)		Excluded 3b. Comparator out of scope	Duplicate citation (already identified in our search)
Chris C. Streeter, MD, Theodore H. Whitfield, ScD, Liz Owen, BArch, Tasha Rein, BA, Surya K. Karri, MD, MPH, Aleksandra Yakhkind, MS, Ruth Perlmutter, MA, Andrew Prescott, PhD, Perry F. Renshaw, MD, PhD, Domenic A. Ciraulo, MD, I and J. Eric Jensen, PhD	Effects of yoga versus walking on mood, anxiety, and brain GABA levels: a randomized controlled MRS study	2010	The Journal of Alternative and Complementary Medicine	Volume 16, Number 11, 2010	1145-1152	Excluded 4. Population out of scope	Duplicate citation (already identified in our search)
Kuppusamy M, Kamaldeen D, Pitani R, Amaldas J, Ramasamy P, Shanmugam P, Vijayakumar V	Effects of yoga breathing practice on heart rate variability in healthy adolescents: a randomized controlled trial	2020	Integrative Medicine Research	Mar;9(1)	28 - 32	Excluded 4. Population out of scope	Duplicate citation (already identified in our search)

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Kuppusamy M., Kamaldeen D., et al	Effects of yoga breathing practice on heart rate variability in healthy adolescents: a randomized controlled trial	2020	Integrative Medicine Research	Volume 9, issue 1, march 2020	28-32	Excluded 4. Population out of scope	Duplicate citation (already identified in our search)
Agarwal R, Maroko-Afek A	Yoga into cancer care: a review of the evidence-based research	2018	International Journal of Yoga	Apr;11(1)	Mar-29	Excluded 7a. Non-systematic review, guideline, HTA assessment	Duplicate citation (already identified in our search)
Agarwal, R.P., Maroko-Afek, A.	Yoga into Cancer Care: A Review of the Evidence-based Research	2018	Int J Yoga	11(1)	47178	Excluded 7a. Non-systematic review, guideline, HTA assessment	Duplicate citation (already identified in our search)
Kavuri V,Raghuram N,Malamud A, Selvan SR	Irritable bowel syndrome: yoga as remedial therapy	2015	J Evidence-Based Complementary and Alternative Medicine	2015	Article ID 398156	Excluded 7a. Non-systematic review, guideline, HTA assessment	Duplicate citation (already identified in our search)
Bacaro V, Benz F, Pappaccogli A, de Bartolo P, Johann AF, Palagini L, Lombardo C, Feige B, Riemann D, Baglioni C	Interventions for sleep problems during pregnancy: a systematic review [with consumer summary]	2020	Sleep Medicine Reviews	50	101234	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Bacaro V, Benz F, Pappaccogli A, de Bartolo P, Johann AF, Palagini L, Lombardo C, Feige B, Riemann D, Baglioni C	Interventions for sleep problems during pregnancy: a systematic review [with consumer summary]	2020	Sleep Medicine Reviews	Apr;50	101234	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Balasubramaniam M, Telles S, Doraiswamy PM	Yoga on our minds: a systematic review of yoga for neuropsychiatric disorders	2013	Frontiers in Psychiatry	Jan 25;3	117	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)

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Bridges L, Sharma M	The efficacy of yoga as a form of treatment for depression	2017	J Evidence-Based Complementary and Alternative Medicine	Oct;22(4)	1017-1028	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Chu P, Gotink RA, Yeh GY, Goldie SJ, Hunink MGM	The effectiveness of yoga in modifying risk factors for cardiovascular disease and metabolic syndrome: A systematic review and meta-analysis of randomized controlled trials	2016	European Journal of Preventative Cardiology	23 (3)	291-307	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer H, Haller H, Klose P, Ward L, Chung VC, Lauche R	The risks and benefits of yoga for patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.	2019	Clinical Rehabilitation	Dec;33(12)	1847-1862	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer H, Haller H, Klose P, Ward L, Chung VC, Lauche R	The risks and benefits of yoga for patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis [with consumer summary]	2019	Clinical Rehabilitation	33(12)	1847-1862	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer H, Lauche R, Haller H, Steckhan N, Michalsen A, Dobos G	Effects of yoga on cardiovascular disease risk factors: a systematic review and meta-analysis.	2014	International Journal of Cardiology	May 1;173(2)	170-83	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer H, Lauche R, Haller H, Steckhan N, Michalsen A, Dobos G	Effects of yoga on cardiovascular disease risk factors: A systematic review and meta-analysis	2014	International Journal of Cardiology	173(2)	P170-183	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer H, Ward L, Saper R, Fishbein D, Dobos G, Lauche R	The safety of yoga: a systematic review and meta-analysis of randomized controlled trials	2015	American Journal of Epidemiology	Aug;182 (4)	281-293	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer H., Haller H., et al	A systematic review and meta-analysis of yoga for hypertension	2014	American Journal of Hypertension	Volume 27, Issue 9, September 2014	1146-1151	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)

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Cramer, H., Klose, P., Brinkhaus, B., Michalsen, A., & Dobos, G.	Effects of yoga on chronic neck pain: a systematic review and meta-analysis.	2017	Clinical Rehabilitation	31(11)	1457–1465	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Cramer, H., Lauche, R., et al	Effects of yoga on cardiovascular disease risk factors: A systematic review and meta-analysis.	2014	International Journal of Cardiology	(173)2	170–183.	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Danhauer SC, Addington EL, Sohl SJ, Chaoul A, Cohen L	Review of yoga therapy during cancer treatment	2017	Supportive Care in Cancer	25(4)	1357–1372	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Djalilova DM, Schulz PS, Berger AM, Case AJ, Kupzyk KA, Ross AC	Impact of yoga on inflammatory biomarkers: a systematic review	2019	Biological Research for Nursing	Mar;21(2)	198-209	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Dong B, Xie C, Jing X, Lin L, Tian L	Yoga has a solid effect on cancer-related fatigue in patients with breast cancer: a meta-analysis	2019	Breast Cancer Research and Treatment	Aug;177(1)	May-16	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Falkenberg R, Eising C, Peters ML	Yoga and immune system functioning: a systematic review of randomized controlled trials	2018	J Behav Med	Feb;41(4)	467-482	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Green E, Huynh A, Broussard L, Zunker B, Matthews J5 Hilton CL, Aranha K	Systematic review of yoga and balance: effect on adults with neuromuscular impairment	2019	American Journal of Occupational Therapy	Jan/Feb;73(1)	7301205150 p1-7301205150 p11	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Innes KE, Bourguignon C, Taylor AG	Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review	2005	Journal of the American Board of Family Medicine	Nov-Dec;18(6)	491-519	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Innes KE, Selfe TK	Yoga for adults with type 2 diabetes: a systematic review of controlled trials	2016	Journal of Diabetes Research	Article ID 6979370	23p	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Innes KE, Selfe TK	Yoga for adults with type 2 diabetes: a systematic review of controlled trials	2015	Journal of Diabetes Research	2016	Article ID 6979370	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Jin X, Wang L, Liu S, Zhu L, Loprinzi PD, Fan X	The impact of mind-body exercises on motor function, depressive symptoms, and quality of life in Parkinson's disease: a systematic review and meta-analysis	2019	International Journal of Environmental Research and Public Health	Dec 18;17(1)	pii: E31	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Li Y, Li S, Jiang J, et al.	Effects of yoga on patients with chronic nonspecific neck pain. A PRISMA systematic review and meta-analysis.	2019	Medicine	2019;98(8): e14649.		Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Li Y, Li S, Jiang J, Yuan S	Effects of yoga on patients with chronic nonspecific neck pain: a PRISMA systematic review and meta-analysis	2019	Medicine	98(8)	e14649	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Pan Y, Yang K, Wang Y, Zhang L, Liang H	Could yoga practice improve treatment-related side effects and quality of life for women with breast cancer? A systematic review and meta-analysis	2015	Asia-Pacific Journal of Clinical Oncology	Apr;13(2)	79-95	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Pascoe MC, Bauer IE	A systematic review of randomised control trials on the effects of yoga on stress measures and mood	2015	Journal of Psychiatric Research	Sep;68	270 - 282	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Ramamoorthi R, Gahreman D, Skinner T, Moss S	The effect of yoga practice on glycemic control and other health parameters in the prediabetic state: A systematic review and meta-analysis.	2019	PLoS One	Oct 16;14(10)	e0221067	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Sharma M, Lingam VC, Nahar VK	A systematic review of yoga interventions as integrative treatment in breast cancer	2016	Journal of Cancer Research and Clinical Oncology	Seo;142	2523-2540	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Shohani, M., Kazemi, F., et al	The effect of yoga on the quality of life and fatigue in patients with multiple sclerosis: A systematic review and meta-analysis of randomized clinical trials	2020	Complementary Therapies in Clinical Practice	39		Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Sivaramakrishnan D, Fitzsimons C, Kelly P2, Ludwig K, Mutrie N, Saunders DH, Baker G	The effects of yoga compared to active and inactive controls on physical function and health related quality of life in older adults- systematic review and meta-analysis of randomised controlled trials	2019	International Journal of Behavioral Nutrition and Physical Activity	Apr 5;16(1)	33	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Tulloch A, Bombell H, Dean C, Tiedemann A.	Yoga-based exercise improves health-related quality of life and mental well-being in older people: a systematic review of randomised controlled trials. 2018	2018	Age and Ageing	47(4)	537-544	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Wu Y, Johnson BT, Acabchuk RL, Chen S, Lewis HK, Livingston J, Park CL, Pescatello LS	Yoga as antihypertensive lifestyle therapy: a systematic review and meta-analysis	2019	Mayo Clinic Proceedings	Mar;94(3)	432-446	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Youkhana, S., Dean, C.M., et al	Yoga-based exercise improves balance and mobility in people aged 60 and over: a systematic review and meta-analysis	2015	Age and Ageing	45	21-29	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Zou L, Yeung A, Li C, Wei G, Chen KW, Kinser PA, Chan JSM, Ren Z	Effects of meditative movements on major depressive disorder: a systematic review and meta-analysis of randomized controlled trials	2018	Journal of Clinical Medicine	7(8)	195	Excluded 7b. SR of RCTs or SR of NRSIs	Duplicate citation (already identified in our search)
Chauhan, A., Semwal, D.K., et al	Yoga Practice Improves the Body Mass Index and Blood Pressure: A Randomized Controlled Trial	2017	International Journal of Yoga	10(2)	103-106	Excluded 7c. NRSI or non-randomised comparative study	Duplicate citation (already identified in our search)
Khattab, K., Khattab, A., et al	Iyengar Yoga Increases Cardiac Parasympathetic Nervous Modulation Among Healthy Yoga Practitioners	2007	Evid Based Complement Alternat Med	4(4)	511-517	Excluded 7c. NRSI or non-randomised comparative study	Duplicate citation (already identified in our search)
Ratnakumari ME, Manavalan N, Sathyanath D, et al	Study to evaluate the changes in polycystic ovarian morphology after naturopathic and yogic interventions	2018	International Journal of Yoga	11(2)	139-47	Excluded 7c. NRSI or non-randomised comparative study	Duplicate citation (already identified in our search)

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Tyagi A, Cohen M, Reece J, Telles S, Jones L	Heart rate variability, flow, mood and mental stress during yoga practices in yoga practitioners, non-yoga practitioners and people with metabolic syndrome	2016	Applied Psychophysiology and Biofeedback	41(4)	381-393	Excluded 7c. NRSI or non-randomised comparative study	Duplicate citation (already identified in our search)
DiBenedetto, M., Innes, K.E, et al	Effect of a gentle Iyengar program on gait in the elderly: an exploratory study	2005	Arch Phys Med Rehabil	2005 Sep 86(9)	1830-7	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Evans, S., Moieni, M., et al	Iyengar yoga for young adults with rheumatoid arthritis: Results from a mixed-methods pilot study	2010	Journal of Pain and Symptom Management	39(5)	904-13.	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Harner, H., Hanlon A., et al	Effect of Iyengar Yoga on Mental Health of Incarcerated Women: A Feasibility Study	2010	Nursing Research	59(6)	389-399	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Kolasinski SL, Garfinkel, M., et al	Iyengar yoga for treating symptoms of osteoarthritis of the knees: a pilot study.	2005	Journal of Alternative Complementary Medicine	11(4)	689-93	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Scott, T., Gerbar, P., et al	Psychological Function, Iyengar Yoga, and Coherent Breathing: A Randomized Controlled Dosing Study	2019	Journal of Psychiatric Practice	23 (6)	437-450	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Speed-Andrews, A., Stevinson, C., et al	Pilot evaluation of an Iyengar yoga program for breast cancer survivors	2010	Cancer Nursing	33(5)	369-81	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Streeter,C.C, Gerbang, P., et al	Thalamic Gamma Aminobutyric Acid Level Changes in Major Depressive Disorder After a 12-Week Iyengar Yoga and Coherent Breathing Intervention	2020	The Journal of Alternative and Complementary Medicine, Ahead of Print			Excluded 7d. Case series or other	Duplicate citation (already identified in our search)

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Tolahunase M, Sagar R, Dada R	Impact of yoga and meditation on cellular aging in apparently healthy individuals: a prospective, open-label single-arm exploratory study	2017	Oxidative Medicine and Cellular Longevity	Article ID 7928981	9p	Excluded 7d. Case series or other	Duplicate citation (already identified in our search)
Allende, S., Anita Anandan, A., et al	Effect of Yoga on Chronic Non-specific Neck Pain: An Unconditional Growth Model	2018	Complementary Therapies in Medicine	40	237-242	Included	Duplicate citation (already identified in our search)
Banasik, J., Williams, H., et al	Effect of Iyengar yoga practice on fatigue and diurnal salivary cortisol concentration in breast cancer survivors.	2010	Journal of the American Academy of Nurse Practitioners	23(3)	135-142	Included	Duplicate citation (already identified in our search)
Chandwani KD, Perkins G, Nagendra HR, Raghuram NV, Nagarathna R, Arun B, Morris GS, Scheetz J, Chaoul A, Cohen L	Randomized, controlled trial of yoga in women with breast cancer undergoing radiotherapy	2014	J Clin Oncol 32:1058-1065	Apr;32(10)	1058-1065	Included	Duplicate citation (already identified in our search)
Cheung C, Wyman JF, Resnick B, Savik K	Yoga for managing knee osteoarthritis in older women: a pilot randomized controlled trial	2014	BMC Complementary and Alternative Medicine	May 18;14(160)		Included	Duplicate citation (already identified in our search)
Christa E, Srivastava P, Chandran DS, Jaryal AK, Yadav RK, Roy A, Deepak KK	Effect of yoga-based cardiac rehabilitation on heart rate variability: randomized controlled trial in patients post-MI	2019	International Journal of Yoga Therapy	29 (1)	43-50	Included	Duplicate citation (already identified in our search)
Cohen, D., Bloedon L.T., et al	Iyengar Yoga versus Enhanced Usual Care on Blood Pressure in Patients with Prehypertension to Stage I Hypertension: a Randomized Controlled Trial	2009	Evidence-Based Complementary and Alternative Medicine	2011		Included	Duplicate citation (already identified in our search)
Cohen, D.L., Bloedon, L.T., et al	Iyengar Yoga versus Enhanced Usual Care on Blood Pressure in Patients with Prehypertension to Stage I Hypertension: a Randomized Controlled Trial	2009	Evidence-Based Complementary and Alternative Medicine	2011		Included	Duplicate citation (already identified in our search)
Colgrove, Y., Sharma, N., et al	A randomized controlled pilot study of the therapeutic effects of yoga in people with Parkinson's disease.	2015	International Journal of Yoga	8(1)	74	Included	Duplicate citation (already identified in our search)

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Corey SM, Epel E, Schembri M, Pawlowsky SB, Cole RJ, Araneta MRG, Barrett-Connor E, Kanaya AM	Effect of restorative yoga vs. stretching on diurnal cortisol dynamics and psychosocial outcomes in individuals with the metabolic syndrome: The PRYSMS randomized controlled trial	2014	Psychoneuroendocrinology Science Direct	Nov;49	260-271	Included	Duplicate citation (already identified in our search)
Cramer H, Lauche R, Hohmann C, Ludtke R, Haller H, Michalsen A, Langhorst J, Dobos G	Randomized-controlled trial comparing yoga and home-based exercise for chronic neck pain	2013	The Clinical Journal of Pain	Mar;29(3)	216-223	Included	Duplicate citation (already identified in our search)
Cramer H, Sellin C, Schumann D, Dobos G	Yoga in arterial hypertension	2018	Deutsches Arzteblatt International	Dec 14;115(50)	833-839	Included	Duplicate citation (already identified in our search)
Donesky-Cuenca, A., Nguyen, H.Q., et al	Yoga Therapy Decreases Dyspnea-Related Distress and Improves Functional Performance in people with Chronic Obstructive Pulmonary Disease: A Pilot Study	2009	The Journal of Alternative and Complementary Medicine	15(3)	225-234	Included	Duplicate citation (already identified in our search)
Ebnezar J, Nagarathna R, Bali Y, Nagendra HR	Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study	2011	International Journal of Yoga	Jul;4(2)	55-63	Included	Duplicate citation (already identified in our search)
Evans, S., Lung, K.C., et al	Iyengar Yoga for Adolescents and Young Adults With Irritable Bowel Syndrome	2014	J Pediatr Gastroenterol Nutr.	59(2)	244-253	Included	Duplicate citation (already identified in our search)
Garfinkle, M., et al	Yoga-based intervention for carpal tunnel syndrome: a randomized trial.	1998	JAMA	280 (18)	1601-3	Included	Duplicate citation (already identified in our search)
Gautam S, Tolahunase M, Kumar U, Dada R	Impact of yoga based mind-body intervention on systemic inflammatory markers and comorbid depression in active rheumatoid arthritis patients: a randomized controlled trial	2019	Restorative Neurology and Neuroscience	Mar;37(1)	41-59	Included	Duplicate citation (already identified in our search)
Groessl E, Liu L, Chang D, Atkinson JH, Baxi S, Schmalzl L	Yoga for military veterans with low back pain – a randomized clinical trial	2017	American Journal of Preventative Medicine	Nov;53(5)	599-608	Included	Duplicate citation (already identified in our search)

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Huang AJ, Chesney M, Lisha N, Vittinghoff E, Schembri M, Pawlowsky S, Hsu A, Subak L	A group-based yoga program for urinary incontinence in ambulatory women: feasibility, tolerability, and change in incontinence frequency over 3 months in a single-center randomized trial [with consumer summary]	2019	American Journal of Obstetrics and Gynecology	Jan;220(1):87	e1-87.e13	Included	Duplicate citation (already identified in our search)
Koch, A.K., Schols, M., et al	Perceived stress mediates the effect of yoga on quality of life and disease activity in ulcerative colitis. Secondary analysis of a randomized controlled trial	2020	Journal of Psychosomatic Research	130		Included	Duplicate citation (already identified in our search)
McDermott KA, Rao MR, Nagarathna R, Murphy EJ, Burke A, Nagendra RH, Hecht FM	A yoga intervention for type 2 diabetes risk reduction: a pilot randomized controlled trial	2014	BMC Complementary and Alternative Medicine	Jul 1;14(212)		Included	Duplicate citation (already identified in our search)
Michalsen, A., Jeitler, M., et al	Iyengar Yoga for Distressed Women: A 3-Armed Randomized Controlled Trial	2012	Evidence-Based Complementary and Alternative Medicine	2012		Included	Duplicate citation (already identified in our search)
Michalsen, A., Traiteur, H., et al	Yoga for Chronic Neck Pain: A Pilot Randomized Controlled Clinical Trial	2012	Journal of Pain	13 (11)	1122-1130	Included	Duplicate citation (already identified in our search)
Moonaz SH, Bingham III CO, Wissow L, Bartlett SJ	Yoga in Sedentary Adults with arthritis: effects of a randomized controlled pragmatic trial	2015	The Journal of Rheumatology	Vol. 42, Issue 7	1194-1202	Included	Duplicate citation (already identified in our search)
Nagarathna R, Usharani M, Rao AR, et al	Efficacy of yoga based life style modification program on medication score and lipid profile in type 2 diabetes—a randomized control study	2012	International Journal of Diabetes in Developing Countries	32(3)	122-30	Included	Duplicate citation (already identified in our search)
Ni M, Mooney K, Signorile JF	Controlled pilot study of the effects of power yoga in Parkinson's disease	2016	Complementary Therapies in Medicine	Apr;25	126-31	Included	Duplicate citation (already identified in our search)
Ni M, Signorile JF, Mooney K, Balachandran A, Potiaumpai M, Luca C, Moore JG, Kuenze CM, Eltoukhy M, Perry AC	Comparative effect of power training and high-speed yoga on motor function in older patients with Parkinson disease	2016	Archives of Physical Medicine and Rehabilitation	Mar;97(3)	345-354	Included	Duplicate citation (already identified in our search)

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Oken, B., Zajdel D., et al	Randomized, Controlled, Six-Month Trial of Yoga in healthy Seniors: Effects on Cognition and Quality of Life	2006	Altern Ther Health Med	2006; 12(1)	40-47	Included	Duplicate citation (already identified in our search)
Oken, B.S. Kishiyama, S., et al,	Randomized controlled trial of yoga and exercise in multiple sclerosis.	2004	Neurology	June 8;62(11)	2058-64	Included	Duplicate citation (already identified in our search)
Prathikanti, S., Rivera, R., et al	Treating major depression with yoga: A prospective, randomized, controlled pilot trial.	2017	PLOS ONE	12/3		Included	Duplicate citation (already identified in our search)
Punita P, Trakroo M, Palamalai SR, Subramanian SK, Bhavanani AB, Madhavan C	Randomized controlled trial of 12-week yoga therapy as lifestyle intervention in patients of essential hypertension and cardiac autonomic function tests	2018	National Journal of Physiology, Pharmacy and Pharmacology	Aug;6 (1)	19 - 26	Included	Duplicate citation (already identified in our search)
Raghuram N, Parachuri VR, Swarnagowri MV, Babu S, Chaku R, Kulkarni R, Bhuyan B, Bhargav H, Nagendra HR	Yoga based cardiac rehabilitation after coronary artery bypass surgery: One-year results on LVEF, lipid profile and psychological states e A randomized controlled study	2014	Indian Heart Journal	Sep;66(5)	490-502	Included	Duplicate citation (already identified in our search)
Roseen EJ, Gerlovin H, Femia A, Cho J, Bertisch S, Redline S, Sherman KJ, Saper R	Yoga, physical therapy, and back pain education for sleep quality in low-income racially diverse adults with chronic low back pain: a secondary analysis of a randomized controlled trial	2020	Journal of General Internal Medicine	35(1)	167-176	Included	Duplicate citation (already identified in our search)
Sareen, S., Kumari, V., et al.	Yoga: A tool for improving the quality of life in chronic pancreatitis.	2007	World Journal of Gastroenterology	13(3)	391-397	Included	Duplicate citation (already identified in our search)
Schmid AA	Yoga improves occupational performance, pain-related disability, and activities of daily living for people with chronic pain	2018	American Journal of Occupational Therapy	72 (7211515238)	7.212E+09	Included	Duplicate citation (already identified in our search)
Tiedemann A, O'Rourke S, Sesto R, Sherrington C	A 12 week Iyengar yoga program improved balance and mobility in older community-dwelling people: a pilot randomized controlled trial.	2013	Journal of Gerontology: Medical Sciences	2013;68(9):	1068-75.	Included	Duplicate citation (already identified in our search)

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Tiedemann A, O'Rourke S, Sesto R, Sherrington C	A 12-week Iyengar yoga program improved balance and mobility in older community-dwelling people: a pilot randomized controlled trial	2013	The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences	Sep;68(9)	1068-1075	Included	Duplicate citation (already identified in our search)
Uebelacker, L.A., Tremont, G., et al	Adjunctive yoga vs. health education for persistent major depression: a randomized controlled trial	2017	Psychol Med	47(12)	2130-2142	Included	Duplicate citation (already identified in our search)
van der Kolk BA, Stone L, West J, Rhodes A, Emerson D, Suvak M, Spinazzola J	Yoga as an adjunctive treatment for posttraumatic stress disorder: a randomized controlled trial	2014	Journal of Clinical Psychiatry	Jun;75(6)	559-565	Included	Duplicate citation (already identified in our search)
Wahbeh H, Nelson M	iRest meditation for older adults with depression symptoms: a pilot study	2019	International Journal of Yoga Therapy	29(1)	Sep-17	Included	Duplicate citation (already identified in our search)
Walter AA, Adams EV, Van Puymbroeck M, Crowe BM, Urrea-Mendoza E, Hawkins BL, Sharp J, Woschkolup K, Revilla FJ, Schmid AA	Changes in non-motor symptoms following an 8-week yoga intervention for people with Parkinson's disease	2019	International Journal of Yoga Therapy	Nov;29(1)	91-99	Included	Duplicate citation (already identified in our search)
Williams, K., Abildso, C., et al	Evaluation of the Effectiveness and Efficacy of Iyengar Yoga Therapy on Chronic Low Back Pain	2009	SPINE	34 (19)	2066-2076	Included	Duplicate citation (already identified in our search)
Joseph B, Nair PM, Nanda A	Effects of naturopathy and yoga intervention on CD4 count of the individuals receiving antiretroviral therapy-report from a human immunodeficiency virus sanatorium, Pune	2015	International Journal of Yoga	8(2)	122	Excluded 3a. Intervention out of scope	Not identified in our search
Sharma VM, Manjunath NK, Nagendra HR, Ertsey C	Combination of Ayurveda and yoga therapy reduces pain intensity and improves quality of life in patients with migraine headache	2018	Complementary Therapies in Clinical Practice	32	85-91	Excluded 3a. Intervention out of scope	Not identified in our search

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
BernardiNF,Bordino M, Bianchi L, Bernardi L	Acute fall and long-term rise in oxygen saturation in response to meditation	2017	Psychophysiology	Dec;54(12)	1951-1966	Excluded 4. Population out of scope	Not identified in our search
Eastman-Mueller H, Wilson T, Jung AK, Kimura A, Tarrant J	iRestyoga-nidra on the college campus: changes in stress, depression, worry, and mindfulness	2013	International Journal of Yoga Therapy	23(2)	15-24	Excluded 4. Population out of scope	Not identified in our search
GaëlleDesbordes, Lobsang T. Negi, and Eric L. Schwartz	Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state	2012	Frontiers in Human Neuroscience	6	292	Excluded 4. Population out of scope	Not identified in our search
Livingston, E, Collette-Merrill K	Effectiveness of integrative restoration (iRest)yoga nidra on mindfulness, sleep, and pain in health care workers	2018	Holistic Nursing Practice	Jun;32 (3)	160 - 166	Excluded 4. Population out of scope	Not identified in our search
Mubarak G, Rajasekhar P, Vastard BC	Effect of sukha pranayama and bhastrika pranayama on cardiovascular autonomic functions among young healthy individuals	2016	Journal of Evidence Based Medical Healthcare	3(40)	1968-1971	Excluded 4. Population out of scope	Not identified in our search
Tiedemann A, O'Rourke S, Sherrington C.	Is a yoga-based program with potential to decrease falls perceived to be acceptable to community-dwelling people aged 60+?.	2018	Public Health Research and Practice	2018;28(2)	e28011801	Excluded 6b. Not an intervention study examining effectiveness	Not identified in our search
Bartlett SJ,Haaz S, Mill C, Bernatsky S, Bingham III CO	Yoga in Rheumatic Diseases	2013	Current Rheumatology Reports	15(387)		Excluded 7a. Non-systematic review, guideline, HTA assessment	Not identified in our search

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Khalsa S, Cohen L, McCall T, Telles S	Principles and practice of yoga in health care	2016	Handspring Publishing (Paperback book or Digital Kindle version available)		538p.	Excluded 7a. Non-systematic review, guideline, HTA assessment	Not identified in our search
Maren Nyer, PhD; Cayla M. O'Hair, BA; Lindsey B. Hopkins, PhD; Regina Roberg, BA; Richard Norton, BS; Chris Streeter, MD	Yoga as a treatment for depression: applications for mental health practitioners	2019	Psychiatric Annals	49(1)	Nov-15	Excluded 7a. Non-systematic review, guideline, HTA assessment	Not identified in our search
Nyer M, Nauphal M, Roberg R, Streeter C	Applications of yoga in psychiatry: what we know - a review	2018	Focus	16 (1)	Pp. 12-18	Excluded 7a. Non-systematic review, guideline, HTA assessment	Not identified in our search
Stephens I	Medical yoga therapy	2017	Children (Basel)	4(2)	12	Excluded 7a. Non-systematic review, guideline, HTA assessment	Not identified in our search
Alphonsus KB, Su Y, d'Arcy C	The effect of exercise, yoga and physiotherapy on the quality of life of people with multiple sclerosis: systematic review and meta-analysis [with consumer summary]	2019	Complementary Therapies in Medicine	Apr;43	188-195	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Armour M, Ee CC, Naidoo D, Ayati Z, Chalmers KJ, Steel KA, de Manincor MJ, Delshad E	Exercise for dysmenorrhoea (Cochrane review) [with consumer summary]	2019	Cochrane Database of Systematic Reviews	9		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Chen KW, Berger CC, Manheimer E, Forde D, Magidson J, Dachman L, Lejuez CW	Meditative therapies for reducing anxiety: a systematic review and meta-analysis of randomized controlled trials	2012	Depression and Anxiety, ADAA	29 (7)	545-562	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Coutino-Escamilla L, Pina-Pozas M, Tobias Garces A, Gamboa-Loira B, Lopez-Carrillo L	Non-pharmacological therapies for depressive symptoms in breast cancer patients: systematic review and meta-analysis of randomized clinical trials [with consumer summary]	2019	The Breast	Apr;44	135-143	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
de Zoete RMJ, Brown L, Oliveira K, Penglaze L, Rex R, Sawtell B, Sullivan T	The effectiveness of general physical exercise for individuals with chronic neck pain: a systematic review of randomised controlled trials	2019	European Journal of Physiotherapy	Jan, 28		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
do Nascimento PRC, Costa LOP, Araujo AC, Poitras S, Bilodeau M	Effectiveness of interventions for non-specific low back pain in older adults. A systematic review and meta-analysis [with consumer summary]	2019	Physiotherapy	105(2)	147-162	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
el-Hashimi D, Gorey KM	Yoga-specific enhancement of quality of life among women with breast cancer: systematic review and exploratory meta-analysis of randomized controlled trials	2019	Journal of Evidence-Based Integrative Medicine	Jan-Dec;24		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Ewais T, Begun J, Kenny M, Rickett K, Hay K, Ajilchi B, Kisely S	A systematic review and meta-analysis of mindfulness based interventions and yoga in inflammatory bowel disease [with consumer summary]	2019	Journal of Psychosomatic Research	Jan;116	44-53	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Gothe NP, Khan I, Hayes J, Erlenbach E, Damoiseaux JS	Yoga effects on brain health: a systematic review of the current literature	2019	Brain Plasticity	Dec 26;5(1)	105-122	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Harrison EG, Keating JL, Morgan PE	Non-pharmacological interventions for restless legs syndrome: a systematic review of randomised controlled trials [with consumer summary]	2019	Disability and Rehabilitation	41(17)	2006-2014	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Kan, L, Zhang, J., et al	The Effects of Yoga on Pain, Mobility, and Quality of Life in Patients with Knee Osteoarthritis: A Systematic Review	2016	Evidence-Based Complementary and Alternative Medicine	Volume 2016		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Knips L, Bergenthal N, Streckmann F, Monsef I, Elter T, Skoetz N	Aerobic physical exercise for adult patients with haematological malignancies (Cochrane review) [with consumer summary]	2019	Cochrane Database of Systematic Review	1		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Koulouris A, Dorado K, McDonnel C, Edwards RR, Lazaridou A	A review of the efficacy of yoga and meditation-based interventions for rheumatoid arthritis	2018	OBM Integrative and Complementary Medicine	3(3)	71-86	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Kreutz C, Schmidt ME, Steindorf K	Effects of physical and mind-body exercise on sleep problems during and after breast cancer treatment: a systematic review and meta-analysis	2019	Breast Cancer Research and Treatment	176(1)	1-15	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Lauche R, Hunter DJ, Adams J, Cramer H	Yoga for osteoarthritis: a systematic review and meta-analysis	2019	Current Rheumatology Reports	21(9)	47	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Lee C, Alexander E, Lee R, Okorochoa N, Manikam L, Lakhanpaul M	Behavioral interventions for asthma self-management in South Asian populations: a systematic review	2019	The Journal of Asthma	Sep 18		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Lin W-F, Zhong M-F, Zhou Q-H, Zhang Y-R, Wang H, Zhao Z-H, Cheng B-B, Ling C-Q	Efficacy of complementary and integrative medicine on health-related quality of life in cancer patients: a systematic review and meta-analysis	2019	Cancer Management and Research	Jul;11	6663-6680	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Liu N, Gou W-H, Wang J, Chen D-D, Sun W-J, Guo P-P, Zhang X-H, Zhang W	Effects of exercise on pregnant women's quality of life: a systematic review	2019	European Journal of Obstetrics, Gynecology, and Reproductive Biology	Nov;242	170-177	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Lu Y, Li P, Li N, Wang Z, Li J, Liu X, Wu W	Effects of home-based breathing exercises in subjects with COPD	2019	Respiratory Care	Nov 12		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search

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Mockel L	Potential benefits of yoga in patients with heart failure: a meta-analysis of controlled trials	2019	European Journal of Integrative Medicine	Oct;31	100948	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Nguyen-Feng VN, Clark CJ, Butler ME	Yoga as an intervention for psychological symptoms following trauma: a systematic review and quantitative synthesis	2019	Psychological Services	16(3)	513-523	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Niu J-F, Zhao X-F, Hu H-T, Wang J-J, Liu Y-L, Lu D-H	Should acupuncture, biofeedback, massage, Qi Gong, relaxation therapy, device-guided breathing, yoga and Tai Chi be used to reduce blood pressure: recommendations based on high-quality systematic reviews	2019	Complementary Therapies in Medicine	Feb;42	322-331	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Olsson Moller U, Beck I, Ryden L, Malmstrom M	A comprehensive approach to rehabilitation interventions following breast cancer treatment -- a systematic review of systematic reviews	2019	BMC Cancer	May 20;19(472)		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Panchik D, Masco S, Zinnikas P, Hillriegel B, Lauder T, Suttman E, Chinchilli V, McBeth M, Hermann W	Effect of exercise on breast cancer-related lymphedema: what the lymphatic surgeon needs to know	2019	Journal of Reconstructive Microsurgery	35(1)	37-45	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Schoutens C, Cushman DM, McCormick ZL, Conger A, van Royen BJ, Spiker WR	Outcomes of nonsurgical treatments for symptomatic adult degenerative scoliosis: a systematic review	2019	Pain Medicine	Oct 16		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Sha K, Palmer MH, Yeo S	Yoga's biophysiological effects on lower urinary tract symptoms: a scoping review	2019	Journal of Alternative & Complementary Medicine	Mar;25(3)	279-287	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Sheffield K, Woods-Giscombe CL	Efficacy, feasibility, and acceptability of perinatal yoga on women's mental health and well-being: a systematic literature review	2015	Journal of Holistic Nursing	34(1)	64-79	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility, with exclusion reason	Include/ exclude reason
Tang M-F, Chiu H-Y, Xu X, Kwok JY, Cheung DST, Chen C-Y, Lin C-C	Walking is more effective than yoga at reducing sleep disturbance in cancer patients: a systematic review and meta-analysis of randomized controlled trials [with consumer summary]	2019	Sleep Medicine Reviews	Oct;47	1-8	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Wang Y., Lu, S., et al	Integrative effect of yoga practice in patients with knee arthritis: A PRISMA-compliant meta-analysis.	2018	Medicine (Baltimore)	97(31)		Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Zoogman S, Goldberg SB, Voursoura E, Diamond MC, Miller L	Effect of yoga-based interventions for anxiety symptoms: a meta-analysis of randomized controlled trials	2019	Spirituality in Clinical Practice	6(4)	256-278	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Zu-Yao YangHui-Bin ZhongChenMaoJin-QiuYuanYafangH uangXin-Yin WuYuan-Mei GaoJin-Ling Tang	Yoga for asthma	2016	Cochrane Database of Systematic Reviews	2016(4)	Art. No.: CD010346	Excluded 7b. SR of RCTs or SR of NRSIs	Not identified in our search
Bukowski, E.L., Conway, A., et al	The effect of lyengar yoga and strengthening exercises for people living with osteoarthritis of the knee: a case series.	2006	Int Community Health Educ	2006-2007; 26(3)	287-305	Excluded 7d. Case series or other	Not identified in our search
Evans, S., Seidman, L., et al	Clinical Case Report: Yoga for Fatigue in Five Young Adult Survivors of Childhood Cancer	2017	Journal of Adolescent and Young Adult Oncology	6(1)		Excluded 7d. Case series or other	Not identified in our search
Justice L, Brems C	Bridging body and mind: case series of a 10-week trauma-informed yoga protocol for veterans	2019	International Journal of Yoga Therapy	29(1)	65-79	Excluded 7d. Case series or other	Not identified in our search
Lu YH, Rosner B, Chang G, Fishman LM	Twelve-minute daily yoga regimen reverses osteoporotic bone loss	2015	Topics in Geriatric Rehabilitation	Jun;32(2)	81 -87	Excluded 7d. Case series or other	Not identified in our search
Miller J, Fletcher K, Kabat Zinn J	Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders	1995	General Hospital Psychiatry	17 (3)	192-200	Excluded 7d. Case series or other	Not identified in our search

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Shapiro, D.	Yoga as a complementary treatment of depression: effects of traits and moods on treatment outcome	2007	Evidence Based Complementary Alternative Medicine	Dec 4(4)	493-502	Excluded 7d. Case series or other	Not identified in our search
Shrivastava N, Maheswari BK, Rath D, Sarkar D	Effects of yoga in modifying blood pressure in patients of type 2 diabetes mellitus	2018	International Journal of Research in Medical Sciences	6(9)	3080-3083	Excluded 7d. Case series or other	Not identified in our search
Speed-Andrews, A.E., Stevinson, C., et al	Predictors of adherence to an Iyengar yoga program in breast cancer survivors	2012	International Journal of Yoga	5 (1)	44077	Excluded 7d. Case series or other	Not identified in our search
Speed-Andrews, Amy E, Stevinson Clare et al	Predictors of adherence to an Iyengar yoga program in breast cancer survivors	2012	International Journal of Yoga	2012 Jan-Jun; 5 (1)	44077	Excluded 7d. Case series or other	Not identified in our search
Subbappa, R.	Iyengar Yoga Therapy as an Intervention for Cramp management in Individuals with Amyotrophic Lateral Sclerosis: Three Case reports	2014	The Journal of Alternative and Complementary Medicine	20(4)		Excluded 7d. Case series or other	Not identified in our search
Yadav RK, Sarvottam K, Magan D, Yadav R	A two-year follow-up case of chronic fatigue syndrome: substantial improvement in personality following a yoga-based lifestyle intervention	2015	Journal of Alternative and Complementary Medicine, New York	21(4)	246-9	Excluded 7d. Case series or other	Not identified in our search
Artchoudane S, Ranganadin P, Bhavanani AB, Ramanathan M, Madanmohan T	Effect of adjuvant yoga therapy on pulmonary function and quality of life among patients with chronic obstructive pulmonary disease: a randomized control trial	2018	Journal of Basic, Clinical and Applied Health Science	2 (3)	117 - 122	Included	Not identified in our search