

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Yoga vs control													
Armat 2020	Symptoms of depression and/or anxiety	Control (usual care)	Anxiety	end of treatment (8 wks)	Beck Anxiety Inventory	Higher score means worse anxiety	31/31	3.83 (2.183)	15.00 (6.098)	11.167	0.00	<i>Favours intervention</i>	High
			Footnotes:										
de Manincor 2016	Symptoms of depression and/or anxiety	Control (waitlist)	Anxiety	end of treatment (6 wks)	DASS-21 (Anxiety subscale)	Higher score means worse anxiety	47/54	9.62 (6.97)	12.53 (9.65)	-1.91*	0.16	<i>No difference</i>	Some concerns
			Stress	end of treatment (6 wks)	DASS-21 (Stress subscale)	Higher score means worse stress	47/54	16.55 (7.73)	20.67 (9.79)	-2.48*	0.11	<i>No difference</i>	Some concerns
			Emotional function	end of treatment (6 wks)	SF-12 (PCS)	Higher score mean better quality of life	47/54	49.37 (8.01)	51.03 (6.72)	0.11*	0.90	<i>No difference</i>	Some concerns
			Physical function	end of treatment (6 wks)	SF-12 (MCS)	Higher score mean better quality of life	47/54	34.06 (7.28)	29.59 (7.61)	4.83*	<0.01	<i>Favours intervention</i>	Some concerns
			Footnotes: *adjusted mean difference (ANCOVA)										
Han 2015	Women (aged 40 to 55 years) with anxiety disorder	Control (no intervention) as adjunct to auricular plaster therapy	Anxiety	end of treatment (12 wks)	HAM-A	Higher score means worse anxiety	15/15	12.2 (4.11)	15.19 (3.99)	NR	NR	<i>Not reported</i>	High
			Physical function	end of treatment (12 wks)	Generic QALI - 74 (PCS)	Higher score mean better quality of life	15/15	74.91 (5.87)	62.33 (6.47)	NR	<0.05	<i>Favours intervention</i>	High
			Emotional function	end of treatment (12 wks)	Generic QALI - 74 (MCS)	Higher score mean better quality of life	15/15	74.81 (6.49)	68.92 (6.57)	NR	<0.05	<i>Favours intervention</i>	High
			Footnotes:										
Parthasarathy 2014	Anxiety disorder	Control (no intervention)	Trait anxiety	end of treatment (8 wks)	Taylor Manifest Anxiety Scale	Higher is worse	NR/NR	17.45*	19.08*	NR	<0.05	<i>Favours intervention</i>	High
			Footnotes: *adjusted (ANCOVA)										

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Yoga vs 'other'													
Bazzano 2018	Children with symptoms of anxiety	Active Control (includes counselling and other activities)	Life satisfaction	end of treatment (8 wks)	Brief Multidimensional SLSS-PTPB	Mean change from baseline	20/32	0.09 (0.68)	0.13 (0.53)	NR	0.833	<i>No difference</i>	High
			Quality of life	end of treatment (8 wks)	Paediatric QALI (total)	Mean change from baseline	20/32	7.13 (20.37)	0.82 (13.44)	NR	0.23	<i>No difference</i>	High
			Footnotes:										
Han 2015	Women (aged 40 to 55 years) with anxiety disorder	Auricular plaster therapy	Anxiety	end of treatment (12 wks)	HAM-A	Higher score means worse anxiety	15/15	14.36 (3.85)	15.19 (3.99)	NR	NR	<i>Not reported</i>	High
			Quality of life	end of treatment (12 wks)	Generic QALI - 74 (PCS)	Higher score mean better quality of life	15/15	69.77 (5.46)	62.33 (6.47)	NR	NR	<i>Not reported</i>	High
			Quality of life	end of treatment (12 wks)	Generic QALI - 74 (MCS)	Higher score mean better quality of life	15/15	69.50 (6.21)	68.92 (6.57)	NR	NR	<i>Not reported</i>	High
			Footnotes:										
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 1	Mean change from baseline	6/6	1.33 (0.81)	1.66 (1.03)	NR	>0.05	<i>No difference</i>	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 2	Mean change from baseline	6/6	0.83 (0.98)	1.6 (1.03)	NR	>0.05	<i>No difference</i>	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 3	Mean change from baseline	6/6	0.33 (0.81)	0.66 (0.81)	NR	>0.05	<i>No difference</i>	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 4	Mean change from baseline	6/6	2 (1.54)	1.66 (0.81)	NR	>0.05	<i>No difference</i>	High

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Gupta 2013	Generalised anxiety disorder	Natropathy	Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 5	Mean change from baseline	6/6	1 (0.89)	0.16 (0.40)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 6	Mean change from baseline	6/6	0.83 (0.75)	1.66 (1.21)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 7	Mean change from baseline	6/6	1.5 (0.54)	0.33 (0.51)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 8	Mean change from baseline	6/6	1.33 (1.03)	0.66 (0.81)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 9	Mean change from baseline	6/6	1.33 (0.81)	1.16 (0.75)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 10	Mean change from baseline	6/6	0.66 (0.81)	0.83 (0.75)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 11	Mean change from baseline	6/6	1.33 (0.51)	0.66 (0.81)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 12	Mean change from baseline	6/6	0.66 (1.03)	0 (0)	NR	>0.05	No difference	High
			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 13	Mean change from baseline	6/6	1.66 (1.36)	1.66 (1.03)	NR	>0.05	No difference	High

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			Anxiety ^a	Baseline, end of treatment (3 wks)	HAM-A - Question 14	Mean change from baseline	6/6	2 (0.63)	1 (1.09)	NR	>0.05	<i>No difference</i>	High
			Footnotes:	a. Total score not reported									
Shaikh 2013	Symptoms of anxiety	Relaxation training	Anxiety	end of treatment (7 days)	HAM-A (total)	Higher is worse	15/15	18 (23.6)	18.1 (31.3)	NR	NR	<i>Not reported</i>	High
			Footnotes:										
Parthasarathy 2014	Anxiety disorder (women)	Integrated yoga	Trait anxiety	end of treatment (8 wks)	Taylor Manifest Anxiety Scale	Higher is worse	NR/NR	17.45*	15.4*	NR	<0.05	<i>Favours comparator</i>	High
			Footnotes:	*Adjusted (ANCOVA)									

Abbreviations: C, Comparator; DASS-21, 21-item depression, anxiety, stress scale; HAM-A, Hamilton anxiety rating scale; I, intervention; PCS, physical component score; PTPB, Peabody Treatment Progress Battery; QALI, quality of life inventory; MCS, mental component score; NR, not reported; SLSS, Students' Life Satisfaction Scale; wks, weeks

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Yoga vs control													
Bressington 2019	Symptoms of depression and/or anxiety	Laughter yoga vs control (no intervention) as adjunct to routine medical care	Depression*	end of treatment (4 wks)	DASS-21-D (0-42)	Higher score means worse depression symptoms	23/27	23.1 (2.01)	24.07 (1.78)	NR	0.023	No difference	Some concerns
			Stress symptoms*	end of treatment (4 wks)	DASS-21-S (0-42)	Higher score means worse stress	23/27	26.19 (1.75)	25.11 (1.28)	NR	0.315	No difference	Some concerns
			Physical QoL*	end of treatment (4 wks)	SF-12 PCS (0-100)	Higher score mean better quality of life	23/27	38.54 (1.77)	37.26 (1.23)	NR	0.209	No difference	Some concerns
			Mental QoL*	end of treatment (4 wks)	SF-12 MCS (0-100)	Higher score mean better quality of life	23/27	33.93 (1.95)	34.25 (1.32)	NR	0.112	No difference	Some concerns
			Footnotes: *Data reported as Mean(SE)										
Buttner 201	Women with postpartum depression	Yoga vs control (waitlist)	Depression	end of treatment (8 wks)	HAM-D (17-items)	Higher score means worse depression symptoms	27/29	5.87 (6.03)	8.52 (5.43)	NR	NR	Favours intervention	Some concerns
			HRQoL	end of treatment (8 wks)	SF-36	Higher score means better quality of life	27/29	75.19 (12.72)	63.18 (15.27)	NR	NR	Favours intervention	Some concerns
			Footnotes:										
Chu 2017	Mild - moderate depression	Yoga vs control (no intervention) as adjunct to routine medical care (antidepressants)	Depression	end of treatment (12 wks)	Beck Depression Inventory (21-items)	Higher score means worse depression symptoms	13/13	16.85 (9.51)	21.15 (11.28)	0.205	0.02	Favours intervention	Some concerns
			Perceived stress	end of treatment (12 wks)	Perceived Stress Scale (14-items)	Higher score means worse depression symptoms	13/13	27.62 (9.91)	29.62 (8.53)	0.083	0.155	No difference	Some concerns
			Footnotes:										

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Falsafi 2016	Depression and/or anxiety (college students)	Yoga vs no intervention (control)-	Depression	end of treatment (8 wks)	Beck Depression Inventory (21 items)	Higher score means worse depression symptoms	23/23	9.1 (5.0)	21.1 (10.9)	NR	<0.01	<i>Favours intervention</i>	Some concerns
			Anxiety	end of treatment (8 wks)	HAM-A (14-items)	Higher score indicates worse anxiety	23/23	14.5 (8.3)	20.3 (8.4)	NR	<0.01	<i>Favours intervention</i>	Some concerns
			Stress symptoms	end of treatment (8 wks)	Student-Life Stress Inventory (51 items)	Higher score means more stress	23/23	1.7 (0.6)	2.2 (0.7)	NR	<0.05	<i>Favours intervention</i>	Some concerns
			Self-compassion	end of treatment (8 wks)	Self-compassion Scale (26 items)	Higher score means	30/30	3.0 (0.6)	2.4 (0.8)	NR	NR	<i>No difference</i>	Some concerns
			Footnotes:	Data for follow up period not extracted (week 12)									
Kumar 2019	Major depressive disorder	Yoga vs control (no intervention) as adjunct to routine medical care	Depression	baseline, end of treatment (30 days)	MADRS	mean change from baseline	44/43	24.43 (7.78)	21.70 (7.35)	NR	0.042	<i>Favours intervention</i>	Some concerns
			Footnotes:	Authors also measured depression with the Hospital Anxiety and Depression Scale (data presented in figures and not extracted here)									
Sarubin 2014	Major depressive disorder	Yoga vs control (no intervention) as adjunct to routine medical care	Depression	end of treatment (25 days)	HAM-D (21-items)	Higher score means worse depression symptoms	30/30	NR	NR	F=0.003; df=1	0.935	<i>No difference</i>	Some concerns
			Footnotes:	Data presented in figure and not extracted here, authors report no statistical significant between group effect for the 21-HAMD sum score.									
Shahidi	Depression (elderly)	Yoga vs control (no)	Depression	end of treatment (10 sessions)	Geriatric depression scale (30 items)	0-9= no depression; 10-19= moderate; ≥20= severely depressed	20/20	10.0 (6.9)	15.2 (6.1)	NR	NR	<i>Favours intervention</i>	High

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2011	(elderly females)	control (no intervention)	Life satisfaction	end of treatment (10 sessions)	Diener life satisfaction scale (5 items)	higher score indicates a greater life satisfaction	20/20	25.9 (5.6)	20.0 (5.1)	NR	NR	<i>Favours intervention</i>	High
Footnotes:				ANCOVA used to control for pre-test scores. Bernferroni's test used to analyse three treatment arms (LY, control, exercise) to obtain p value.									
Sharma 2005	Major depressive disorder	Yoga vs control (no intervention) as adjunct to quetiapine	Depression	end of treatment (8 wks)	HAM-D (17-items)	Higher score means worse depression symptoms	15/15	8.27 (4.37)	11.53 (4.26)	NR	<0.001	<i>Favours intervention</i>	Some concerns
Footnotes:													
Sharma 2015a	Major depressive disorder (nonresponders)	Yoga vs no intervention	Depression	baseline, end of treatment (2 months)	HAM-D (17-items)	mean change from baseline*	13/12	-9.77 (1.90)	0.50 (1.87)	-10.27 (-5.04, -15.50)	0.0032	<i>Favours intervention</i>	Some concerns
Footnotes:				ITT data extracted. Similar results observed for PP (MD -12.05, 95% CI -6.71, -17.38; p=0.0014)									
Tolahunas e 2018b	Major depressive disorder	Yoga vs control (no intervention) as adjunct to routine drug treatment	Depression severity	end of treatment (12 wks)	Beck Depression Inventory	0-13=minimal; 14-19=mild; 20-28=moderate; 29-63=severe depression	29/29	17.34 (6.40)	23.66 (5.52)	NR	<0.001	<i>Favours intervention</i>	Some concerns
Footnotes:													
Whiddon 2011	Depression	Yoga vs control (waitlist)	Depression	end of treatment (8 wks)	Beck Depression Inventory-II	Higher score means worse depression symptoms	12/14	5.08 (2.503)	27 (4.169)	NR	<0.05	<i>Favours intervention</i>	High
Footnotes:													
Woolery 2004	Mild depression	Yoga vs control (waitlist)	Depression	end of treatment (5 wks)	Beck Depression Inventory	Higher score means worse depression symptoms	13/15	3.90 (4.66)	11.00 (4.32)	NR	NR	<i>Favours intervention</i>	Some concerns
				Emotional function	end of treatment (5 wks)	Profile of Mood States*	13/15	NR	NR	NR	NR	<i>Favours intervention</i>	Some concerns
Footnotes:				*Authors suggest a significant pre-post test change in total mood scores but no data provided.									

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Yoga vs 'other'													
Falsafi 2016	Depression and/or anxiety (college students)	Yoga vs mindfulness	Depression	end of treatment (8 wks)	Beck Depression Inventory (21 items)	Higher score means worse depression symptoms	23/21	9.1 (5.0)	12.8 (10.3)	NR	NR	<i>Not reported</i>	Some concerns
			Anxiety	end of treatment (8 wks)	HAM-A (14-items)	Higher score indicates worse anxiety	23/21	14.5 (8.3)	13.8 (9.1)	NR	NR	<i>Not reported</i>	Some concerns
			Stress symptoms	end of treatment (8 wks)	Study-Life Stress Inventory (51 items)	Higher score means more stress	23/21	1.7 (0.6)	1.5 (0.6)	NR	NR	<i>Not reported</i>	Some concerns
			Footnotes:		Data for follow up period not extracted (week 12)								
Janakiramaiah 2000	Melancholic depression	Yoga vs ECT	Depression	end of treatment (4 wks)	HAM-D	Higher score means worse depression symptoms	15/15	8.3 (8.6)	2.5 (2.8)	NR	NR	<i>Favours comparator</i>	Some concerns
			Footnotes:										
		Yoga vs Imipramine	Depression	end of treatment (4 wks)	HAM-D	Higher score means worse depression symptoms	15/15	8.3 (8.6)	6.3 (7.9)	NR	NR	<i>No difference</i>	Some concerns
			Footnotes:										
Kinser 2013	Major depressive disorder	Yoga vs no intervention (control)	Depression severity	end of treatment (8 wks)	Patient Health Questionnaire (PHQ-9)	0-4=minimal; 5-9=mild; 10-14=moderate; 15-19=moderately severe; ≥20=severe depression	15/12	NR	NR	NR	NR	<i>No difference</i>	Some concerns
			Stress	end of treatment (8 wks)	Perceived Stress Scale (PSS-10)	Higher means worse perceived stress	15/12	NR	NR	NR	NR	<i>No difference</i>	Some concerns

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			Psychological distress	end of treatment (8 wks)	Brief Symptom Inventory	Higher is worse	15/12	NR	NR	NR	NR	<i>No difference</i>	Some concerns
			Footnotes:		Author model interaction over time. No end of treatment data provided.								
Prathikanti 2017 (linked Prathikanti 2018)	Major depressive disorder	Yoga vs education	Depression severity *	end of treatment (8 wks)	BDI	Higher score means worse depression symptoms	20/18	11.51 (8.69 to 14.33)	16.96 (13.56 to 20.30)	NR	<0.034*	<i>Favours intervention</i>	Low
			Self-efficacy	end of treatment (8 wks)	General Self-Efficacy Scale (GSES)	NR	20/18	29.0 (3.89)	30.0 (2.67)	NR	<0.50	<i>No difference</i>	Low
			Self-esteem	end of treatment (8 wks)	Rosenberg Self-Esteem Scale	NR	20/18	17.47 (3.87)	16.2 (3.88)	NR	<0.053	<i>Favours intervention</i>	Low
			Footnotes:										
Ravindran 2020	Unipolar and bipolar depression	Yoga vs psychotherapy	Depression	end of treatment (8 wks)	Hamilton Depression Rating Scale	Clinician-rated	53/19	19.77 (9.96)	19.31 (7.43)	0.65 (-5.47 to 4.17)	NR	<i>No difference</i>	Some concerns
			Stress	end of treatment (8 wks)	Perceived Stress Scale (PSS)	Higher means worse perceived stress	53/19	45.04 (10.56)	43.33 (11.13)	2.79 (-1.57 to 7.15)	NR	<i>No difference</i>	Some concerns
			Life satisfaction	end of treatment (8 wks)	Quality of Life Satisfaction Enjoyment Scale	Patient-rated	53/19	32.80 (8.74)	35.00 (6.68)	2.87 (-5.77 to 0.03)	NR	<i>No difference</i>	Some concerns
			Footnotes:										
Shahidi 2011	Depression (elderly)	Yoga vs exercise	Depression	end of treatment (10 sessions)	Geriatric depression scale (30 items)	0-9= no depression; 10-19= moderate; ≥20= severely depressed	20/20	10.0 (6.9)	11.1 (6.2)	NR	NR	<i>Not reported</i>	High

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Zohar 2011	women)	therapy	Life satisfaction	end of treatment (10 sessions)	Diener life satisfaction scale (5 items)	7 degree likert scale	20/20	25.9 (5.6)	24.3 (7.7)	NR	NR	<i>Not reported</i>	High
			Footnotes:	Bernferroni's test used to analyse three treatment arms (LY, control, exercise) to obtain p value									
Tolahunas e 2018a	Major depressive disorder	Yoga vs drug therapy	Depression	end of treatment (12 wks)	Beck Depression Inventory - II	Higher score means worse depression symptoms	89/89	13.60 (9.96)	19.89 (1.43)	NR	<0.001	<i>Favours intervention</i>	High
			Footnotes:										
Uebelacker 2017	Major depressive disorder	Yoga vs health education	Depression	Inclusive of all time points*	QIDS	6-10=mild symptoms, 11-15=moderate, ≥16=severe / very severe	63/59	NR	NR	-1.42 (2.24 to -0.43)	<0.01	<i>Favours intervention</i>	High
			Bodily pain	Inclusive of all time points*	SF-20 (subscale)	higher scores indicate better health	63/59	NR	NR	2.73 (-0.46 to -0.13)	0.27	<i>No difference</i>	High
			Physical functioning	Inclusive of all time points*	SF-20 (subscale)	higher scores indicate better health	63/59	NR	NR	0.29 (-0.46 to -0.13)	<0.00	<i>Favours intervention</i>	High
			General health perception	Inclusive of all time points*	SF-20 (subscale)	higher scores indicate better health	63/59	NR	NR	7.27 (2.54 to 12.00)	<0.00	<i>Favours intervention</i>	High
			Footnotes:	*Regression model results. Because baseline is included as a covariate and not included as part of the dependent variable, the "Group: yoga v. health education" parameter represents differences between groups at all non-baseline time points, adjusted for the baseline score.									
Wahbeh 2019	Depression (older adults)	Meditation program vs no intervention	Depression	Follow up (6 wks)	CES-Depression Scale	Higher score means worse depression symptoms	15/14	18.7 (8.9)	19.0 (11.3)	NR	0.2	<i>No difference</i>	High
			Perceived stress	Follow up (6 wks)	Perceived Stress Scale (0-40)	Higher means worse perceived stress	15/18	14.43 (8.72)	18.85 (7.19)	NR	0.19	<i>No difference</i>	High
			Footnotes:	Results extracted are 6 wks after intervention (end of treatment was limited)									

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Weinstock 2016	Bipolar depression	Yoga (hatha) vs self-help book	Depression	End of treatment (10 wks)	QIDS-C	Higher is worse	9/5	12.8 (3.4)	11.8 (2.8)	F=0.21	0.653	No difference	Some concerns
			HRQoL	End of treatment (10 wks)	Brief QOL-BD	Higher is better	9/5	29 (7.4)	31.5 (8.1)	F=2.57	0.101	No difference	Some concerns
			Footnotes:										

Abbreviations: C, Comparator; CES, Center for Epidemiologic Studies; DASS-21, 21-item depression, anxiety, stress scale; HAM-D, Hamilton depression scale; HRQoL, health-related quality of life; I, intervention; MADRS, Montgomery-Asberg depression rating scale; NR, not reported; QOL-BD, Brief Quality of Life Scale for Bipolar Disorder; QIDS-C, Quick Inventory of Depressive Symptomatology-clinician rated;

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Yoga vs control													
Jindani 2015	People with PTSD	Yoga vs control	Sleep quality/ satisfaction	end of treatment (8 wks)	The Insomnia Severity Index (ISI)	Higher score means worse sleep	29/21	10.6 (6.7)	16.4 (5.8)	NR	NR	Favours intervention	High
			Perceived stress	end of treatment (8 wks)	Perceived Stress Scale (PSS)	Higher score indicates higher perceived stress	29/21	12.4 (11.4)	21.6 (4.8)	NR	NR	Favours intervention	High
			Symtpoms of depression	end of treatment (8 wks)	DASS-21 - depression	Higher means worse depressive symptoms	29/21	6.0 (4.3)	7.2 (5.1)	NR	NR	No difference	High
			Symptoms of anxiety	end of treatment (8 wks)	DASS-21 - anxiety	Higher means worse anxiety	29/21	5.7 (4.3)	7.8 (5.5)	NR	NR	Favours intervention	High
			Emotional function	end of treatment (8 wks)	Resilience Scale (RS)	Higher scores indicates of higher resilience.	29/21	124.7 (23.2)	111.1 (23.9)	NR	NR	Favours intervention	High
			Footnotes:										
Martin 2015	Females with PTSD	Yoga vs control (waitlist)	No critical or important outcome measures reported										
			Footnotes:	Outcomes assessed were all specific to exercise motivation									
Quinones 2015	People with PTSD	Yoga vs control (waitlist)	No critical or important outcome measures reported										
			Footnotes:	Outcome assessed was the PTSD Checklist - Civilian Version (PCL-C) (not prioritised by NTWC)									
Reddy 2013	Females with PTSD	Yoga vs control	Depression	end of treatment (8 wks)	The CES-D	Higher score means worse depressive symptoms	14/12	22.50(15.82)	21.64(11.21)	NR	NR	No difference	Some concerns
			Anxiety	end of treatment (8 wks)	STAI- state anxiety	Higher score means worse anxiety symptoms	14/12	42.00(16.84)	40.70(13.61)	NR	NR	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
			Anxiety	end of treatment (8 wks)	STAI - trait anxiety	Higher score means worse anxiety symptoms	14/12	47.71(15.68)	46.64(10.43)	NR	NR	No difference	Some concerns
			Footnotes:										
Reinhardt 2018	Veterans with PTSD	Yoga vs control (waitlist)	No critical or important outcome measures reported										
			Footnotes:										
Seppala 2014	Male veterans with PTSD	Yoga vs control	Anxiety	end of treatment (7 days)	The Mood and Anxiety Symptoms Questionnaire (MASQ)	Higher scores indicate greater levels of positive affect.	10/10	101.40(26.60)	121.40(19.40)	0.96(0.02-1.82)	NR	Favours intervention	Some concerns
			Footnotes:										
Telles 2010	Males with PTSD	Yoga vs control (waitlist)	Anxiety	end of treatment (7 days)	Visual analogue scale (0-100)	Higher score means worse anxiety symptoms	11/11	4.49(2.64)	4.88(3.15)	NR	NR	Favours intervention	Some concerns
			Sleep disturbance	end of treatment (7 days)	Visual analogue scale (0-100)	Higher score means more sleep disturbance	11/11	3.04(3.44)	4.03(3.91)	NR	NR	No difference	Some concerns
			Footnotes:										
Yoga vs 'other'													
Culver 2015	Children with PTSD	Yoga vs exercise (aerobic dance classes)	Emotional function	end of treatment (8 wks)	The Strengths & Difficulties Questionnaire (SDQ)	Higher score indicates better health	16/14	16.63(5.19)	13.93(3.97)	NR	0.362	Favours intervention	High
			Footnotes:										
			Depression	end of treatment (16 wks)	Beck Depression Inventory-II (BDI-II)	Higher score means worse depressive symptoms	66/88	17.4 (12.2)	18.7 (10.7)	-1.4 (-4.7, 1.9)	0.635	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Davis 2020	Veterans with PTSD	Yoga vs lifestyle program	Anxiety	end of treatment (16 wks)	STAI- state anxiety	Higher score means worse anxiety symptoms	66/88	46.2 (14.1)	48.1 (12.9)	-2.4 (-6.0, 1.1)	0.367	No difference	Some concerns
			Emotional function	end of treatment (16 wks)	SF-20 Mental health	Higher is better	66/88	55.6 (19.6)	50.5 (18.6)	5.0 (-0.2, 10.1)	0.176	No difference	Some concerns
			Physical function	end of treatment	SF-20 Physical	Higher is better	66/88	55.9 (31.4)	52.3 (33.1)	1.1 (-7.7, 9.8)	0.849	No difference	Some concerns
			Sleep quality	end of treatment (16 wks)	Medical Outcomes Sleep Problem Index II	Higher scores indicate more sleep problems	66/68	45.0 (21.2)	55.4 (20.7)	-6.7 (-11.9, -1.6)	0.042	Favours intervention	Some concerns
			Footnotes:										
		Low dose yoga vs stretch and tone control	Anxiety	end of treatment (12 wks)	STAI	Higher score means worse anxiety symptoms	18/14	87.80(80.72-94.89)	88.77(80.63-96.90)	NR	NR	No difference	Some concerns
			Depression	end of treatment (12 wks)	PHQ-9	Higher score means worse depressive symptoms	18/14	6.46(3.50-9.42)	12.56(9.10-16.02)	NR	NR	No difference	Some concerns
			Emotional function	end of treatment (12 wks)	Emotion regulation questionnaire	Higher scores means greater use of emotional regulation strategies	18/14	17.75(14.37-21.12)	20.20(16.10-24.29)	NR	NR	No difference	Some concerns
			Health-related quality of life	end of treatment (12 wks)	SF-12	Higher score means better quality of life	18/14	57.26(52.94-61.57)	58.04(52.81-63.26)	NR	NR	No difference	Some concerns
			Sleep quality/satisfaction	end of treatment (12 wks)	PSQI	Higher score means worse sleep quality	18/14	7.52(5.25-9.78)	9.10(6.35-11.84)	NR	NR	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Huberty 2018	Mothers experiencing stillbirth	Moderate dose yoga vs stretch and tone control	Anxiety	end of treatment (12 wks)	STAI	Higher score means worse anxiety symptoms	16/14	86.06(80.03-92.09)	88.77(80.63-96.90)	NR	NR	<i>No difference</i>	Some concerns
			Depression	end of treatment (12 wks)	PHQ-9	Higher score means worse depressive symptoms	16/14	6.31(3.74-8.89)	12.56(9.10-16.02)	NR	NR	<i>No difference</i>	Some concerns
			Emotional function	end of treatment (12 wks)	Emotion regulation questionnaire	Higher scores indicate greater use of emotional regulation strategies	16/14	16.89(13.69-20.09)	20.20(16.10-24.29)	NR	NR	<i>No difference</i>	Some concerns
			Health-related quality of life	end of treatment (12 wks)	Short-Form Health Survey (SF-12)	Higher score means better quality of life	16/14	57.24(53.33-61.15)	58.04(52.81-63.26)	NR	NR	<i>No difference</i>	Some concerns
			Sleep quality/satisfaction	end of treatment (12 wks)	PSQI	Higher score means worse sleep quality	16/14	6.26(4.11-8.40)	9.10(6.35-11.84)	NR	NR	<i>No difference</i>	Some concerns
			Footnotes:										
Van Der Kolk 2014	Women with treatment resistant PTSD	Yoga vs education program	Depression	end of treatment (10 wks)	BDI-II (Beck Depression Inventory)	Higher score means worse depressive symptoms	32/32	13.92(9.91)	19.47(11.91)	NR	NR	<i>No difference</i>	Some concerns
			Emotional function	end of treatment (10 wks)	Inventory of Altered Self Capacities-affect dysregulation scale	Higher means higher frequency of symptoms	32/32	68.88(13.31)	69.48(14.26)	NR	NR	<i>Favours intervention</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
			Emotional function	end of treatment (10 wks)	Inventory of Altered Self Capacities-tension reduction scale	Higher means higher frequency of symptoms	32/32	67.17(15.32)	68.51(17.17)	NR	NR	Favours intervention	Some concerns
Footnotes:													
Abbreviations: C, Comparator; CES-D, Centre for Epidemiological Studies-Depression Scale; I, intervention; NR, not reported; PHQ-9, 9-item patient health Questionnaire; PSQI, Pittsburgh sleep quality index; SF-12, 12-item short form; STAI, state-trait anxiety inventory													

STUDY RESULTS (as reported by the study authors)

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Yoga vs control													
Afonso 2012	Insomnia	Control (no intervention)	Sleep quality/symptoms	end of treatment (week 16)*	Insomnia Severity Index (0-28)	Higher score means worse sleep quality	15/15	9.7 (1.2)	13.7 (1.2)	NR	NR	Favours intervention	High
			Stress	end of treatment (week 16)*	ISS for Adults (alert)	Higher score means reduced stress	15/15	2.6 (0.7)	4.1 (0.7)	NR	NR	Favours intervention	High
			Stress	end of treatment (week 16)*	ISS for Adults (resistence)	Higher score means reduced stress	15/15	4.1 (0.7)	7.2 (0.7)	NR	NR	Favours intervention	High
			Stress	end of treatment (week 16)*	ISS for Adults (exhaustion)	Higher score means reduced stress	15/15	5.2 (0.9)	7.4 (0.9)	NR	NR	Favours intervention	High
			Daytime functioning	end of treatment (week 16)*	Epworth sleepiness scale (0-24)**	Higher score means worse sleep quality	15/15	NR	NR	NR	NR	NR	High
			Footnotes:	*Results reported as mean (SE), **Epworth sleepiness scale only reported as n and observed power (OP) of the applied questionnaires. It was unclear which control group the reported p-values were associated.									
Sobana 2013	Insomnia	Control (no intervention)	--	No critical or important outcome measures reported									
			Footnotes:										
Yoga vs 'other'													
			Sleep quality/symptoms	end of treatment (week 16)*	Insomnia Severity Index (0-28)	Higher score means worse sleep quality	15/14	9.7 (1.2)	11.4 (1.3)	NR	NR	Favours intervention	High
			Stress	end of treatment (week 16)*	ISS for Adults (alert)	Higher score means reduced stress	15/14	2.6 (0.7)	3.9 (0.7)	NR	NR	Favours intervention	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Afonso 2012	Insomnia	Control (passive stretching)	Stress	end of treatment (week 16)*	ISS for Adults (resistence)	Higher score means reduced stress	15/14	4.1 (0.7)	5.1 (0.7)	NR	NR	<i>Favours intervention</i>	High
			Stress	end of treatment (week 16)*	ISS for Adults (exhaustion)	Higher score means reduced stress	15/14	5.2 (0.9)	4.6 (0.9)	NR	NR	<i>Favours intervention</i>	High
			Daytime functioning	end of treatment (week 16)*	Epworth sleepiness scale (0-24)**	Higher score means worse sleep quality	15/14	NR	NR	NR	NR	NR	High
			Footnotes:	*Results reported as mean (SE), **Epworth sleepiness scale only reported as n and observed power (OP) of the applied questionnaires. It was unclear which control group the reported p-values were associated.									
Tapas 2013	Insomnia	Sirodhara (tila taila)	Daytime functioning	end of treatment (day 15)	Epworth sleepiness scale (0-24)	Higher score means worse sleep quality	10/20	NR	NR	NR	NR	NR	High
			Footnotes:	The Epworth sleepiness scale was used pre and end of treatment, but the outcome was not reported in the paper. Sleep Quality was captured, however, given the low baseline numbers (2.77-2.75) it is not clear how this metric was captured.									
Abbreviations: C, Comparator; I, intervention; ISS, Inventory of Stress Symptoms; NR, not reported													

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Yoga vs control													
John 2007	Symptoms of depression and/or anxiety	Yoga vs no intervention (control) - as adjunct to education	Migrane frequency	End of treatment (12 wks)	Average number of headache days per week	Higher is worse	36/36	4.56 (1.79)	10.18 (2.14) ^a	NR	<0.001	Favours intervention	Some concerns
			Pain	End of treatment (12 wks)	McGII Pain questionnaire (overall intensity)	Higher score is worse	36/36	1.69 (0.47)	3.97 (0.58)	NR	<0.001	Favours intervention	Some concerns
			Anxiety	End of treatment (12 wks)	HADS (Anxiety)	Higher score is worse	36/36	4.69 (1.42)	13.39 (1.73)	NR	0.001	Favours intervention	Some concerns
			Depression	End of treatment (12 wks)	HADS (Depression)	Higher score is worse	36/36	4.34 (1.33)	13.21 (1.92)	NR	0.001	Favours intervention	Some concerns
			Medication use	End of treatment (12 wks)	Medication score	Higher is worse	32/33	1.37 (1.01)	3.94 (0.097)	NR	0.001	Favours intervention	Some concerns
			Migraine intensity ^b	End of treatment (12 wks)	VAS (1-10)	Higher score is worse	36/36	4.64 (0.72)	7.62 (0.91)	NR	0.001	Favours intervention	Some concerns
			Footnotes:	a. Reported as "average number of total headache days they usually had in a week". Unclear whether this scale was transformed as upper bound exceeds theoretical maximum; b. Severity of 'average' headache extracted. Severity of lowest and highest headache also reported.									
Talakad 2013	Migrane with or without aura	Yoga vs no intervention (control)- as adjunct to conventional care	Headache frequency	End of treatment (6 wks)	Headaches per month (diary)	Higher is worse	47/37	1.8 (1.5)	5.2 (2.1)	NR	<0.001	Favours intervention	Some concerns
			Headache intensity	End of treatment (6 wks)	VAS (1-10)	Higher score is worse	47/37	2.03 (1.3)	7.73 (1.2)	NR	<0.001	Favours intervention	Some concerns
			Headache specific disability-	End of treatment (6 wks)	HIT-6	Higher score is worse	47/37	38.9 (2.2)	68.6 (4.6)	NR	<0.001	Favours intervention	Some concerns
			Footnotes:										

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Kumar 2019a	Episodic migraine	Yoga vs no intervention (control)- as adjunct to medical therapy	Headache frequency	End of treatment (12 wks)	Self-reported diary (days per month)	Higher is worse	80/80	4.7 (3.68)	6.8 (2.98)	2.2 (1.1-3.2)	<0.001	Favours intervention	Some concerns
			Headache intensity	End of treatment (12 wks)	VAS (1-10)	Higher score is worse	80/80	5.7 (2.38)	6.8 (1.81)	1.1 (0.49-1.82)	<0.001	Favours intervention	Some concerns
			Headache specific disability-	End of treatment (12 wks)	HIT-6	Higher score is worse	80/80	53.7 (11.01)	60.8 (8.87)	7.1 (3.98-10.22)	<0.001	Favours intervention	Some concerns
			Headache specific disability-	End of treatment (12 wks)	Migrane disability Assessment	Higher score is worse	80/80	11.5 (10.10)	16.7 (13.45)	5.24 (1.52-8.95)	<0.001	Favours intervention	Some concerns
			Medication use	End of treatment (12 wks)	Medication score	Higher is worse	80/80	4.1 (4.48)	5.9 (2.59)	1.78 (0.64-2.93)	<0.001	Favours intervention	Some concerns
			Footnotes:										
Latha 1992	Migraine and tension headache	Yoga vs no intervention (control)- as adjunct to prescribed medications	Headache duration	End of treatment (4 months)	Rating scale (no further information)	Higher is worse	10/10	-8	0	NR	>0.01	Favours intervention	High
			Headache intensity	End of treatment (4 months)	Rating scale (no further information)	Higher is worse	10/10	-17	-1	NR	>0.01	Favours intervention	High
			Headache frequency	End of treatment (4 months)	Rating scale (no further information)	Higher is worse	10/10	-8	-1	NR	>0.01	Favours intervention	High
			Medication use	End of treatment (4 months)	Analgesic use*	Higher is worse	10/10	reduced during and after the training'	requirement increased over the period'	NR	NR	NR	High
			Footnotes: Data is reported in mean differences of pre and post interveration. *Medication use mentioned as an outcome but no data reported.										
Naji-	Female	Yoga vs no intervention	Headache frequency	End of treatment (12 wks)	Self-reported diary	Higher socre is worse	21/21	2.27 (1.49)	5.09 (2.98)	NR	<0.002	Favours intervention	Some concerns
			Headache intensity	End of treatment (12 wks)	VAS (1-10)	Higher score is worse	21/21	5.27 (2.09)	6.73 (2.41)	NR	<0.007	Favours intervention	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Esfahani 2014	patients with migraines	(control)- as adjunct to medication	Headache duration	End of treatment (12 wks)	Self-reported diary	Higher is worse	21/21	1.4 (0.51)	1.82 (0.87)	NR	0.96	<i>No difference</i>	Some concerns
			Headache specific disability-	End of treatment (12 wks)	HIT-6	Higher score is worse	21/21	55.67 (8.15)	64.36 (5.85)	NR	<0.001	<i>Favours intervention</i>	Some concerns
			Footnotes:										
Yoga vs 'other'													
Sethi 1981	Tension headache	Yoga vs EMG biofeedback and jacobson relaxation	Headache severity	end of treatment (3 months)	5-point rating scale	Higher score is worse	16	NR	NR	NR	NR	<i>No difference</i>	High
			Social adjustment	end of treatment (3 months)	5-point rating scale	Higher score is worse	16	NR	NR	NR	NR	<i>No difference</i>	High
			Headache frequency	end of treatment (3 months)	Self-reported diary	Higher is worse	16	NR	NR	NR	NR	<i>Not reported</i>	High
			Footnotes:		Data reported for individual patient, no aggregate data available.								
Abbreviations: C, Comparator; EMG, electroyographic; HADS, Hamilton Anxiety & Depression scale; HIT-6, Headache Impact Test-6; I, intervention; NR, not reported; QOL, quality of life; VAS, Visual Analogue Scale													

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Yoga vs control													
Ankolekar 2019	Symptoms of depression and/or anxiety	Yoga vs control (no intervention)	CVD risk	Follow-up (6 mo.)*	SBP	closer to 120 mmHg is best	51/51	127.75(6.582)	134.48(6.635)	NR	NR	No difference	Some concerns
			CVD risk	Follow-up (6 mo.)*	DBP	closer to 80 mmHg is best	51/51	82.05(3.434)	88.97(5.270)	NR	NR	No difference	Some concerns
			Quality of life	Follow-up (6 mo.)*	measure not reported**	Higher means better quality of life	51/51	92.98 (12.120)	87.39 (10.350)	NR	NR	No difference	High
			Footnotes:	*Participants received 15 days of yoga training and then instructed to practice at home. Follow up occurred at 3 mo. and 6 mo.. No follow up									
Cohen 2013	Hypertension (pre & Stage 1)	Yoga vs control (as adjunct to education and walking program)	CVD-risk	end of treatment (24 wk.)	SBP	closer to 120 mmHg is best	46/48	130 (17)	130.6 (16)	NR	NR	No difference	Some concerns
			CVD-risk	end of treatment (24 wk.)	DBP	closer to 80 mmHg is best	46/48	78.6 (14)	80 (13)	NR	NR	No difference	High
			Quality of life	end of treatment (24 wk.)	Health survey (not defined)	Not defined	Not reported	NR	NR	NR	NR	Not reported	High
			Stress	end of treatment (24 wk.)	Symptom of Stress Inventory	Not defined	Not reported	NR	NR	NR	NR	Not reported	High
			Footnotes:	Quality of life and stress are reported as secondary outcomes in the study protocol but are not reported in the trial.									
		Yoga (with	CVD-risk	end of treatment (12 wk.)	24-hr SBP	closer to 120 mmHg is best	25/25	136.9 (10.6)	135 (8.0)	0.2 (-4.2, 4.6)	0.927	No difference	Low
			CVD-risk	end of treatment (12 wk.)	24-hr DBP	closer to 80 mmHg is best	25/25	83.1 (10.3)	81.8 (8.1)	-0.4 (-3.3, 2.6)	0.081	No difference	Low
			Percieved stress	end of treatment (12 wk.)	Percieved Stress Scale (PSS-10)	Higher means worse perceived stress	25/25	20.2 (10.0)	21.2 (8.9)	-1.7 (-6.0, 2.6)*	0.423	No difference	Low

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Cramer 2018	Hypertension	postures) vs control	Anxiety	end of treatment (12 wk.)	HADS	Higher means worse anxiety symptoms	25/25	12.1 (2.0)	12.0 (2.1)	-0.6 (-1.5, 0.3)	0.187	No difference	Low
			Quality of life	end of treatment (12 wk.)	SF-36 (Physical score)	Higher means better quality of life	25/25	47.9 (9.4)	48.5 (10.3)	-1.1(-6.6, 4.3)	0.677	No difference	Low
			Quality of life	end of treatment (12 wk.)	SF-36 (Mental score)	Higher means better quality of life	25/25	52.3 (7.6)	48.7 (10.2)	1.7 (-3.2, 6.5)	0.492	No difference	Low
		Yoga without postures vs control*	Footnotes:	*Cramer 2018 reports the lower CI as -60, it is assumed to be a typo in the publication.									
			CVD-risk	end of treatment (12 wk.)	24-hr SBP	closer to 120 mmHg is best	25/25	130.9 (9.2)	135 (8.0)	-3.8 (-7.4, -0.3)	0.035	Favours intervention	Some concerns
			CVD-risk	end of treatment (12 wk.)	24-hr DBP	closer to 80 mmHg is best	25/25	80.0 (10.3)	81.8 (8.1)	-2.0 (-4.3, 0.4)	0.093	No difference	Some concerns
			Percieved stress	end of treatment (12 wk.)	Percieved Stress Scale (PSS-10)	Higher means worse perceived stress	25/25	25.3 (9.7)	21.2 (8.9)	-1.0 (-5.0, 3.0)	0.617	No difference	Some concerns
			Anxiety	end of treatment (12 wk.)	HADS	Higher means worse anxiety symptoms	25/25	11.4 (2.8)	12.0 (2.1)	-0.6 (-1.5, 0.3)	0.187	No difference	Low
			Quality of life	end of treatment (12 wk.)	SF-36 (Physical score)	Higher means better quality of life	25/25	46.9 (8.4)	48.5 (10.3)	0.1 (-3.6, 3.8)	0.961	No difference	Some concerns
			Quality of life	end of treatment (12 wk.)	SF-36 (Mental score)	Higher means better quality of life	25/25	47.5 (11.0)	48.7 (10.2)	-0.4 (-5.5, 4.7)	0.874	No difference	Some concerns
			Footnotes:	* Yoga without postures not included in the evidence synthesis as it was determined that Yoga with postures is more typical of yoga practised									
McCaferri		Yoga vs usual	CVD-risk	end of treatment (8 wk.)	SBP	closer to 120 mmHg is best	27/27	136.04(12.98)	161.89(17.38)	NR	<0.01	Favours intervention	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Mechanery 2005	Hypertension	Yoga vs usual care	CVD-risk	end of treatment (8 wk.)	DBP	closer to 80 mmHg is best	27/27	81.01(10.34)	100.59(9.72)	NR	<0.02	<i>Favours intervention</i>	Some concerns
Footnotes:													
Misra 2019	Hypertension	Yogic breathing (+ home practice) vs usual care	CVD-risk	end of treatment (6 SBP wk.)		closer to 120 mmHg is best	23/22	152.1 (19.1)	151.6 (18.9)	NR	0.92	<i>No difference</i>	High
		Yogic breathing (+ DVD-guided)	CVD-risk	end of treatment (6 SBP wk.)		closer to 120 mmHg is best	38/22	148.4 (13.4)	151.6 (18.9)	NR	0.44	<i>No difference</i>	High
		Combined yoga groups	CVD-risk*	end of treatment (6 wk.)	SBP	closer to 120 mmHg is best	61/22	149.80 (15.74)	151.6 (18.9)	NR	NR	No difference	High
		Footnotes: *Yogic breathing (+ DVD-guided practice) combined with Yogic breathing (+home practice) to avoid double counting of the control group.											
Mourya 2009	Stage 1 Hypertension	Yoga (slow breathing) vs	CVD-risk	end of treatment (3 SBP mo.)		closer to 120 mmHg is best	20/20/20	NR	NR	NR	0.804	<i>Favours intervention</i>	Some concerns
		Yoga (fast breathing) vs control	CVD-risk	end of treatment (3 DBP mo.)		closer to 80 mmHg is best	20/20/20	NR	NR	NR	0.882	<i>Favours intervention</i>	Some concerns
		Footnotes: No usable data (Primary outcome data presented as graph unable to derived mean and SD).											
Murugesan 2000	Hypertension	Yoga vs control	CVD-risk	end of treatment (11 wk.)	SBP	closer to 120 mmHg is best	11/11	123.09 (10.14)	151.26 (11.20)	NR	NR	<i>Favours intervention</i>	High
			CVD-risk	end of treatment (11 wk.)	DBP	closer to 80 mmHg is best	11/11	82.36 (9.14)	107.10 (10.27)	NR	NR	<i>Favours intervention</i>	High
			Footnotes:										
Punita 2016	Hypertension	Yoga vs control (as adjunct to medication)	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	25/30	118.56(11.06)	125.97(10.95)	NR	<0.05	<i>Favours intervention</i>	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	25/31	76.84(8.78)	81.87(7.28)	NR	<0.06	<i>Favours intervention</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
			Footnotes:										
Pushpanathan 2015	Hypertension	yoga vs control	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	34/36	NR	NR	NR	NR	Favours intervention	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	34/37	NR	NR	NR	NR	Favours intervention	Some concerns
			Footnotes: No usable data (Primary outcome data presented as graph unable to derived mean and SD).										
Saptharishi 2009	Hypertension (& pre)	Yoga vs control	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	27/30	126.0 (9.3)	123.7 (10.4)	NR	NR	Favours intervention	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	27/30	83.8 (6.3)	82.8 (6.3)	NR	NR	Favours intervention	Some concerns
			Footnotes: Subramanian 2011 reported crossover results of the RCT of Saptharishi 2009. As per protocol, crossover results were not extracted										
Shetty 2017	Hypertension (pre & stage 1)	Yoga vs control	CVD-risk	end of treatment (30 days)	SBP	closer to 120 mmHg is best	30/30	132 (3.8)	152.9 (9.8)	NR	0.0009	Favours intervention	Some concerns
			Footnotes:										
Sujatha 2014	Hypertension (Stage 1 and Stage 2)	Yoga vs control	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	118/120	138.51(9.39)	152.38(10.25)	NR	0.001	Favours intervention	Some concerns
			CVD-risk	end of treatment (12 wk.)	Diastolic blood pressue	closer to 80 mmHg is best	118/121	86.17(6.3)	94.23(6.43)	NR	0.001	Favours intervention	Some concerns
			State-anxiety	end of treatment (12 wk.)	State Trait Anxiety Inventory *	Higher is worse	118/122	40.33 (7.14)	48.98 (8.18)	NR	0.001	Favours intervention	Some concerns
			Trait-anxiety	end of treatment (12 wk.)	State Trait Anxiety Inventory *	Higher is worse	118/122	37.27 (8.18)	45.55 (7.75)	NR	0.001	Favours intervention	Some concerns
			Percieved stress	end of treatment (12 wk.)	Percieved Stress Scale (PSS-10)**	Higher means worse perceived stress	118/123	NR	NR	NR	NR	Favours intervention	Some concerns
			Footnotes: * authors report a combined total for the STAI, however this is not typical. The State-anxiety score correlates better with other measures of										

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Thanalakshmi 2020	Primary hypertension	Sheetali pranayama (yoga) vs control	CVD-risk	end of treatment (3 mo.)	SBP	closer to 120 mmHg is best	50/50	124.12(14.72)	139.72(712.90)	1.04/0.32	p<0.01	<i>Favours intervention</i>	Some concerns
			CVD-risk	end of treatment (3 mo.)	Diastolic blood pressure	closer to 80 mmHg is best	50/51	76.16(4.46)	86.12(10.56)	1.02/0.27	p<0.05	<i>Favours intervention</i>	Some concerns
			Footnotes:										
Thiyagarajan 2015	Prehypertension	Yoga+LSM vs LSM	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	51/49	121(6)	123(4)	NR	P<0.001	<i>Favours intervention</i>	High
			CVD-risk	end of treatment (12 wk.)	Diastolic blood pressure	closer to 80 mmHg is best	51/50	81(4)	82(3)	NR	P<0.002	<i>Favours intervention</i>	High
			Footnotes:										
Tolbanos Roche 2014	Essential arterial hypertension	Yoga vs control	CVD-risk	end of treatment (3 mo.)	SBP	closer to 120 mmHg is best	10/10	137.10(11.57)	134.50(15.40)	NR	p< 0.05	<i>Favours intervention</i>	High
			CVD-risk	end of treatment (3 mo.)	Diastolic blood pressure	closer to 80 mmHg is best	10/10	80.60(8.36)	78.30(12.75)	NR	p<0.001	<i>Favours intervention</i>	High
			Relaxation-related states	end of treatment (3 mo.)	Smith R-State Inventory 3 (Relaxation)	Higher means better quality of life	10/10	36(7.04)	36.80(9.20)	0.68	NR	<i>No difference</i>	High
			Relaxation-related states	end of treatment (3 mo.)	Smith R-State Inventory 3 (Mindfulness)	Higher means reduced stress	10/10	33.60(9.01)	33.50(5.42)	0.22	NR	<i>Favours intervention</i>	High
			Relaxation-related states	end of treatment (3 mo.)	Smith R-State Inventory 3 (Energy)	Higher means reduced stress	10/10	27.10(3.78)	25.10(6.01)	0.65	NR	<i>No difference</i>	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Tolbanos Roche 2017	Essential arterial hypertension	Yoga vs control	Relaxation-related states	end of treatment (3 mo.)	Smith R-State Inventory 3 (Transcendence)	Higher means reduced stress	10/10	11.30(3.97)	13.50(4.38)	-0.26	NR	<i>No difference</i>	High
			Relaxation-related states	end of treatment (3 mo.)	Smith R-State Inventory 3 (stress)	Higher means reduced stress	10/10	12.80(4.64)	25.30(7.77)	-0.77	NR	<i>Favours intervention</i>	High
			Footnotes:										
			CVD-risk	end of treatment (2 mo.)	SBP	closer to 120 mmHg is best	14/10	-5.36(18.30)	-2.80(12.94)	NR	NR	<i>No difference</i>	High
			CVD-risk	end of treatment (2 mo.)	Diastolic blood pressure	closer to 80 mmHg is best	14/10	-3.71(13.16)	3(10.71)	NR	NR	<i>No difference</i>	High
Wolff 2016	High normal or grade 1 hypertension	Yoga vs control	Anxiety	end of treatment (2 mo.)									
			Perceived Stress	end of treatment (2 mo.)	Perceived Stress Scale	Higher means worse perceived stress	14/10	-5.00(8.26)	1.80(7.66)	NR	NR	<i>Favours intervention</i>	High
			Footnotes: Results provided as change from baseline. Patient numbers provided by authors are participants who completed the study.										
			CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	85/86	145.4(13.4)	145.2(12.8)	0.5 (-3.0 to 3.9)	0.783	<i>No difference</i>	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	85/86	86.3(7.7)	84.9(7.7)	1.4 (-0.7 to 3.4)	0.201	<i>No difference</i>	Some concerns
Wolff 2016	High normal or grade 1 hypertension	Yoga vs control	Quality of life	end of treatment (12 wk.)	WHOQOL-BREF(1)	Higher means better quality of life	85/86	4.2(0.6)	4.2(0.8)	0.0 (-0.1 to 0.2)	0.865	<i>No difference</i>	Some concerns
			Quality of life	end of treatment (12 wk.)	WHOQOL-BREF(2)	Higher means better quality of life	85/86	3.8(0.8)	3.6(0.8)	NR	0.008	<i>Favours intervention</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
			Anxiety	end of treatment (12 wk.)	HADS	Higher means worse anxiety symptoms	85/86	4.4 (3.3)	4.1 (3.6)	- 0.2 (-1.0 to 0.5)	0.531	No difference	Some concerns
			Percieved Stress	end of treatment (12 wk.)	Percieved Stress Scale-14	Higher means worse perceived stress	85/86	19.7(7.6)	18.6(8.2)	- 0.4 (-1.9 to 1.6)	0.849	No difference	Some concerns
			Footnotes:										
			Yoga vs 'other'										
Cohen 2011a	Hypertension (pre & Stage)	Yoga vs enhanced usual care control	CVD-risk	end of treatment (12 wk.)	24-hr SBP	closer to 120 mmHg is best	46/32	126(3)	131(2)	NR	NR	No difference	High
			CVD-risk	end of treatment (12 wk.)	24-hr DBP	closer to 80 mmHg is best	46/32	78(2)	80(1)	NR	NR	No difference	High
			Quality of life	end of treatment (12 wk.)	SF-36	Higher means better quality of life	46/32	NR	NR	NR	NR	No difference	High
			Percieved stress	end of treatment (12 wk.)	Percieved Stress Scale	Higher means worse perceived stress	46/32	NR	NR	NR	NR	No difference	High
			Footnotes: SBP and DBP results reported as Mean(SE).										
Cohen 2013	Hypertension (pre & Stage 1)	Yoga alone vs Blood pressure education program	CVD-risk	end of treatment (24 wk.)	SBP	closer to 120 mmHg is best	43/48	129.7 (17)	130.6 (16)	NR	NR	No difference	Some concerns
			CVD-risk	end of treatment (24 wk.)	DBP	closer to 80 mmHg is best	43/48	78 (14)	80 (13)	NR	NR	No difference	High
			Quality of life	end of treatment (24 wk.)	Health survey *	Not defined	Not reported	NR	NR	NR	NR	Not reported	High
			Stress	end of treatment (24 wk.)	Symptom of Stress Inventory	Not defined	Not reported	NR	NR	NR	NR	Not reported	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
			Footnotes:	*Quality of life (tool not defined) and stress are reported as secondary outcomes in the study protocol but are not reported in the trial. Results for ITT and per protocol reported, only ITT extracted.									
Ghati 2020	Hypertension	Yoga (humming) vs slow breathing	CVD-risk	Pre-treatment, Post treatment	SBP	closer to 120 mmHg is best	32/35	131.7(10.9)	125.8(12.6)	2.22	0.77	No difference	Some concerns
			CVD-risk	Pre-treatment, Post treatment	DBP	closer to 80 mmHg is best	32/35	92.3(8.7)	88.3(9.2)	0.97	0.86	No difference	Some concerns
			Footnotes:										
Hagins 2014	Hypertension (pre & Stage 1)	Yoga vs exercise	CVD-risk	end of treatment (12 wk.)	24-hr SBP	closer to 120 mmHg is best	36/32	130.68(14.99)	133.36(18.29)	NR	0.224	No difference	Some concerns
			CVD-risk	end of treatment (12 wk.)	24-hr DBP	closer to 80 mmHg is best	36/32	76.89(8.61)	79.76(11.11)	NR	0.0814	No difference	Some concerns
			Footnotes:										
Murugesan 2000	Hypertension	Yoga vs medication	CVD-risk	end of treatment (11 wk.)	SBP	closer to 120 mmHg is best	11/11	123.09 (10.14)	134.87 (12.65)	NR	NR	Favours intervention	High
			CVD-risk	end of treatment (11 wk.)	DBP	closer to 80 mmHg is best	11/11	82.36 (9.14)	96.54 (8.29)	NR	NR	Favours intervention	High
			Footnotes:										
Patil 2014	Hypertension (Grade 1)	Yoga vs Walking	CVD-risk	end of treatment (3 mo.)	SBP	closer to 120 mmHg is best	28/29	133.86(7.37)	146.82(6.03)	NR	NR	Favours intervention	Some concerns
			CVD-risk	end of treatment (3 mo.)	DBP	closer to 80 mmHg is best	28/30	73.10(4.14)	74.79(4.37)	NR	NR	No difference	Some concerns
			Footnotes:										
		Yoga group vs	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	27/28	126.0 (9.3)	123.3 (5.2)	NR	NR	Favours intervention	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Saptharishi 2009	Hypertension (& pre)	Physical activity (walking)	CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	27/28	83.8 (6.3)	81.6 (4.0)	NR	NR	<i>Favours intervention</i>	Some concerns
			Footnotes:	Subramanian 2011 reported crossover results of the RCT of Saptharishi 2009. As per protocol, crossover results were not extracted. *ITT results reported. Authors also report PP analysis. There was no material difference in the observed results.									
		Yoga group vs diet (salt reduction)	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	27/28	126.0 (9.3)	120.8 (6.7)	NR	NR	<i>Favours intervention</i>	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	27/28	83.8 (6.3)	80.3 (5.3)	NR	NR	<i>Favours intervention</i>	Some concerns
			Footnotes:	Subramanian 2011 reported crossover results of the RCT of Saptharishi 2009. As per protocol, crossover results were not extracted. *ITT results reported. Authors also report PP analysis. There was no material difference in the observed results.									
Sieverdes 2014	Normotensive and prehypertensive youth	Yoga vs attention control	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	14/14	-3(7)	-0.07(7.8)	NR	0.3	<i>No difference</i>	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	14/14	-2(5.5)	-0.79(5.6)	NR	0.57	<i>No difference</i>	Some concerns
			Footnotes:										
Sriloy 2015	Hypertension	Slow breathing (yoga) vs acupuncture	CVD-risk	end of treatment (12 wk.)	SBP	closer to 120 mmHg is best	19/18	134.5(13.7)	142.2(17.3)	NR	NR	<i>No difference</i>	Some concerns
			CVD-risk	end of treatment (12 wk.)	DBP	closer to 80 mmHg is best	19/19	80.94(9.7)	79.1(9.1)	NR	NR	<i>No difference</i>	Some concerns
			Footnotes:										
Tolbanos	Essential arterial	Yoga vs Himalayan	CVD-risk	end of treatment (2 mo.)	SBP	closer to 120 mmHg is best	14/12	-5.36 (18.30)	-12.46 (16.00)	NR	NR	<i>No difference</i>	High
			CVD-risk	end of treatment (2 mo.)	DBP	closer to 80 mmHg is best	14/12	-3.71 (13.16)	-0.67 (8.95)	NR	NR	<i>No difference</i>	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Roche 2017	essential hypertension	tradition meditation	Percieved Stress	end of treatment (2 mo.)	Percieved Stress Scale	Higher means worse perceived stress	14/12	-5.00 (8.26)	-9.50 (9.75)	NR	NR	<i>Favours intervention</i>	High
			Footnotes:	Results provided as change from baseline. Patient numbers provided by authors are participants who completed the study.									
Tolbanos Roche 2017	Essential arterial hypertension	Yoga vs Pranayama	CVD-risk	end of treatment (2 mo.)	SBP	closer to 120 mmHg is best	14/19	-2.63(21.70)	-2.80(12.94)	NR	NR	<i>No difference</i>	High
			CVD-risk	end of treatment (2 mo.)	DBP	closer to 80 mmHg is best	14/19	2.84(14.17)	3(10.71)	NR	NR	<i>No difference</i>	High
			Percieved Stress	end of treatment (2 mo.)	Percieved Stress Scale	Higher means worse perceived stress	14/19	-8.16(7.30)	1.80(7.66)	NR	NR	<i>Favours intervention</i>	High
			Footnotes:	Results provided as change from baseline. Patient numbers provided by authors are participants who completed the study.									
Yadav 2012	Essential hypertension	Yogic breathing (anuloma-viloma pranayama) vs attention control (reading)	CVD-risk	end of treatment (10 mins)	SBP	closer to 120 mmHg is best	30/30	128.00 (10.64)	139.53 (18.65)	NR	NR	<i>Favour intervention</i>	Some concerns
			CVD-risk	end of treatment (10 mins)	DBP	closer to 80 mmHg is best	30/30	84.33 (7.28)	81.33 (9.37)	NR	NR	<i>Favour intervention</i>	Some concerns
			Footnotes:	BP results are reported for 31 patients in each group, although the authors report that 30 patients were randomised to each treatment arm (N=90)									
Yadav 2012	Essential hypertension	Yogic breathing (anuloma-viloma pranayama) vs Attention control (breathing awareness)	CVD-risk	end of treatment (10 mins)	SBP	closer to 120 mmHg is best	30/30	128.00 (10.64)	127.20 (13.72)	NR	NR	<i>Favour intervention</i>	Some concerns
			CVD-risk	end of treatment (10 mins)	DBP	closer to 80 mmHg is best	30/30	84.33 (7.28)	83.73 (9.26)	NR	NR	<i>Favour intervention</i>	Some concerns
			Footnotes:	BP results are reported for 31 patients in each group, although the authors report that 30 patients were randomised to each treatment arm (N=90)									

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Abbreviations: CVD, Cardiovascular disease; DBP, diastolic blood pressure; C, Comparator; HADS, Hospital Anxiety and Depression Scale; hr, hour; I, intervention; mo., months; NR, not reported; SBP, systolic blood pressure; wk., weeks													

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Yoga vs control													
Agnihotri 2013	Asthma (mild-moderate)	Yoga vs. control (no intervention)	Quality of life	end of treatment (6 mos)	AQLQ (32-items)	Higher is better	121/120	NR	NR	NR	<0.0001	<i>Favours intervention</i>	Some concerns
			Pulmonary function	end of treatment (6 mos)	FEV1/FVC	Normal ratio is between 75% and 85%	121/120	66.62 (3.97)	70.36 (4.92)	NR	<0.0001	<i>Not reported</i>	Some concerns
			Footnotes:										
Agnihotri 2017	Asthma (mild-moderate)	Yoga vs. control (no intervention)	Quality of life	end of treatment (8 wks)	Mini AQLQ (15-items)	Higher is better	125/130	5.72 (0.38)	5.43 (0.34)	0.8	<0.0001	<i>Favours intervention</i>	Some concerns
			Footnotes:										
Bidwell 2012	Asthma (mild-moderate)	Yoga vs. control (no intervention)	Quality of life	end of treatment (10 wks)	St. George's Respiratory Questionnaire	Higher score is worse	12/8	16.01 (3.0)	31.85 (5.0)	NR	<0.05	<i>Favours intervention</i>	Some concerns
			Pulmonary function	end of treatment (10 wks)	FEV1/FVC	Normal ratio is between 75% and 85%	12/8	NR	NR	NR	NR	<i>No difference</i>	Some concerns
			Footnotes: FEV1/FVC: authors report no changes between groups at the end of treatment, but no data provided.										
Malarvizhi 2019	Asthma (mild-moderate)	Yoga vs. control (no intervention)	Quality of life	end of treatment (6 mos)	AQLQ (32-items)*	Higher score is better	125/125	130.48 (12.43)	78.82 (4.37)	NR	0.001	<i>Favours intervention</i>	Some concerns
			Footnotes: * AQLQ is typically reported on a scale of 1-7, it is not clear how the authors calculated the score. (data reported in conference abstract)										
Mekonnen 2010	Asthma (mild-moderate)	Yoga vs. control (no intervention)	Medication use	post treatment (4 wks)	reduction in salbutamol puff use	higher is worse	12/12	8/12 (66.7%)	2/12 (16.65%)	NR	0.021	<i>Favours intervention</i>	Some concerns
			Medication use	post treatment (4 wks)	reduction in salbutamol tablet use	higher is worse	12/12	7/12 (58.3%)	1/12 (8.3%)	NR	0.044	<i>Favours intervention</i>	Some concerns
			Footnotes:										
			Quality of life	baseline, end of treatment (12 wks)	AQLQ (32-items)	mean change (95%CI)	36/40	NR	NR	0.50 (0.01, 0.98)	0.042	<i>Favours intervention</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Prem 2013	Asthma (mild-moderate)	Yogic breathing vs. control (no intervention)	Asthma symptoms	baseline, end of treatment (12 wks)	Asthma control questionnaire	mean change (95%CI)	36/40	0.13 (−0.15, 0.41)	0.11 (−0.14, 0.37)	NR	NR	No difference	Some concerns
			Pulmonary function	baseline, end of treatment (12 wks)	FEV1/FVC	mean change (SD)	36/40	4 (9.44)	−2.38 (9.58)	NR	NR	Favours intervention	Some concerns
			Footnotes:										
Pushpa 2018	Asthma (mild-moderate)	Yogic breathing vs. control (no intervention)	Pulmonary function test	end of treatment (8 wks)	FEV1/FVC	Normal ratio is between 75% and 85%	30/30	79.95 (5.44)	70.96 (6.81)	NR	<0.001	Favours intervention	Some concerns
			Footnotes:										
Satpathy 2012	Asthma (mild-moderate)	Yogic breathing vs. control (no intervention)	Pulmonary function test	end of treatment (6 wks)	FEV1/FVC	Normal ratio is between 75% and 85%	37/34	73.96 (3.04)	75.91 (10.66)	NR	NR	Favours intervention	Some concerns
			Footnotes:										
Sodhi 2009	Asthma (mild-moderate)	Yogic breathing vs. control (no intervention)	Quality of life	end of treatment (8 wks)	AQLQ (32-items)	Higher is better	60/60	142.65 (19.36)	130.05 (21.92)	NR	<0.01	Favours intervention	Some concerns
			Pulmonary function	end of treatment (8 wks)	FEV1/FVC	Normal ratio is between 75% and 85%	60/60	96.60 (9.67)	93.13 (8.94)	NR	<0.01	Favours intervention	Some concerns
			Footnotes: All p-values are comparisons from baseline to 8 wks for yoga intervention										
Turan 2020	Asthma (mild-moderate)	Yoga vs. control (no intervention)	Pulmonary function	end of treatment (6 wks)	FEV1/FVC	Normal ratio is between 75% and 85%	56/56	86.96 (12.92)	71.03 (5.66)	NR	0	Favours intervention	Some concerns
			Asthma symptoms	end of treatment (6 wks)	Asthma control test	Higher is better	56/56	23.21 (1.57)	12.66 (2.87)	NR	<0.0001	Favours intervention	Some concerns
			Quality of life	end of treatment (6 wks)	AQLQ (32-items)	Higher is better	56/56	6.72 (0.27)	2.62 (0.55)	NR	<0.0001	Favours intervention	Some concerns
			Footnotes:										
Yoga vs 'other'													

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Jiandani Mariya 2013	Asthma (mild-moderate)	Yoga vs. Physiotherapy	Quality of life	end of treatment (7 wks)	St. George Respiratory QOLQ	Higher score is worse	15/15	33.41(22.7)	21.93(22.24)	NR	NR	<i>Favours intervention</i>	Some concerns
			Pulmonary function	end of treatment (7 wks)	FEV1/FVC	Higher score is better	15/15	75.14 (16.43)	66.65 (18.67)	NR	NR	<i>Favours intervention</i>	Some concerns
			Footnotes:	FEV1/FVC: ratio of forced expiratory volume in 1 second to forced vital capacity FEV1/FVC score also reported post-bronchodilator; only pre-bronchodilator score extracted									
Manocha 2002	Asthma (moderate-severe)	Yoga vs. relaxation & cognitive behaviour therapy	Pulmonary function	end of treatment (16 wks)*	FEV1/FVC	Normal ratio is between 75% and 85%	30/29	-0.008	0.003	-0.011 (-0.047 to 0.024)	0.5	<i>No difference</i>	High
			Quality of life	end of treatment (16 wks)*	AQLQ	Higher is better	30/29	1.05	0.65	MD 0.41 (-0.04 to 0.86)	0.07	<i>Favours intervention</i>	High
			Profile of mood states	end of treatment (16 wks)*	Profile of mood states	Lower is better	30/29	the yoga group had greater beneficial changes in POMS summary mood measure than the control group**			NR	<i>Favours intervention</i>	High
			Footnotes:	* data are change from baseline ** data presented in graphs and not extracted here.									
Prem 2013	Asthma (mild-moderate)	Yoga vs. Butekkyo	Quality of life	end of treatment (12 wks)	AQLQ	mean change (95%CI)	36/39	NR	NR	0.47 (-0.008, 0.95)	0.056	<i>No difference</i>	Some concerns
			Asthma symptoms	baseline, end of treatment (12 wks)	Asthma control questionnaire	mean change (95%CI)	36/39	0.13 (-0.15 to 0.41)	0.44 (0.23, 0.64)	NR	NR	<i>No difference</i>	Some concerns
			Pulmonary function	end of treatment (12 wks)	FEV1/FVC	mean change (SD)	36/39	4 (9.44)	3.70 (9.90)	NR	NR	<i>Favours intervention</i>	Some concerns
			Footnotes:										
Raghaven dra 2016	Asthma (mild-moderate)	Yoga vs. Deep breathing	Pulmonary function test	after 2x 10 minutes sessions	FEV1/FVC	Normal ratio is between 75% and 85%	30/32	0.80 (0.10)	0.75 (0.08)	NR	NR	<i>Favours intervention</i>	Some concerns
			Footnotes:										
Sahina	Asthma (mild-moderate)	Yoga vs. Deep breathing	Quality of life	end of treatment (4 wks)	Mini AQLQ	Higher is better	29/33	0.17 (0.14)	0.36 (0.22)	NR	NR	<i>No difference</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Saxena 2005	Asthma (mild-moderate)	Yoga vs. Stretching	Medication use	end of treatment (4 wks)	Beta-agonists	average frequency of puffs per day	29/33	0.06 (0.16)	0.47 (0.41)	NR	NR	<i>No difference</i>	Some concerns
Footnotes:													
Saravanan 2019	Asthma (mild-moderate)	Yoga vs. Deep breathing	Footnotes:	<i>No critical or important measures reported</i>									
Saxena 2009	Asthma (mild-moderate)	Yoga vs. Meditation	Asthma symptoms	end of treatment (12 wks)	Symptom score:	cough, wheezing and dsypnea	25/25	10%*	72%*	NR	<0.01	<i>Favours intervention</i>	Some concerns
Footnotes:													
Yuce 2020	Asthma (mild-moderate)	Yoga vs. Progressive relaxation	Pulmonary function test	end of treatment (4 wks)	FEV1/FVC	Normal ratio is between 75% and 85%	25/25	83.84 (5.92)	81.68 (7.52)	NR	0.376	<i>No difference</i>	Some concerns
			Quality of life	end of treatment (4 wks)	AQLQ	Higher is better	25/25	4.44 (1.20)	5.34 (1.05)	NR	<0.001	<i>Favours intervention</i>	Some concerns
			Asthma symptoms	end of treatment (4 wks)	Asthma control test	Higher is better	25/25	21.84 (2.30)	18.68 (4.74)	NR	0.021	<i>Favours intervention</i>	Some concerns
			Footnotes:										

Abbreviations: AQLQ, Asthma quality of life questionnaire; C, Comparator; FEV1, forced expiratory volume in 1 second; FVC, forced vital capacity; I, intervention; mos, months; NR, not reported; wks, weeks

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Yoga vs control													
Carson 2010	Chronic Pain	Yoga vs. Control (waitlist)	HRQoL	End of treatment (8 wks)	FIQ - total score (0-100)	higher means worse quality of life	25/28	35.49 (17.61)	48.69 (18.88)	15.28	0.0003	Favours intervention	Some concerns
			Physical function	End of treatment (8 wks)	FIQ - function domain	Higher score means worse functional limitation	25/28	9.73 (7.52)	12.40 (6.59)	3.36	0.0727	No difference	Some concerns
			Fibromyalgia symptoms	End of treatment (8 wks)	FIQ - Pain	Higher score means worse pain	25/28	4.12 (2.05)	5.14 (2.27)	-1.11	0.0186	Favours intervention	Some concerns
			Fatigue	End of treatment (8 wks)	FIQ - fatigue	Higher score means worse fatigue	25/28	4.76 (2.52)	6.71 (1.61)	-1.94	0.0006	Favours intervention	Some concerns
			Fibromyalgia symptoms	End of treatment (8 wks)	FIQ - stiffness	Higher score means worse symptoms	25/28	4.72 (1.90)	5.82 (1.79)	-1.4	0.0025	Favours intervention	Some concerns
			Fibromyalgia symptoms	End of treatment (8 wks)	FIQ - poor sleep	Higher score means worse sleep quality	25/28	5.72 (3.09)	6.11 (2.90)	-1.31	0.0592	No difference	Some concerns
			Fibromyalgia symptoms	End of treatment (8 wks)	FIQ - tenderness	Higher score means worse tenderness	25/28	5.00 (2.97)	5.96 (2.36)	-1.47	0.0077	Favours intervention	Some concerns
			Pain acceptance	End of treatment (8 wks)	Chronic Pain Acceptance Questionnaire (total)	Higher score indicating greater pain acceptance	25/28	75.40 (13.10)	65.61 (17.57)	2.73	0.1046	No difference	Some concerns
			Coping strategies	End of treatment (8 wks)	CSQ - pain catastrophising subscale*	Higher means greater pain catastrophising	25/28	0.94 (0.87)	1.62 (1.03)	-0.47	0.0154	Favours intervention	Some concerns
			Footnotes:	* Authors did not report the CSQ-total or other subscale results.									
			Pain	End of treatment	Measure not reported	NR	10/10	NR	NR	NR	-	-	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Khan 2018	Chronic Pain (myofascial pain dysfunction)	Yoga vs. Control (no intervention)	Distress	End of treatment (3 mos)	Depression, Anxiety and Stress Scale (42-item)	Higher scores mean worse distress	10/10	NR	NR	NR	-	-	High
			Anxiety	End of treatment (3 mos)	Depression, Anxiety and Stress Scale (42-item)	Higher scores means worse anxiety	10/10	NR	NR	NR	-	-	High
			Depression	End of treatment (3 mos)	Depression, Anxiety and Stress Scale (42-item)	Higher score means worse depression	10/10	NR	NR	NR	-	-	High
			Footnotes:	Data is only provided for comparisons b/w baseline and intervention, not b/w control and intervention									
Schmid 2018	Chronic Pain	Yoga vs. Control (usual care)	Pain	End of treatment (8 wks)	Brief pain inventory - total*	higher score means worse pain	44/39	6.45 (1.61)	6.50 (1.50)	0.37 (-1.09, 0.36)	0.311	No difference	High
			HRQoL	End of treatment (8 wks)	SF-36**	Higher score means better quality of life	44/39	94.07 (8.60)	94.63 (6.07)	-0.21 (-3.73, 3.31)	0.906	No difference	High
			Self-efficacy	End of treatment (8 wks)	Chronic Pain Self-Efficacy Scale	Higher score means increased self-efficacy	44/39	62.27 (22.44)	56.19 (18.30)	9.34 (0.25, 18.44)	0.044	Favours intervention	High
			Mobility	End of treatment (8 wks)	6 Minute Walk Test (feet) ***	Further is better	9/9	680.9 (648.02)	908.2 (421.92)	NR	NR	Not reported	High
			Footnotes:		*Schmid 2018 also reports subscale scores for pain severity and pain interference (not extracted here). **Schmid 2018 calculated a single total score by averaging the 8 domain scores and scores ranges between 0 to 100. *** Outcome reported in subgroup of people with chronic pain and type 2 diabetes (secondary analysis).								
Bedekar 2012	Joint Pain (OA) after TKA	Yoga vs. Control (no intervention) as adjunct to post-operative physiotherapy	Pain & stiffness	End of treatment (3 mos)	WOMAC OA Index - Pain and stiffness (0-28)	Higher means worse pain & stiffness	25/26	1.7652 (1.27)	5 (1.65)	NR	0	Favours intervention	High
			Physical Funtioning	End of treatment (3 mos)	WOMAC OA Index - Function (0-68)	Higher means worse physical functioning	25/26	5.5 (2.07)	8.91 (2.93)	NR	0.001	Favours intervention	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Footnotes:													
Cheung 2014	Joint Pain (Knee OA)	Yoga vs. Control (no intervention)	Pain	End of treatment (8 wks) *	WOMAC OA Index - Pain (0- 28)	Higher means worse pain	18/18	5.8 (0.67)	8.3 (0.67)	2.5 (0.96)	0.01	<i>Favours intervention</i>	Some concerns
			Physical Funtioning	End of treatment (8 wks) *	WOMAC OA Index - Function (0-68)	Higher means worse physical functioning	18/18	22.0 (1.8)	26.2 (2.3)	4.2 (3.3)	0.21	<i>No difference</i>	Some concerns
			HRQoL	End of treatment (8 wks) *	SF-12 - PCS (0- 100)	Higher means better quality of life	18/18	38.0 (0.98)	38.7 (1.0)	0.69 (1.5)	0.65	<i>No difference</i>	Some concerns
			Emotional wellbeing	End of treatment (8 wks) *	SF-12 - MCS (0- 100)	Higher means better quality of life	18/18	49.7 (0.98)	51.7 (1.2)	1.5 (1.7)	0.39	<i>No difference</i>	Some concerns
			Footnotes: *Data are adjusted means (SE) (ANCOVA adjusted for baseline scores)										
Deepeshw ar 2018	Joint Pain (OA)	Yoga vs. Control (usual care)	--	<i>No critical or important outcome measures reported</i>									
Footnotes:													
Bhandari 2009	Joint Pain (RA)	Yoga vs. Control (no intervention)	Pain	End of treatment (40 days)	Pain Intensity Scale (0-5)	Higher score is worse	40/40	NR	NR	NR	34.64	<i>Favours intervention</i>	Some concerns
Footnotes: Only data value provides was the X^2													
Evans 2011a	Joint Pain (RA)	Yoga vs. Control (waitlist)	HRQoL	End of treatment (6wks)	SF-36 (0-100)	Higher means better quality of life	14/16	59.1 (19.2)	59.3 (26.4)	0.61	>0.05	<i>No difference</i>	High
			Pain acceptance	End of treatment (6wks)	Chronic pain acceptance questionnaire (0-120)	Higher score means greater pain acceptance	14/16	77.7 (18.6)	72.7 (12.7)	8.77	<0.01	<i>Favours intervention</i>	High
			Footnotes:										
Ganesan 2020	Joint Pain (RA)	Yoga vs. Control (waitlist)	--	<i>No critical or important outcome measures reported</i>									
Footnotes:													
Gautam 2019	Joint Pain (RA)	Yoga vs. Control (waitlist)	NR	<i>No critical or important outcome measures reported</i>									
Footnotes:													

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Ward 2014	Joint Pain (RA)	Yoga vs. Control (No intervention)	Pain	End of treatment (9 wks)	Visual analogue scale (0-10)	higher score means worse pain	13/13	33 (21)	33 (32)	NR	NR	<i>Not reported</i>	Some concerns
			HRQoL	End of treatment (9 wks)	EQ-5D-3L	Higher means better quality of life	13/13	0.76 (0.14)	0.73 (0.26)	NR	NR	<i>Not reported</i>	Some concerns
			HRQoL	End of treatment (9 wks)	EQ-5D-3L VAS	Higher means better quality of life	13/13	75.8 (17.9)	74.1 (21)	NR	NR	<i>Not reported</i>	Some concerns
			Footnotes:										
Moonaz 2015	Joint Pain (RA, OA)	Yoga vs. Control (waitlist)	HRQoL	End of treatment (8 wks)	SF-12 - PCS (0-100)	Higher means better quality of life	40/35	43.4 (9.0)	35.3 (11.0)	8.1 (2.5, 13.7)	<0.05	<i>Favours intervention</i>	High
			HRQoL	End of treatment (8 wks)	SF-12 - MCS (0-100)	Higher means better quality of life	40/35	55.4 (8.1)	51.6 (12.1)	3.8 (-1.9, 9.4)	>0.05	<i>No difference</i>	High
			Perceived stress	End of treatment (8 wks)	Perceived stress scale	Higher means worse stress	40/35	13.1 (5.6)	15.0 (21.0)	-1.6 (-4.9, 1.7)	>0.05	<i>No difference</i>	High
			Pain	End of treatment (8 wks)	SF-36 - bodily pain	Higher is better	40/35	63.1 (20.6)	50.0 (21.1)	13.1 (2.5, 23.7)	<0.05	<i>Favours intervention</i>	High
			Mobility	End of treatment (8 wks)	6 minute walk test	Further distance is better (m)	40/35	1588 (243)	1494 (302)	94 (-58, -247)	>0.05	<i>No difference</i>	High
			Footnotes:										
Yoga vs 'other'													
			Pain	End of treatment (8 wks)	Brief Pain Inventory	Higher score means worse pain	18/16	6.79 (3.71)	6.67 (4.16)	NR	0.914	<i>No difference</i>	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - physical functioning	Higher means better physical functioning	18/16	80.91 (18.27)	68.96 (18.45)	NR	0.019	<i>Favours intervention</i>	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - role physical	Higher means better Role-physical	18/16	54.90 (18.85)	54.13 (23.52)	NR	0.918	<i>No difference</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
Flehr 2019	Chronic Pain (and self reported history of trauma)	Yoga vs. HIIT	HRQoL	End of treatment (8 wks)	SF-36 - body pain	Higher means improved bodily pain	18/16	55.39 (18.60)	44.75 (21.21)	NR	0.136	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - general health	Higher means better general health	18/16	44.85 (21.29)	43.51 (23.55)	NR	0.786	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - vitality	Higher means better Vitality	18/16	39.13 (20.58)	39.29 (15.87)	NR	0.978	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - social functioning	Higher means better Social functioning	18/16	64.42 (26.23)	52.41 (23.07)	NR	0.173	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - role emotional	Higher means better Role-emotional	18/16	66.12 (23.84)	65.77 (25.42)	NR	0.965	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-36 - mental health	Higher means better Mental health	18/16	63.94 (16.67)	49.37 (16.42)	NR	0.005	Favours intervention	Some concerns
			Distress	End of treatment (8 wks)	DASS - stress subscale	Higher scores mean worse distress	18/16	8.93 (5.42)	9.52 (4.52)	NR	0.742	No difference	Some concerns
			Anxiety	End of treatment (8 wks)	DASS - anxiety subscale	Higher scores means worse anxiety	18/16	5.16 (4.18)	6.16 (6.12)	NR	0.484	No difference	Some concerns
			Depression	End of treatment (8 wks)	DASS - depression subscale	Higher score means worse depression	18/16	6.69 (5.78)	7.38 (6.30)	NR	0.732	No difference	Some concerns
			Symptom severity	End of treatment (8 wks)	Life Stressor Checklist - Combined physical and psychological impact	Higher score means greater stress	18/16	27	30	NR	NR	Not reported	Some concerns
Footnotes:													

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Khan 2018	Chronic Pain (myofascial pain dysfunction syndrome)	Yoga vs. Raj-yoga meditation therapy and pranayama NO standard of care	Distress	End of treatment (3 mos)	Depression, Anxiety and Stress Scale (42-item)	Higher scores mean worse distress	10/10	NR	NR	NR	-	-	High
			Anxiety	End of treatment (3 mos)	Depression, Anxiety and Stress Scale (42-item)	Higher scores means worse anxiety	10/10	NR	NR	NR	-	-	High
			Depression	End of treatment (3 mos)	Depression, Anxiety and Stress Scale (42-item)	Higher score means worse depression	10/10	NR	NR	NR	-	-	High
			Footnotes:	Data is only provided for comparisons b/w baseline and intervention, not b/w control and intervention									
Cheung 2016	Joint Pain (OA)	Yoga vs. Aerobic and strengthening exercises	HRQoL	End of treatment (8 wks)	WOMAC OA Index - Total (0-96)	Higher score is worse	32/28	26.4 (22.5, 30.2)	36.0 (31.9, 40.2)	-9.6 (-15.3, -4.0)	0.001	Favours intervention	Some concerns
			Symptom severity - Pain	End of treatment (8 wks)	WOMAC OA Index - Pain (0-20)	Higher score is worse	32/29	5.1 (4.1, 6.0)	6.5 (5.5, 7.4)	-1.4 (-2.7, -0.1)	0.038	Favours intervention	Some concerns
			Symptom severity - Stiffness	End of treatment (8 wks)	WOMAC OA Index - Stiffness (0-8)	Higher score is worse	32/30	3.2 (2.7, 3.7)	3.9 (3.3, 4.4)	-0.7 (-1.4, 0.1)	0.093	No difference	Some concerns
			Physical Function/ mobility	End of treatment (8 wks)	WOMAC OA Index - Function (0-68)	Higher score is worse	32/31	18.2 (15.3, 21.1)	25.8 (22.7, 28.9)	-7.6 (-11.9, -3.33)	0.001	Favours intervention	Some concerns
			Pain	End of treatment (8 wks)	Visual analogue scale (0-10)	Higher score is worse	32/32	4.0 (3.3, 4.7)	5.2 (4.4, 6.0)	-1.1 (-2.2, -0.1)	0.03	Favours intervention	Some concerns
			HRQoL	End of treatment (8 wks)	SF-12 - PCS (0-100)	Higher means better quality of life	32/33	41.5 (38.6, 44.5)	38.8 (35.4, 42.1)	2.7 (-1.7, 7.2)	0.227	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-12 - MCS (0-100)	Higher means better quality of life	32/34	55.2 (52.2, 58.2)	53.8 (50.4, 57.2)	1.4 (-3.1, 6.0)	0.528	No difference	Some concerns
			Footnotes:										

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Cheung 2016	Joint Pain (OA)	Yoga vs. Wellness education program	HRQoL	End of treatment (8 wks)	WOMAC OA Index - Total (0-96)	Higher score is worse	32/23	26.4 (22.5, 30.2)	35.9 (31.3, 40.4)	-9.5 (-15.5, -3.5)	0.002	Favours intervention	Some concerns
			Symptom severity - Pain	End of treatment (8 wks)	WOMAC OA Index - Pain (0-20)	Higher score is worse	32/24	5.1 (4.1,6.0)	6.5 (5.4, 7.6)	-1.5 (-2.9, -0.0)	0.045	Favours intervention	Some concerns
			Symptom severity - Stiffness	End of treatment (8 wks)	WOMAC OA Index - Stiffness (0-8)	Higher score is worse	32/25	3.2 (2.7, 3.7)	4.0 (3.3, 4.6)	-0.8 (-1.6, 0.1)	0.07	No difference	Some concerns
			Physical Function/ mobility	End of treatment (8 wks)	WOMAC OA Index - Function (0-68)	Higher score is worse	32/26	18.2 (15.3, 21.1)	25.2 (21.8, 28.7)	-7.1 (-11.6, -2.5)	0.003	Favours intervention	Some concerns
			Pain	End of treatment (8 wks)	Visual analogue scale (0-10)	Higher score is worse	32/27	4.0 (3.3, 4.7)	5.2 (4.4, 6.0)	-1.2 (-2.2, -0.1)	0.031	Favours intervention	Some concerns
			HRQoL	End of treatment (8 wks)	SF-12-PCS (0-100)	Higher means better quality of life	32/28	41.5 (38.6, 44.5)	39.0 (35.5, 42.4)	2.6 (-2.0, 7.1)	0.269	No difference	Some concerns
			HRQoL	End of treatment (8 wks)	SF-12-MCS (0-100)	Higher means better quality of life	32/29	55.2 (52.2,58.2)	52.8 (49.2, 56.4)	2.5 (-2.3, 7.2)	0.302	No difference	Some concerns
			Footnotes:										
			HRQoL	End of treatment (3 mos)	SF-36 - Physical functioning	Higher score is better	125/125	67.5	50.94 (14.76)	1.35	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	SF-36 - Role physical	Higher score is better	125/125	86.44 (16.55)	58.33 (44.52)	0.84	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	SF-36 - Role emotional	Higher score is better	125/125	86.41 (17.59)	58.75 (38.94)	1.11	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	SF-36 - vitality	Higher score is worse	125/125	36.35 (6.08)	53.20 (6.86)	2.6	<0.001	Favours intervention	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Ebnezar 2011	Joint Pain (OA)	Yoga vs. Non-yogic therapeutic exercises	HRQoL	End of treatment (3 mos)	SF-36 - Emotional wellbeing	Higher score is worse	125/125	34.33 (5.46)	52.27 (5.91)	3.15	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	SF-36 - Social functioning	Higher score is better	125/125	64.04 (8.92)	57.15 (10.42)	0.71	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	SF-36 - Pain	Higher score is better	125/125	73.77 (12.67)	46.93 (11.2)	2.24	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	SF-36 - General health	Higher score is better	125/125	77.47 (20.91)	60.12 (12.57)	1.01	0.001	Favours intervention	Some concerns
			Pain	End of treatment (3 mos)	VAS (0-10)	Pain while walking, higher score is worse	125/125	3.35 (0.99)	5.35 (1.49)	1.58	<0.001	Favours intervention	Some concerns
			HRQoL	End of treatment (3 mos)	WOMAC OA Index - Total	Higher score is worse	125/125	9.72 (4.87)	27.66 (13.78)	1.75	<0.001	Favours intervention	Some concerns
			Footnotes:										
Kuntz	Joint Pain	Yoga vs. Relaxation	Pain	End of treatment (12 wks)	KOOS - pain subscale	Higher score is better (0-100)	10/10	70.3 (12.8)	49.9 (24.7)	22.9 (6.9, 38.8)	0.003	Favours intervention	Some concerns
			Activities of daily living	End of treatment (12 wks)	KOOS - activities of daily living subscale	Higher score is better (0-100)	10/10	74.1 (15.1)	56.3 (23.1)	17.9 (3.8, 32.0)	0.01	Favours intervention	Some concerns
			Physical limitations	End of treatment (12 wks)	KOOS - sport and recreation subscale	Higher score is better (0-100)	10/10	54.3 (20.2)	28.6 (27.8)	24.7 (-3.2, 52.5)	0.094	No difference	Some concerns
			Mobility	End of treatment (12 wks)	6 minute walk test	Further distance is better (m)	10/10	486.19 (67.0)	447.3 (108.7)	24.4 (-21.6, 70.4)	0.463	No difference	Some concerns
			HRQoL	End of treatment (12 wks)	KOOS - quality of life subscale	Higher score is better (0-100)	10/10	47.4 (17)	33.8 (23.2)	15.2 (-2.0, 32.3)	0.095	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Kumar (2016)	Joint Pain (OA)	Yoga vs. Traditional exercise	Pain	End of treatment (12 wks)	KOOS - pain subscale	Higher score is better (0-100)	10/11	70.3 (12.8)	65.6 (13.7)	11.3 (-5.1, 27.6)	0.247	No difference	Some concerns
			Activities of daily living	End of treatment (12 wks)	KOOS - activities of daily living subscale	Higher score is better (0-100)	10/11	74.1 (15.1)	74.7 (16)	7.6 (-7.0, 22.2)	0.477	No difference	Some concerns
			Physical limitations	End of treatment (12 wks)	KOOS - sport and recreation subscale	Higher score is better (0-100)	10/11	54.3 (20.2)	57.7 (31.1)	-6.2 (-34.1, 21.8)	0.925	No difference	Some concerns
			Physical function / Mobility	End of treatment (12 wks)	6 minute walk test	Longer distance is better	10/11	486.19 (67.0)	510.0(77.0)	-0.52 (-45.7, 44.7)	1	No difference	Some concerns
			HRQoL	End of treatment (12 wks)	KOOS - quality of life subscale	Higher score is better (0-100)	10/11	47.4 (17)	40.4 (17.8)	4.8 (-12.8, 21.6)	0.891	No difference	Some concerns
			Footnotes:										
McCaffery 2019	Joint Pain (OA)	Yoga vs. Chair exercise for older adults	Pain	End of treatment (8 wks)	WOMAC OA Index - Pain (0-20)	Higher score is worse	9/9	4.4 (2.1)	4.4 (2.4)	NR	NR	Not reported	Some concerns
			Physical Function/ mobility	End of treatment (8 wks)	WOMAC OA Index - function subscale	Higher score is worse	9/9	17.4 (14.4)	14.9 (13.6)	NR	NR	Not reported	Some concerns
			Footnotes:										
	Joint Pain	Yoga vs. Reiki	Symptom severity - pain	End of treatment (8 wks)	WOMAC OA Index - Pain (0-20)	Higher score is worse	10/9	2.8 (2.6)	3.8 (1.5)	NR	NR	Not reported	High
			Symptom severity - Stiffness	End of treatment (8 wks)	WOMAC OA Index - Stiffness (0-8)	Higher score is worse	10/9	2.1 (1.7)	2.5 (1.4)	NR	NR	Not reported	High
			Physical Function/ mobility	End of treatment (8 wks)	WOMAC OA Index - Function (0-68)	Higher score is worse	10/9	10.3 (8.7)	16.9 (6.0)	NR	NR	Not reported	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Park 2011	Joint Pain (OA)	Yoga vs. Education	Symptom severity - pain	End of treatment (8 wks)	WOMAC OA Index - Pain (0-20)	Higher score is worse	10/10	2.8 (2.6)	7.3 (0.6)	NR	NR	<i>Not reported</i>	High
			Symptom severity - Stiffness	End of treatment (8 wks)	WOMAC OA Index - Stiffness (0-8)	Higher score is worse	10/10	2.1 (1.7)	4.0 (2.1)	NR	NR	<i>Not reported</i>	High
			Physical Function/mobility	End of treatment (8 wks)	WOMAC OA Index - Function (0-68)	Higher score is worse	10/10	10.3 (8.7)	25.0 (13.0)	NR	NR	<i>Not reported</i>	High
			Footnotes:										
Park 2016	Joint Pain (OA)	Education	HRQoL	End of treatment (8 wks)	WOMAC OA Index - Total (0-96)	Higher score is worse	66/66	4.4 (5.9)	4.3 (1.4)	NR	NR	<i>Not reported</i>	High
			Physical Function/mobility	End of treatment (8 wks)	Gait speed test (s)	Faster is better (s)	66/68	8	8.4	NR	NR	<i>Not reported</i>	High
			Footnotes:										

Abbreviations: C, Comparator; CSQ, Coping Strategies Questionnaire; FQI, Fibromyalgia Impact Questionnaire; HRQoL, Health-related quality of life; I, intervention; KOOS, Knee Injury and Osteoarthritis Outcome Score; mos, mos; NR, not reported; OA, osteoarthritis; RA, rheumatoid arthritis; WOMAC, Western Ontario and McMaster Universities; wks, weeks

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Yoga vs control													
Aboagye 2015	Low back pain (nonspecific)	Yoga vs. educational advice	Quality of life	end of treatment (wks 6)	EQ-5D (0-1)	Higher score means better quality of life	52/55 *	0.80 (0.11)	0.70 (0.22)	NR	0.031	<i>Favours intervention</i>	High
			Quality of life	end of treatment (wks 6)	EQ-5D (0-1)	Higher score means better quality of life	52/55 **	0.64 (0.31)	0.74 (0.11)	NR	0.073	<i>No difference</i>	High
			Footnotes:	Data reported according to adherence. * Participants attending ≥ 2 classes per week ** participants attending < 2 classes per week									
Cox 2010a	Low back pain (nonspecific)	Yoga vs no intervention (control)- as adjust to usual care	Pain	end of treatment (wks 12)*	Aberdeen Back Pain Scale	Higher score means greater level of pain	10/10	-7.72	-5.16	2.56 (-13.4, 18.5)	0.73	<i>No difference</i>	High
			Quality of life	end of treatment (wks 12)*	EQ-5D	Higher score means better quality of life	10/10	0.06	0.04	-0.02 (-0.39, 0.35)	0.89	<i>No difference</i>	High
			Quality of life	end of treatment (wks 12)*	SF-12 PCS (0-100)	Higher score means better quality of life	10/10	1.2	6.88	5.68 (-6.44, 17.81)	0.32	<i>No difference</i>	High
			Quality of life	end of treatment (wks 12)*	SF-12 MCS (0-100)	Higher score means better quality of life	10/10	3.4	0.59	-2.81 (-16.33, 10.7)	0.65	<i>No difference</i>	High
			Footnotes:	*Values are mean changes from baseline. Point estimate refers to between-group differences in means.									
Cox 2010b	Low back pain (chronic, nonspecific)	Yoga vs usual care	Quality of life	end of treatment (wks 12)	EQ-5D	Higher score means better quality of life	156/157	0.776 (0.166)	0.717 (0.236)	NR	0.2	<i>No difference</i>	Some concerns
			Quality of life	end of treatment (wks 12)*	SF-12 PCS (0-100)	Higher score means better quality of life	156/157	2.65 (1.07 to 4.23)	1.29 (-0.35 to 2.94)	1.36 (-0.70, 3.41)	0.2	<i>No difference</i>	Some concerns
			Quality of life	end of treatment (wks 12)*	SF-12 MCS (0-100)	Higher score means better quality of life	156/157	1.94 (0.14 to 3.73)	-0.08 (-1.94 to 1.78)	2.02 (-0.31, 4.35)	0.0909	<i>No difference</i>	Some concerns
			Pain	end of treatment (wks 12)*	Aberdeen Back Pain Scale	Higher means worse pain	156/157	-3.62 (-5.56 to -1.69)	-1.2 (-3.23 to 0.83)	-2.32 (-4.97, 0.12)	0.062	<i>No difference</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
			Footnotes:	*Values are mean changes from baseline. Point estimate refers to between-group differences in means. **6 and 12-month followup data not extracted here.									
Galantino 2004	Low back pain (chronic, nonspecific)	Yoga vs usual care	Footnotes:	No critical or important measures reported.									
Groessl 2016	Low back pain (chronic, nonspecific)	Yoga vs usual care	Pain intensity	end of treatment (wks 12)	Brief Pain Inventory	Higher means worse pain	75/75	-0.61 (-0.94, -0.28)	0.04 (-0.27, 0.35)	NR	0.005	No difference	Some concerns
			Pain interference	end of treatment (wks 12)*	Brief Pain Inventory	Higher means worse pain interference	75/75	-0.94 (-1.39, -0.49)	-0.31 (-0.73, 0.11)	NR	0.044	Favours intervention	Some concerns
			Quality of Life	end of treatment (wks 12)	EQ-5D	Higher score means better quality of life	75/75	0.08 (0.03, 0.12)	0.02 (-0.02, 0.06)	0.06 (-0.003, 0.12)	0.065	Favours intervention	Some concerns
			Footnotes:	*6 month followup data not extracted here.									
Highland 2018	Low back pain (chronic, nonspecific)	Yoga vs no intervention (control)- as adjust to usual care	Pain	end of treatment (wks 8)	Defense & Veterans Pain Rating Scale	Higher means worse level of pain	34/34	2.48(2.34)	3.67(1.86)	NR	NR	Favours intervention	Some concerns
			Physical Functioning	end of treatment (wks 8)	PROMIS-29 Physical Functioning subscale	Higher means better physical function	34/34	47.44 (7.44)	42.72 (5.55)	NR	NR	Favours intervention	Some concerns
			Functional disability	end of treatment (wks 8)	RMDQ (0-24)	Higher is worse	34/34	4.41 (4.67)	6.70 (4.59)	NR	NR	Favours intervention	Some concerns
			Footnotes:										
Jacobs 2004	Low back pain (chronic, nonspecific)	Yoga vs usual care	Footnotes:	Feasibility study. No outcome results reported.									

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Monro 2015	Low back pain (nonspecific, sciatica, disc extrusion or bulges)	Yoga vs usual care	Pain	end of treatment (3 mos)	Aberdeen Back Pain Scale	Higher means worse level of pain	30/31	16.36(8.08)	17.04(6.94)	1.63 (-2.37, 5.62)	0.461	No difference	Some concerns
			Footnotes:	Values are adjusted to control for baseline RMDQ. Age and sex. Point estimate provided is cohen's d. Both ITT and PP analysis conducted. Only ITT reported here.									
Telles 2016a (subgroup of Monro 2015)	Low back pain (with degenerative changes)	Yoga vs. control (no intervention)	Pain	end of treatment (3 mos)	Visual Analog Scale	Higher means worse level of pain	20/20	4.68(2.30)	6.10(2.19)	NR	NR	No difference	Some concerns
			Footnotes:	Data are a subgroup of Monroe 2015. Not included in the evidence synthesis.									
Pushpika Attanayake 2010	Low back pain (acute)	Yoga vs control (no treatment)	Pain	end of treatment (wks 3)	10-item rating scale	Higher means worse level of pain	6/6	9/11	0/11	NR	<0.05	Favours intervention	High
			Footnotes:	Results were express are the proportion of participants with highly significant (p<0.01) or significant (p<0.05) improvement in the measured parameter (10-items plust the total score = 11).									
Saper 2009	Chronic lower back pain	Yoga vs waitlist	Pain	end of treatment (12 wks)	Numerical rating scale *	Higher means worse level of pain	15/15	-2.3(2.1)	-0.4(1.8)	OR: 5.0 (1.3 to 19.1)	0.02	Favours intervention	Some concerns
			Pain medication use	end of treatment (12 wks)	any pain medication use during preceding week***	Higher % indicates greater use	15/15	13%	70%	NR	0.00315	Favours intervention	Some concerns
			Quality of Life	end of treatment (12 wks)	SF-36	Higher score means better quality of life	15/15	No change between groups. No data reported.		NR	NR	No difference	Some concerns
			Footnotes:	*Pain results presented as change from baseline score, with the OR = propotion with clinical significant decrease (67% vs 13%). **Disability results presented as change from baseline score, with the OR = propotion with clinical significant decrease (67% vs 40%). ***Pain medication use results shown as percentage at 12 wks.									
			Pain	end of treatment (12 wks)	NPRS (0-10)*	Higher is worse	127/64	5.3(2.1)	5.6(2.2)	-0.33 (-0.97 to 0.32)	NR	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Saper 2014	Low back pain (chronic, nonspecific)	Yoga vs education group	Pain medication use	end of treatment (12 wks)	any pain medication use during preceding week (N, %)	Higher % indicates greater use	124/61	68(54.8%)	46(75.4%)	OR: 0.36 (0.17 to 0.78)	NR	No difference	Some concerns
			Quality of Life	end of treatment (12 wks)	SF-36 PCS (0-100)	Higher score means better quality of life	127/64	41.4(8.6)	41.2(9.0)	0.62 (-1.6 to 2.9)	NR	No difference	Some concerns
			Quality of Life	end of treatment (12 wks)	SF-36 MCS (0-100)	Higher score means better quality of life	127/64	47.1(12.4)	44.2(11.9)	1.5 (-1.7 to 4.7)	NR	No difference	Some concerns
			Perceived stress	end of treatment (12 wks)	Percieved Stress Scale (PSS-10)	Higher means more percieved stress	108/55 ***	15.3(7.1)	17.4 (7.2)	-2.6 (-4.4 to -0.66)	NR	No difference	Some concerns
			Footnotes:	*Sex, body mass index, and baseline RMDQ were assessed for potential confounding of back pain intensity score and found not to substantively change the results. Results presented are therefore unadjusted. **Some concerns of bias for Yoga and Education group whereas High risk of bias incurred by deviations in physical therapy retention. *** Participants with all available data included, adjusted for age, gender, and baseline RMDQ.									
Sherman 2005	Low back pain (chronic, nonspecific)	Yoga vs self-care book group	Quality of Life	end of treatment (12 wks)	SF-36	Higher score means better quality of life	36/30	Not significantly different between groups over time.		NR	NR	No difference	High
			Pain medication use	Follow up (wks 26)**	Self-reported	Higher % indicates greater use	36/30	21%	59%	RR: 0.35 (0.17 to 0.73)	NR	Favours intervention	High
			Footnotes:	** end of treatment (12 wk) results not reported by the study authors.									
Sherman	Low back pain (chronic,	Yoga vs self-care book	Quality of life	end of treatment (12 wks)**	SF-36- mental component	Higher score means better quality of life	92/45	NR	NR	NR	NR	Not reported	Some concerns
			Perceived stress	end of treatment (12 wks)**	Percieved Stress Scale (PSS-10)	Higher means more percieved stress	92/45	NR	NR	NR	NR	Not reported	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
2010	nonspecific)	group											
			Footnotes:			<p>* Data adjusted for for baseline RDQ and bothersomeness score, sex, age, body mass index, days of lower back pain in the past 6 months, pain traveling down the leg, and employment-related exertion</p> <p>** End of treatment data not reported. Study authors explored possible mechanisms by which yoga might exert its benefits, and examined baseline to 6-week changes in measures of physical activity, cognitive appraisal, general affect and stress, and neuroendocrine function mediate the effects of yoga and stretching on changes in back-related dysfunction over the 12-week intervention.</p>							
Teut 2016	Low back pain (chronic, nonspecific, older adults)	Yoga vs usual care (vs Qigong)	Pain	end of treatment (12 wks)	Visual Analog Scale (0-100)	Higher means worse level of pain	61/57	39.04 (33.86, 44.21)	44.05 (39.03, 49.06)	-5.01 (-11.79 to 1.77)	0.148	No difference	Some concerns
			Functional disability	end of treatment (12 wks)	Hannover Functional Ability Questionnaire	Higher is better	61/57	67.00 (63.84, 70.15)	65.14 (62.28, 68.00)	1.86 (-2.27 to 5.99)	0.377	No difference	Some concerns
			Quality of life	end of treatment (12 wks)	SF-36 PCS (0-100)	Higher score means better quality of life	61/57	38.20 (36.19, 40.21)	37.01 (35.10, 38.91)	1.19 (-1.31 to 3.70)	0.351	No difference	Some concerns
			Quality of life	end of treatment (12 wks)	SF-36 MCS (0-100)	Higher score means better quality of life	61/57	48.50 (49.95, 51.06)	48.76 (46.59, 50.94)	0.26 (-3.13 to 2.61)	0.858	No difference	Some concerns
			Pain medication use	end of treatment (12 wks)	defined daily dose (grams)	Higher is worse	61/57	0.38 (1.1)	0.54 (1.37)	NR	0.33	No difference	Some concerns
			Pain medication use	end of treatment (12 wks)	proportion using pain medication	Higher is worse	61/57	36%	38%	NR	0.375	No difference	Some concerns
			Footnotes:	Adjusted data reported as mean (95% CI). Data were adjusted for baseline values and living situation as covariates									
Williams	Low back pain (chronic,	Yoga vs educational	Pain	end of treatment (16 wks)	McGill VAS	Higher means worse level of pain	30/30	1.0 (1.1)	2.1 (2.3)	-1.3	0.146	No difference	High
			Pain	end of treatment (16 wks)	McGill Present Pain Intensity	Higher means worse level of pain	30/30	0.5 (0.6)	1.2 (1.2)	-0.9	0.018	Favours intervention	High
			Coping strategies	end of treatment (16 wks)	Coping Strategies Questionnaire - Revised **	Higher means better coping skills	30/30	NR	NR	NR	NR	NR	High

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
2005	nonspecific)	control group	Pain medication use	end of treatment (16 wks)	Proportion no change or increased use	Higher is better	30/30	2/30 (6.67%)	11/30 (36.67%)	NR	0.007	Favours intervention	High
			Pain medication use	end of treatment (16 wks)	Proportion Stopped or decreased	Higher is better	30/30	14/30 (46.67%)	6/30 (20%)	NR	0.007	Favours intervention	High
			Footnotes:	*Adjusted p-values from ANCOVA that controlled for baseline scores. ** Baseline data collected and used in the Repeated measures mulitivariate analysis (adjusted data). Not measured at end of treatment									
Williams 2009	Low back pain (chronic, nonspecific)	Yoga vs usual care	Pain	end of treatment (24 wks)	Visual Analog Scale	Higher means worse level of pain	43/47	22.9(2.66)	36.9(2.89)	NR	NR	Favours intervention	High
			Pain medication use	end of treatment (24 wks)	Proportion no change or increased use	Higher is better	43/47	a nonsignificant reduction in pain medication use reported**		NR	NR	Favours intervention	High
			Footnotes:	Results reported as mean (SE). Study reports both ITT and PP, noting no notable difference. *chi-square analyses revealed that a greater proportion of yoga participants experienced clinically important improvements on both the ODI and the VAS at 24 weeks ** data presented in figures and not able to be used.									
Yoga vs 'other'													
Aboagye 2015	Low back pain (nonspecific)	Yoga vs. exercise therapy	Quality of life	end of treatment (wks 6)	EQ-5D (0-1)	Higher score means better quality of life	52/52 *	0.80 (0.11)	0.78 (0.16)	NR	0.574	No difference	High
			Quality of life	end of treatment (wks 6)	EQ-5D (0-1)	Higher score means better quality of life	52/52 **	0.64 (0.31)	0.81 (0.08)	NR	0.177	No difference	High
			Footnotes:	Data reported according to adherence. * Participants attending ≥ 2 classes per week ** participants attending < 2 classes per week									
Demirel 2019	Low back pain (chronic, nonspecific)	Yoga vs core stabilisation	Pain	end of treatment (wks 6)	Visual Analog Scale	Higher means worse level of pain	40/37	1.06(1.44)	1.76(2.24)	0.37	0.24	No difference	Some concerns
			Footnotes:	Results presented refer to change in outcome measures between baseline and treatment. VAS results refer to resting and activity VAS respectively. Point estimate values relate to provided effect size for yoga and stablisation groups.									

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Kim 2014	Low back pain (chronic, nonspecific)	Wii-fit yoga vs trunk stabilisation/physical therapy	Pain	end of treatment (wks 4)	Visual Analog Scale	Higher means worse level of pain	15/15	2.27(1.10)	4.63(1.91)	F: 15.451	<0.01	Favours intervention	Some concerns
			Footnotes:	F = group x time interaction									
Nambi 2014	Low back pain (chronic, nonspecific)	Yoga vs exercise group	Pain	end of treatment (wks 4)	Visual Analog Scale	Higher score means worse pain	30/30	3.8 (1.0)	5.3 (0.8)	NR	0.001	Favours intervention	Some concerns
			Footnotes:										
Neyaz 2019	Low back pain (chronic, nonspecific)	Yoga vs exercise (CTE) group	Pain	end of treatment (wks 6)	Defense & Veterans Pain Rating Scale (0-10)	Higher score means worse pain	35/35	4 (2.5, 5)	5 (3, 5.5)	NR	0.49	No difference	High
			Pain medication usage	end of treatment (wks 6)	Pills consumed per week	Higher is worse	35/35	6 (0, 14)	6 (0, 14)	NR	0.98	No difference	High
			Footnotes:	Results provided are from 6 wks follow up for ITT analysis (PP analysis results available in article - not materially different).									
Patil 2018	Low back pain (chronic, nonspecific)	Yoga vs exercise group	HRQoL - physical	end of treatment (wks 6)	WHOQOL-BREF- Physical health	Higher score means better quality of life	44/44	59.48(9.041)	49.91(8.575)	NR	<0.005	Favours intervention	Some concerns
			HRQoL - emotional	end of treatment (wks 6)	WHOQOL-BREF- Psychological health	Higher score means better quality of life	44/44	68.80(13.428)	42.23(7.358)	NR	<0.001	Favours intervention	Some concerns
			HRQoL - social	end of treatment (wks 6)	WHOQOL-BREF- Social relationships	Higher score means better quality of life	44/44	66.77(12.004)	50.48(8.609)	NR	<0.001	Favours intervention	Some concerns
			HRQoL - environmental	end of treatment (wks 6)	WHOQOL-BREF- Environmental Health	Higher score means better quality of life	44/44	57.27(6.028)	55.89(5.136)	NR	0.249	No difference	Some concerns
			Footnotes:										
			Pain	end of treatment (wks 12)	NPRS (0-10)*	Higher is worse	127/129	5.3(2.1)	5.0 (2.1)	-0.33 (-0.97 to 0.32)	NR	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Saper 2014	Low back pain (chronic, nonspecific)	Yoga vs Physical therapy	Pain medication use	end of treatment (wks 12)	any pain medication use during preceding week (N, %)	higher proportion is worse	124/110	68 (54.8%)	59 (53.6%)	OR: 1.2 (0.66 to 2.1)	NR	No difference	High
			Quality of Life	end of treatment (wks 12)	SF-36 PCS (0-100)	Higher score means better quality of life	127/129	41.4(8.6)	40.1 (9.0)	0.11 (-1.9 to 2.1)	NR	No difference	High
			Quality of Life	end of treatment (wks 12)	SF-36 MCS (0-100)	Higher score means better quality of life	127/129	47.1(12.4)	45.2 (11.7)	-0.19 (-2.8 to 2.4)	NR	No difference	High
			Perceived stress	end of treatment (wks 12)	Percieved Stress Scale (PSS-10)	Higher means more percieved stress	108/85 ***	15.3(7.1)	15.4 (6.7)	NR	NR	No difference	High
			Footnotes:	<p>*Sex, body mass index, and baseline RMDQ were assessed for potential confounding of back pain intensity score and found not to substantively change the results. Results presented are therefore unadjusted.</p> <p>**Some concerns of bias for Yoga and Education group whereas High risk of bias incurred by deviations in physical therapy retention.</p> <p>*** Participants with all available data included.</p>									
Sherman 2005	Low back pain (chronic, nonspecific)	Yoga vs exercise	Quality of Life	end of treatment (12 wks)	SF-36	Higher score means better quality of life	36/30	Not significantly different between groups over time.		NR	NR	No difference	High
			Pain medication use	Follow up (wks 26)**	Self-reported	Higher % indicates greater use	36/30	21%	50%	RR: 0.41 (0.20 to 0.87)	NR	Favours intervention	High
			Footnotes:	** end of treatment (12 wk) results not reported by the study authors.									
Sherman	Low back pain	Yoga vs	Quality of life	end of treatment (wks 12)**	SF-36- mental component	Higher score means better quality of life	92/45	NR	NR	NR	NR	Not reported	Some concerns
			Perceived stress	end of treatment (wks 12)**	Percieved Stress Scale (PSS-10)	Higher means more percieved stress	92/45	NR	NR	NR	NR	Not reported	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
2010	(chronic, nonspecific)	exercise											
			Footnotes:			<p>* Data adjusted for for baseline RDQ and bothersomeness score, sex, age, body mass index, days of lower back pain in the past 6 months, pain traveling down the leg, and employment-related exertion</p> <p>** End of treatment data not reported. Study authors explored possible mechanisms by which yoga might exert its benefits, and examined baseline to 6-week changes in measures of physical activity, cognitive appraisal, general affect and stress, and neuroendocrine function mediate the effects of yoga and stretching on changes in back-related dysfunction over the 12-week intervention.</p>							
Tekur 2008	Low back pain (chronic, nonspecific)	Yoga vs exercise	HRQoL - physical	End of treatment (day 7)	WHOQOL-BREF- Physical health	Higher score means better quality of life	40/40	15.14(1.56)	13.11(2.17)	NR	0.001	Favours intervention	High
			HRQoL - emotional	End of treatment (day 7)	WHOQOL-BREF- Psychological health	Higher score means better quality of life	40/40	15.23(1.34)	13.35(2.71)	NR	0.001	Favours intervention	High
			HRQoL - social	End of treatment (day 7)	WHOQOL-BREF- Social relationships	Higher score means better quality of life	40/40	14.80(2.71)	13.03(3.16)	NR	0.004	Favours intervention	High
			HRQoL - environmental	End of treatment (day 7)	WHOQOL-BREF- Environmental Health	Higher score means better quality of life	40/40	14.63(1.6)	13.50(2.16)	NR	0.017	Favours intervention	High
			Pain	End of treatment (day 7)	Visual Analog Scale	Higher means worse level of pain	40/40	3.40(1.88)	4.85(1.96)	NR	<0.001	Favours intervention	High
			Footnotes:										
Teut 2016	Low back pain (chronic, nonspecific, older adults)	Yoga vs Qigong	Pain	end of treatment (12 wks)	Visual Analog Scale	Higher means worse level of pain	61/57	39.04 (33.86, 44.21)	37.56 (32.29, 42.83)	NR	NR	No difference	Some concerns
			Quality of life	end of treatment (12 wks)	SF-36 PCS (0-100)	Higher score means better quality of life	61/57	38.20 (36.19, 40.21)	38.97 (36.83, 41.11)	NR	NR	No difference	Some concerns
			Quality of life	end of treatment (12 wks)	SF-36 MCS (0-100)	Higher score means better quality of life	61/57	48.50 (49.95, 51.06)	48.84 (46.02, 51.66)	NR	NR	No difference	Some concerns
			Pain medication use	end of treatment (12 wks)	defined daily dose (grams)	Higher is worse	61/57	0.38 (1.1)	0.23 (0.64)	NR	0.33	No difference	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
			Pain medication use	end of treatment (12 wks)	proportion using pain medication	Higher is worse	61/57	36%	26%	NR	0.375	No difference	Some concerns
			Footnotes:	Adjusted data reported as mean (95% CI). Data were adjusted for baseline values and living situation as covariates									
Abbreviations: C, Comparator; HRQoL, health-related quality of life; I, intervention; MCS, mental component score; NR, not reported; PCS, physical component score; RMDQ, Roland-Morris Disability Questionnaire; SF-36, 36-item short form;													

STUDY RESULTS (as reported by the study authors)													
Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Yoga vs control													
Jain 2020	Shoulder pain (adhesive capsulitis)	Yoga vs Control as adjunct to NSAIDs and physical therapy	Pain	end of treatment (4 wks)	Shoulder Pain and Disability Index - pain	Higher score means worse pain	36/36	20.47 (3.37)	20.14 (3.15)	NR	0.666	No difference	Some concerns
			Disability	end of treatment (4 wks)	Shoulder Pain and Disability Index - disability	Higher score means worse pain	36/36	20.4 (5.84)	19.7 (5.31)	NR	0.599	No difference	Some concerns
			Footnotes:										
Rajakazmi 2018	Neck pain (chronic, mechanical)	Yoga vs Control as adjunct to isometric neck exercises	Pain	end of treatment (3 wks)	Northwick Park Pain Questionnaire	Higher score means worse pain	10/10	24.6 (4.35)	56.7 (5.43)	NR	NR	Favours intervention	Some concerns
			Kinesiophobia	end of treatment (3 wks)	Tampa scale for kinesiophobia	Higher is worse	10/10	55.2 (2.29)	63.7 (3.8)	NR	NR	Favours intervention	Some concerns
			Footnotes:										
Yoga vs 'other'													
Rajakazmi 2018	Neck pain (chronic, mechanical)	Yoga vs Pilates Exercise	Pain	end of treatment (3 wks)	Northwick Park Pain Questionnaire	Higher score means worse pain	10/10	24.6 (4.35)	29.20 (5.53)	NR	NR	Not reported	Some concerns
			Kinesiophobia	end of treatment (3 wks)	Tampa scale for kinesiophobia	Higher means more fear of pain	10/10	55.2 (2.29)	58.10 (3.17)	NR	NR	Not reported	Some concerns
		Yoga vs Tai Chi	Pain	end of treatment (3 wks)	Northwick Park Pain Questionnaire	Higher score means worse pain	10/10	24.6 (4.35)	48.80 (7.03)	NR	NR	Not reported	Some concerns
			Kinesiophobia	end of treatment (3 wks)	Tampa scale for kinesiophobia	Higher means more fear of pain	10/10	55.2 (2.29)	60.8 (4.31)	NR	NR	Not reported	Some concerns
		Footnotes:											
			Function/Disability	End of treatment (9 wks)	Neck Disability Index	Higher is worse	25/26	20.0 (9.8)	26.2 (15.0)	-7.8 (-13.4, -2.2)	0.006	Favours intervention	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participants (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p-value	direction of effect	RoB
Cramer 2013	Neck pain (chronic, nonspecific)	Yoga vs self-directed exercise	Quality of life	End of treatment (9 wks)	SF-36 PCS (0-100)	higher is better	25/26	47.3 (7.3)	44.2 (10.4)	2.8 (-1.8, 7.4)	0.228	<i>No difference</i>	Some concerns
			Quality of life	End of treatment (9 wks)	SF-36 MCS (0-100)	higher is better	25/26	50.9 (6.6)	45.1 (12.4)	6.1 (1.1, 11.1)	0.016	<i>No difference</i>	Some concerns
			Footnotes:										
Michaelson 2012	Neck pain (chronic)	Yoga vs self-directed exercise	Function/Disability	End of treatment (10 wks)	Neck Disability Index	Higher is worse	38/38	18.4 (4.0)	24.5 (6.0)	-4.6 (-6.8, -2.3)	<0.001	<i>Favours intervention</i>	High
			Quality of life	End of treatment (10 wks)	SF-36 PCS (0-100)	higher is better	38/38	46.5 (7.3)	41.3 (6.4)	6.1 (2.1, 10.1)	0.003	<i>No difference</i>	High
			Quality of life	End of treatment (10 wks)	SF-36 MCS (0-100)	higher is better	38/38	47.6 (10.4)	40.6 (10.7)	4.2(-0.1,8.5)	0.053	<i>No difference</i>	High
			Footnotes:										
Ulug 2018	Neck pain (chronic, nonspecific)	Yoga vs Pilates	Pain	End of treatment (6 wks)	Short-form McGill Pain questionnaire	Higher score is worse pain	18/20	1.3 (2.2)	2.4 (3.5)	NR	>0.05	<i>No difference</i>	Some concerns
			Pain	End of treatment (6 wks)	Visual analog scale	Higher score is worse pain	18/20	1.4 (2.0)	1.7 (1.8)	NR	>0.05	<i>No difference</i>	Some concerns
			Quality of life	End of treatment (6 wks)	Nottingham Health Profile	higher score is worse QoL	18/20	89.9 (78.6)	118.2 (93.1)	NR	>0.05	<i>No difference</i>	Some concerns
			Function/Disability	End of treatment (6 wks)	Neck Disability Index	higher score is worse disability	18/20	8.2 (4.8)	10.0 (4.8)	NR	>0.05	<i>No difference</i>	Some concerns
			Footnotes:										
		Yoga vs	Pain	End of treatment (6 wks)	Short-form McGill Pain questionnaire	Higher score is worse pain	18/18	1.3 (2.2)	2.2 (3.7)	NR	>0.05	<i>No difference</i>	Some concerns
			Pain	End of treatment (6 wks)	Visual analog scale	Higher score is worse pain	18/18	1.4 (2.0)	2.5 (2.3)	NR	>0.05	<i>No difference</i>	Some concerns

Study ID	Condition	Comparison	Outcome	Timing	Outcome measure	measure details	# participant s (I/C)	(intervention) n/N (%) or mean (SD)	(comparator) n/N (%) or mean (SD)	Point estimate (95% CI)	p -value	direction of effect	RoB
		Isometric exercises	Quality of life	End of treatment (6 wks)	Nottingham Health Profile	higher score is worse QoL	18/18	89.9 (78.6)	145.9 (127.8)	NR	>0.05	<i>No difference</i>	Some concerns
			Function/ Disability	End of treatment (6 wks)	Neck Disability Index	higher score is worse disability	18/18	8.2 (4.8)	11.3 (6.3)	NR	>0.05	<i>No difference</i>	Some concerns
			Footnotes:										
Yogitha 2010	Neck pain (chronic)	Yogic Mind Sound Resonance vs Attention control (Non-guided supine quiet rest)	Pain	end of treatment (day 10)	Neck Disability score	higher score is worse disability	28/26	3.93 (5.36)	13.90 (10.03)	NR	>0.05	<i>Favours intervention</i>	High
			Footnotes:										
Abbreviations: C, Comparator; I, intervention; MCS, mental component score; NR, not reported; PCS, physical component score; QoL, quality of life													