**TABLES**

**Table 3.** Individual Study Data and Effect Sizes Using Cohen’s d for Within-group Meta-analysesa

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Outcome | Study | N | Pre-test mean (SD) | Post-test mean (SD) | ES  | (95% CI) |
| **Quality of Life** | Huang et al6 | 16 |  1.7 (0.9) |  0.9 (0.7) | -0.9 | (-1.6; -0.2) |
|  | Goncalves et al4 | 28 |  65.0 (21.4) |  41.7 (15.7) | -1.1 | (-1.7; -0.5) |
|  | Saxena et al22\* | 30 | -47.6 (12.2) | -71.9 (10.0) | -2.0 | (-2.6; -1.4) |
|  | **Grand** | **74** |  |  | **-1.3** | **(-2.0; -0.7)** |
| **Pain** | Huang et al6 | 16 |  4.8 (1.6) |  3.2 (2.3) | -1.0 | (-1.7; -0.3) |
|  | Goncalves et al4 | 28 | 60.8 (15.6) | 32.4 (22.0) | -1.8 | (-2.5; -1.2) |
|  | Saxena et al22 | 30 | 66.9 (8.4) | 34.1 (10.1) | -3.9 | (-4.8; -3.1) |
|  | **Grand** | **74** |  |  | **-2.2** | **(-3.8; -0.7)** |

CI = Confidence Interval; ES = Effect Size; N = number of participants; SD = standard deviation

aThe random effects model was used for within-group pain and QOL analyses because the *P* values for the Q heterogeneity statistics were <0.05.

\*QOL scores from Saxena et al22 were given a negative sign for consistency of data analysis.

**Table 4.** Individual Study Data and Effect Sizes Using Cohen’s d for Between-group Meta-analysesa

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Outcome | Study | Control N | Yoga N | Control mean (SD) |  Yoga mean (SD) | ES  | (95% CI) |
| **Quality of Life** | Goncalves et al4 | 12 | 28 |  48.2 (29.5) |  41.7 (15.7) | -0.3 | (-1.0; 0.4) |
|  | Saxena et al22\* | 30 | 30 | -43.2 (9.3) | -71.9 (10.0) | -3.0 | (-3.7; -2.2) |
|  | **Grand**  | **42** | **58** |  |  | **-1.6** | **(-4.3; 1.0)** |
| **Pain** | Goncalves et al4 | 12 | 28 | 55.1 (21.5) | 32.4 (22.0) | -1.0 | (-1.8; -0.3) |
|  | Saxena et al22 | 30 | 30 | 67.0 (6.6) | 34.1 (10.1) | -3.9 | (-4.7; -3.0) |
|  | **Grand** | **42** | **58** |  |  | **-2.4** | **(-5.2; 0.3)** |

CI = Confidence Interval; ES = Effect Size; N = number of participants; SD = standard deviation

aThe random effects model was used for between-group pain and QOL analyses because the *P* values for the Q heterogeneity statistics were <0.05.

\*QOL scores from Saxena et al22 were given a negative sign for consistency of data analysis.