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| **First author and year of publication** | **Country** | **Mind/Body practices** | **Population** | **Study Design** | **Outcomes** | **Measures** | **Measurement points** | **Number of subjects** | **Comparison group** |
| Abramowitz EG, 2008 | Israel | hypnotherapy (symptom oriented hypnotherapy 2x week 1.5 hour sessions for 2 weeks, add on to SSRI and supportive psychotherapy) | Veterans | RCT | PTSD symptoms, depression, stress reactions, sleep quality | Posttraumatic Disorder Scale (PDS), Stanford Hypnotic Susceptibility Scale, Form C; BDI, IES, Visual Subjective Sleep Quality Questionnaire, daily Morning Questionnaire (VAS) | baseline and follow up 1 month after | 32 | received Zolpidem 10 mg nightly for 14 nights in addition to SSRI and supportive psychotherapy |
| Abramowitz EG, 2010 | Israel | hypnosis (hypnothera-peutic olfactory conditioning) | Military and Veterans | observational | PTSD symptoms | IES-R, BDI, Dissociative Experiences Inventory, | baseline, 6 weeks, 6 mos, 1 year | 36 | none |
| Anderson DJ, 1977 | USA | transcendental meditation | Military | observational | drug use | self-reported heroin use | 1 month after returning to civilian life, for others they reported to Military confidential counseling for assessment | 115 | none |
| Arch JJ, 2013 | USA | MBSR | Veterans | RCT | anxiety severity, worry, comorbid emotional disorders mood disorders | clinical severity ratings (CSR), Penn State Worry Questionnaire (PSWQ), Anxious Arousal subscale of the Mini Mood and Anxiety Symptom Questionnaire (MASQ-AA), BDI-II | baseline, post-treatment, 3 month follow-up | 105 | cognitive behavioral therapy |
| Arena JG, 1995 | USA | progressive muscle relaxation | Veterans | RCT | decreases in headache | diary method: number of headache-free days, peak headache activity, medication index | 4 week diary pre-treatment; 4 week diary at 3 mos post-treatment | 26 | trapezious biofeedback, frontal biofeedback |
| Bhatnagar R, 2013 | USA | MBSR | Veterans | observational | PTSD symptoms, heart rate variability | CAPS, pNN50 measure of heart rate variability | interview and 24 Holter monitoring at baseline, post-intervention (week 8) and 1 month after completion (week 12) | 8 | none |
| Bormann JE, 2008 | USA | mantram meditation | Veterans | RCT | PTSD symptoms, anger, spirituality, mindfulness, satisfaction | CAPS, Brief Symptom Inventory-18, State-Trait Anger Expression Inventory-2, Quality of Life Enjoyment and Satisfaction Questionnaire-Short Form; Functional Assessment of Chronic Illness Therapy--Spirituality-Expanded V. 4 (FACIT-SpEx4); MAAS, Client Satisfaction Questionnaire (CSQ) | baseline and post-intervention (6 weeks) | 33 | delayed treatment control |
| Bormann JE, 2005 | USA | mantram meditation | Veterans | observational | stress, quality of life, spiritual well-being | Cohen's Perceived Stress Scale, STAI, PCL, Endicott's Quality of Life Enjoyment and Satisfaction Short Form, Ellison's Spiritual Well-Being Scale | baseline and post-intervention (5 weeks) | 62 | none |
| Bormann JE, 2006 | USA | mantram meditation | Veterans | RCT | perceived stress, anger, QOL, anxiety, spiritual faith and connectedness, | IES-R, Perceived Stress Scale, STAI, Speilberger Trait-Anger Inventory-Short Form, CES-D, Quality of Life Enjoyment and Satisfaction Questionnaire, FACIT-SpEx4, | baseline, mid-intervention (week 5), post-intervention (week 10), and follow up (week 22) | 93 | attention control group without spiritual or stress management info |
| Bormann JE, 2013 | USA | mantram meditation, 6 week, 90 min sessions plus TREATMENT AS USUAL | Veterans | RCT | PTSD symptoms | CAPS, PCL, BSI-18, SF12, FACIT-Sp, CSQ | baseline, post-intervention (6 weeks) | 146 | TREATMENT AS USUAL |
| Brauer AP, 1979 | USA | relaxation techniques for hypertension (therapist conducted deep-muscle relaxation training for 10 weeks vs progressive muscle relaxation via home tapes, vs nonspecific indiv psychotherapy | Veterans | RCT | bloopd pressure | blood pressure checks in clinic, blood samples for plasma enzymatic assay | baseline BP per chart review, monthly bp readings in clinic for 6 months; blood sample baseline and 10 weeks | 35 | home tapes and non-specific individual psychotherapy |
| Brooks JS, 1985 | USA | transcendental meditation as part of a stress management workshop, initial 4 days, followed by 1x week for 3 mos | Veterans | RCT | PTSD symptoms, anxiety, depression, physiological assessment | DSMIII criteria, Taylor Manifest Anxiety Scale, BDI, Stimulus GSR | baseline, 3 mos post-intervention | 18 | psychotherapy |
| Carlson KJ, 2013 | USA | Mindful-Veteran (M-Vet) 6 week course | Veterans | observational | perceived stress, depressive symptoms, QOL | PHQ-9, Perceived Stress Scale, SF36 | baseline, mid-intervention (week 3) and at 6 week post-treatment | 20 | none |
| Carmody TP, 2008 | USA | Hypnosis (two 60 min face to face sessions, and given audiotape) | Veterans | RCT | smoking abstinence, quit rates | Minnesota Nicotine Withdrawal Scale, Fagerstrom Test of Nicotine Dependence, BDI, self-reported abstinence, saliva samples | baseline, weeks 2, 3, 9, 6 months, 12 months | 286 | standard behavioral counseling (also 2, 60 min face to face) |
| Carson MA, 1988 | USA | relaxation techniques | Veterans | RCT | anxiety, cholesterol levels, blood pressure in patients with heart disease | STAI, blood tests, blood pressure readings, self-report ratings of exercise, compliance with meds, anxiety level and diet | every visit for 7 weeks of intervention | 16 | reading group |
| Carson MA, 1996 | USA | relaxation techniques | Veterans | RCT | coronary risk factors such as weight, dietary habits, lipid profile | blood samples after 14 hour fast, Food Record Rating Score from a 4 day diary | baseline, every other month follow up for 8 mos | 60 | reading group |
| Chang BH, 2005 | USA | relaxation techniques (15 week relaxation response) | Veterans | RCT | quality of life and exercise capacity of CHF patients | Minnesota Living with Heart Failure Questionnaire (QoL measure), Functional Assessment of Chronic Illness Therapy-Spiritual Well-Being, peak oxygen consumption | baseline and post-intervention (15-19 weeks) | 95 | 15 week cardiac education program vs usual care |
| Chang BH, 2010 | USA | acupuncture OR relaxation response | Veterans | RCT | craving for substance, anxiety levels, quality of life, mental health, spirituality | Penn Alcohol Craving Scale (PACS),STAI, VR-36, FACIT-Sp | baseline, and after 10 week intervention | 67 | 3 arm trial, 2 intervention vs usual care |
| Chang BH, 2014 | USA | auricular acupuncture, relaxation response | Veterans | RCT | craving for substance, anxiety levels | STAI, single item ratng of craving (1-10 scale) | before and after each daily practice | 67 | usual care |
| Chen KM, 2008 | Taiwan | tai chi (Tai Chi Exercise Program (STEP)) | Veterans | observational | physical health functioning | blood pressure (systolic and diastolic), hand grip strength, lower body flexibility | three pre-tests one month apart, four post-tests at one month, two mos, three mos, 6 mos after intervention started | 51 | none |
| Collinge W, 2012 | USA | partner massage therapy with guided meditative, contemplative and relaxation exercises | Veterans | observational | PTSD symptoms , depression, self-compassion, quality of life, perceived stress | PCL-C, BDI-II, PSS-10, Compassionate Love Scale, Self-Compassion Scale, Quality of Life Inventory, veteran and partner weekly online self-reports | baseline, 4 weeks, 8 weeks | 43 dyads | none |
| Cook JM, 2010 | USA | imagery rehearsal (90 min group session for 6 weeks) | Veterans | RCT | PTSD symptoms, sleep quality | CAPS, Structured Clinical Interview for DSM-IV Patient Version, Nightmare Frequency Questionnaire, Pittsburgh Sleep Quality Index, Nightmare Effects Survey, PCL-M, SF36, BDI | baseline, and 1 mos, 3 mos and 6 mos post-intervention | 124 | sleep and nightmare management, a credible form of group therapy |
| Cronin C, 2013 | USA | auricular acupuncture | Veterans | RCT | PTSD symptoms, insomnia | PCL-M, Pittsburgh Sleep Quality Index (PSQI) | baseline, post-treatment (45 min sitting after treatment) and 1 week later | 5 | wait list control |
| da Cunha IT, 2002 | USA | physical therapy (supported treadmill ambulation training) | Veterans | RCT | gait outcomes after acute stroke | Functional Ambulation Category Scale (FACS), gait speed (5 min walk with stopwatch), walking distance (distance covered in 5 min), gait energy expenditure (oxygen consumed during 5 min walk), gait energy cost (amount of oxygen consumed per unit distance traveled during 5 min walk) | baseline, post-treatment (discharged after 3 weeks) | 13 | regular rehabilition |
| des Anges Cruser, 2012 | USA | osteopathic manipulative treatment (OMT) plus usual care | Military | RCT | acute low back pain | Roland Morris Disability Questionnaire, | baseline, immediately following each of 4 treatments, and at 4 weeks post-intervention | 63 | usual care |
| Dettori JR, 1995 | USA (living in Germany) | physical therapy (flexion exercise and posture, extension exercise and posture, no exercise/posture) | Military | RCT | functional status, spinal mobility, straight leg raising, pain severity and treatment satisfaction in soldiers with acute low back pain | disability scores, return to work, positive straight-leg raise, recurrence of low back pain | 1, 2, 4, 8 weeks after treatment onset, and once again at 6-12 mos after study entry | 149 | control group (no exercise or posture) |
| Deyle GD, 2000 | USA | physical therapy (manual therapy applied to knee and lumbar spine, hip and ankle as required) | Military | RCT | distance walked | 6min walk, Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) | baseline, 4 weeks, 8 weeks, 1 year | 83 | Sub-therapeutic ultrasound to knee |
| Dolbow DR, 2012 | USA | physical therapy (2, 8 week, home based functional electrical stimulation lower extremity cycling program; FES-LEC) | Veterans | observational | exercise adherence rates in Veterans with SCI | adherence measured as the percentage of recommended sessions (24) completed over 8 weeks of initial cycling, ,and second session of 8 weeks | at 8 weeks and 16 weeks | 17 | none |
| Fann AV, 2007 | USA | structural therapy (correct pelvic obliquity with heel lifts) | RCT | RCT | reduction of low back pain, physical and emotional functioning | McGill Pain McGill Pain Questionnaire--Short Form, MOS SF36 | baseline, end of treatment, 3 and 6 mos follow up | 15 | control |
| Finkelstein J, 2008 | USA | physical therapy (home based physical telerehabilitation) | Veterans | observational | balance in patients with MS, quality of life, self-efficacy, patient satisfaction | timed 25 ft walk, 6 min walk, Berg Balance score, CSQ-8, MSQOL | baseline, 6 weeks, 12 weeksk | 12 | none |
| Forbes D, 2001 | Australia | imagery rehearsal (1.5 hr group for 6 weeks) | Veterans | observational | PTSD severity, sleep, nightmares | CAPS. IES-R, BDI, BAI, SCL-90-R, self-report sleep and nightmare diaries | 1 week pretreatment sleep and nightmare diaries, and again week prior to 3 mos follow up. Self- report Q at baseline, post-treatment, 3 mos follow up. | 12 | none |
| Fritz DJ, 2013 | USA | acupuncture (auriculotherapy for smoking cessation) | vet | RCT | smoking abstinence | patient self-report of smoking, urine cotinine level from NicAlert point of care test, nicotine withdrawal symptoms (Minnesota Withdrawal Scale), 4 item Perceived Stress Scale | baseline, weeks 3 and 6 | 125 | sham stimulation |
| Gagne D, 1994 | USA | therapeutic touch and relaxation therapy together--two 15 min treatment sessions in 24 hour period | Veterans | RCT | anxiety | STAI | pre and post intervention assessment after each of two sessions | 31 | therapeutic touch placebo condition |
| Goertz CM, 2006 | USA | auricular acupuncture with standard emergency care in patients with acute pain syndromes | Military | RCT | pain levels | Numerical Rating Scale | NRS in person upon discharge from ER and via telephone interview 24 hours later | 87 | standard emergency care |
| Goertz CM, 2013 | USA | chiropractic manipulative therapy plus standard care | Military | RCT | pain levels, physical functioning | Roland-Morris Disability Q, back pain functional scale (BPFS), numerical rating scale pain score | baseline, 4 weeks | 46 | standard medical care |
| Groessl EJ, 2008 | USA | yoga | Veterans | observational | pain, depression, energy/fatigue, health-related quality of life, program satisfaction | SF12, visual numeric scale 0-10 for pain, energy/fatigue measured using items adapted from MOS, CESD-10, self-reported attendance and health benefits (2 items) | baseline and post-intervention (10 weeks) | 49 | none |
| Groessl EJ, 2012 | USA | yoga | Veterans | observational | pain, depression, energy/fatigue, health-related quality of life, | Medical Outcomes Study (MOS) scales of Pain Severity Scale and energy/fatigue, CESD-10, SF-12, | baseline (pre) and post-treatment (10 weeks) | 53 | none |
| Harb GC, 2009 | USA | Imagery Rehearsal combined with CBT for insomnia | veterans | observational | PTSD, nightmares, sleep disturbances | Nightmare Frequency Questionnaire, Pittsburgh Sleep Quality Index, PCL-M | baseline, 1 month post-treatment | 7 | none |
| Harris JI, 2011 | USA | meditation/spiritual practice: Building Spiritual Strength (BSS), 8 sessions | Veterans | RCT | PTSD symptoms | PCL | baseline and post-intervention (8 weeks) | 54 | wait list control |
| Helmhout PH, 2008 | Netherlands | physical therapy (10 week device-supported isolated lumbar extension training, 2/week) | Military | RCT | functional status, global perceived effect | Roland-Morris Disability Q, Patient-Specific Functional Scale (PSFS), global perceived effort 7 pt scale, fear of movement or reinjury TSK (17 items), repeated isometric measurements, patient satisfaction 3 item scale | 5 weeks, 10 weeks after randomization, 6 and 12 mos after end of intervention | 129 | regular PT program |
| Jain S, 2012 | USA | healing touch plus guided imagery for 6 sessions over 3 weeks | Military | RCT | PTSD symptoms, depression, quality of life, hostility | PCL-M, BDI, SF-36, Cook-Medley Hostility Inventory | baseline, 1 month | 123 | TREATMENT AS USUAL |
| Jha AP, 2010 | USA | mindfulness (Mindfulness-Based Mind Fitness Training, MMFT) | Military | observational | working memory capacity (WMC), emotional regulation, positive affect | Positive and Negative Affect Schedule (PANAS), Ospan (working memory capacity) | baseline, post-treatment (10 weeks for IG, 9 weeks of CGs) | 60 | Military control group and civilian control group (no intervention) |
| Kearney DJ, 2011 | USA | MBSR | Veterans | observational | IBS symptoms, GI-specific anxiety, IBS-Quality of life, PTSD symptoms, health status, mindfulness | Irritable Bowel Severity Scoring System (IBSSS), IBS-QOL, Visceral Sensitivity Index (VSI) for GI specific anxiety, Hospital Anxiety and Depression Scale (HAD), Anxiety Sensitivity Index (ASI), Rome III IBS diagnostic status, SF-8, PCL, FFMQ | baseline, 2 and 6 months after enrolment | 93 | none |
| Kearney DJ, 2012 | USA | MBSR | Veterans | observational | PTSD symptoms, depression, functional status, behavioral activation, experiential avoidance, mindfulness | PCL-C, PHQ-9, SF-8, Behavioral Activation for Depression Scale (BADS), Acceptance and Action Questionnaire (AAQ), FFMQ, | baseline, 2 and 6 months after enrolment | 92 | none |
| Kearney DJ, 2013b | USA | MBSR | Veterans | RCT | PTSD, depression, mental health-related QOL, | PCL-C, Life Events Checklist, PHQ-9, SF-8, Behavioral Activation for Depression Scale (BADS) | baseline, post-treatment, 4-mos follow up | 47 | TREATMENT AS USUAL |
| Kearney DJ,2013a | USA | loving kindness meditation | Veterans | observational | PTSD, depression, self-compassion, mindfulness | Life events checklist, PSS-I, PROMIS depression, Self-compassion scale, Compassionate love scale, FFMQ | baseline, after 12 wk course, 3 mos later | 42 | none |
| King AP, 2013 | USA | Mindfulness-based cognitive therapy (MBCT) | Veterans | observational | PTSD outcomes | CAPS, PDS, posttraumatic cognitions inventory (PTCI) | pre and post | 37 | TREATMENT AS USUAL |
| Koppenhaver SL, 2011 | USA | spinal manipulative therapy | Military | observational | improved disability and changes in abdominal and lumbar multifudus thickness using ultrasound therapy in patients with LBP | modified Oswestery Disability Index, ultrasound | baseline Q at day 1, ultrasounds before and after each of 3 treatments (day 1, days 3-4, 1 week), final Q at 1 week | 81 | none |
| Kozak L, 2013 | USA | massage therapy (caregiver-provided massage--Touch, Caring and Cancer Program training) | Veterans | observational | pain, stress, anxiety, fatigue in cancer pts, patient satisfaction | 10 point scales for pain, fatigue, stress/anxiety and any other "optional other symptom" , standardized scales of QOL, stress and attitudes towards caregiving at baseline and 8 weeks | pre and post symptom score cards once a week | 27 vet-caregiver dyads | none |
| Kumnerddee W, 2009 | Thailand | Thai Traditional Massage (TTM), acupuncture--5 sessions of one or other over 10 days | Military | RCT | myofascial back pain | McGill Pain Questionnaire, Visual analogue scale of pain, summation of pain at each trigger point measured by pressure algometer | baseline, 3, 8, 10 days | 18 | acupuncture |
| Lathia AT, 2009 | USA | acupuncture (individualized acupuncture points according to appraoches of TCM; fixed standard acupuncture points conventionally used fo rshould pain) | Veterans | RCT | shoulder pain | Shoulder Pain and Disability Index (SPADI) | baseline, 6 weeks | 31 | sham non-penetrating acupuncture |
| Long ME,2011 | USA | imagery rehearsal (Imagery Rescripting and Exposure Therapy), 6 group sessions | Veterans | observational | nightmare frequency and intensity, insomnia | PCL-M, daily sleep activities log (DSAL) of 10 items | baseline, post-intervention (6 weeks) | 37 | none |
| Lu M, 2009 | USA | imagery rehearsal therapy (group sessions, 1.5 hours, 6 weeks) | Veterans | observational | PTSD symptoms, nightmare frequency, | self-reported severity of nightmares and fear of sleep on 5 point scale, Nightmare Effects Survey, PTSD Dream Rating scale, PCL, Pittsburgh Sleep Quality Index, BDI | baseline, post-treatment, 3-month, 6 month follow up visits | 17 | none |
| McPherson F, 2013 | USA | acupuncture, yoga, massage therapy | Military | observational | anxiety | Depression Anxiety Stress Scale 21 (DASS-21), pre/post GAD-7 scores, | baseline, post-intervention of 6 week program | 37 | none |
| Mitchinson AR, 2007 | USA | massage therapy (individualized attention from massage therapist for 20 min vs. back massage by a massage therapist each evening for up to 5 days) | Military | RCT | pain intensity, pain unpleasantness, postoperative anxiety, opiate use, length of stay, complications | visual analogue scales of pain in last 24 hours, Bedside Confusion Scale, STAI, reports of daily medication use | pre-surgery baseline, 24 hour measurements, 6th postoperative day collected self-report data | 605 | control (routine care) |
| Mularski RA, 2009 | USA | mindfulness-based breathing therapy (MBBT) includes mindfulness meditation and relaxation response | Veterans | RCT | dyspnea symptoms, health related quality of life | 6 min walk test (6MWT), Borg dyspnea scale, SF36 V, St George Respiratory Questionnaire (SGRO), Visual Analogue Scale, daily diaries of MBBT practice, SF 36, Memorial Symptom Assessment Scale, FFMQ, Perceived Stress Scale | baseline and post-treatment (8 weeks) | 86 | support groups |
| Nakamura Y, 2011 | USA | mind-body bridging | Veterans | RCT | PTSD, sleep outcomes, mindfulness, depression, health status | SF-36V, CESD-D, PCL-M, FFMQ, MOS Sleep Scale (MOS-SS) | within 1 week of first session, 7 days after first session | 63 | active sleep education control |
| Nappi CM, 2010 | USA | imagery rehearsal therapy/IRT (5 week session, group or individual) | Veterans | observational | nightmare frequency and intensity, sleep quality, PTSD symptoms | PCL, daily nightmare log (nightmare frequency), ISI, Pittsburgh Sleep Quality Index, | baseline, post-intervention (5 weeks) | 58 | none |
| Nield MA, 2007 | USA | breathing exercises (pursed lips breathing or expiratory muscle training) | Veterans | RCT | measurement of exertional dyspnea and functional performance | modified Borg after 6 min walk distance (6MWD), UCSD Shortness of Breath Q (SOBQ), Human Activity Profile and physical function scale of SF36 | baseline, week 4, week 12 | 40 | control |
| Niles BL, 2012 | USA | Mindfulness based on MBSR delivered telehealth | Veterans | RCT | PTSD symptoms | CAPS, PCL-M, Participant Satisfaction Quesionnaire (PSQ) | pretreatment, post-treatment, 6 week follow up | 33 | psychoeducation telehealth |
| Niles BL, 2013 | USA | mindfulness | Veterans | RCT | changes in mindfulness among population with PTSD | MAAS, White Bear Suppression Inventory (WBSI), FFMQ | pretreatment, post-treatment, 6 week follow up | 24 | psychoeducation telehealth |
| Otto KC, 1998 | USA | auricular acupuncture in 3 phases--1) first 2 weeks of inpatient trmt for substance abuse given 5 days per week, 2) 3x week for second 2 weeks of hospitalization, 3) after hospital discharge once weekly for 8 weeks (24 weeks successful trmt) | Veterans | RCT | depression, anxiety, cocaine craving and general well-being | SCL-90, Hamilton Depression and Anxiety Scales, Halikas Cocaine Craving Scale, Halikas Drug Impairment Rating Scale for Cocaine, urine drug screen | "blinded raters assess on pre-determined schedule", urine drug screens twice a week, | 36 | sham acupuncture control group |
| Peretz B, 1996 | Israel | hypnosis, breathing practices | Military | observational | anxiety | Corah Dental Anxiety Scale (DAS) | baseline, once pre visit, up to 14 mos | 34 | none |
| Price CJ, 2007 | USA | 8 session mindful awareness in body-oriented therapy(MABT) group with TREATMENT AS USUAL | Veterans (women) | RCT | PTSD symptoms, chronic pain | Brief Symptom Inventory (BSI), PCL-C, Dissociative Experiences Scale (DES), Medical Symptoms Checklist, Scale of Body Connection | baseline, post-intervention (or 10 weeks for TREATMENT AS USUAL) and 6 week follow up | 14 | TREATMENT AS USUAL |
| Prisco MK, 2013 | USA | acupuncture (group auricular acupuncture) | Veterans | RCT | perceived sleep quality, total sleep time, sleep efficiency, sleep latency, naps, hypnotic medication use, satisfaction | Insomnia Severity Index (ISI), 10 item Morin Sleep Diaries (MSD), wrist actigraphs, SHEP (Survey of Healthcare Experiences of Patients--VHA Survey) | baseline, mid-intervention (1 month), post-intervention (2 mos) | 35 | sham acupuncture and wait list control |
| Qutubuddin AA, 2007 | USA | physical therapy (Computerized Dynamic Posturography) | Veterans | RCT | balance, walking in patients with Parkinson's disease | The 14 item Berg Balance Scale (BBS) and scales obtained from the Smart Balance Master CDP system | pre and post treatment (4 weeks) | 15 | standard physical therapy |
| Ramel W, 2004 | USA | MBSR | Veterans | observational | depression, anxiety, dysfunctional attitudes, rumination | BDI, STAI, Dysfunctional Attitudes Scale (DAS), Response Style Questionnaire (RSQ), Institute of Living Scale, General Follow-Up Questionnaire (GFQ) | baseline and post-treatment (after week 8) | 23 | none |
| Redwine LS, 2012 | USA | tai chi | Veterans | RCT | somatic and cognitive symptoms of depression in patients with heart failure--examining fatigue as associative factor | BDI, BDI-s (somatic), BDI-c (cognitive), Multidimensional Fatigue Symptom Inventory-Short Form | baseline and post-treatment (12 weeks) | 28 | usual care |
| Richards KC, 1998 | USA | massage therapy (back massage) or teaching on progressive muscle relaxation and mental imagery | Veterans | RCT | sleep quality in critical care patients (ICU) | polysomnography | one night of sleep | 69 | usual nursing care control |
| Rosenthal JZ, 2011 | USA | transcendental meditation | Veterans | observational | PTSD severity, quality of life | CAPS, Clinician's Global Inventory Severity score, Quality of Life Enjoyment and Satisfaction Questionnaire, PCL-M | baseline, 8 week assessment, and follow-up at 12 weeks at end of intervention | 5 | none |
| Salim M, 1996 | India | acupuncture | Military | observational | post-operative pain in patients who had thoracotomies | Annas or Paisas method of self-reporting pain | immediately following intervention | 96 | placebo (non-stimulated needles) and control |
| Sanford JA, 2006 | USA | physical therapy (multifactorial, individualized OT/PT intervention delivered telehealth or in home) | Veterans | RCT | mobility self-efficacy | 10 item scale measure of mobility self-efficacy, daily activity logs | baseline, week 6 (1 week after completing 4 week intervention) | 65 | usual care |
| Sherman RA, 1982 | USA | tape-recorded progressive muscle relaxation exercise | Veterans | observational | headache, blood pressure | State-Trait Anxiety Inventory, Rotter's Internal-External Locus of Control scale, forehead muscle tension, blood pressure measurement | 4 times at monthly intervals and a 5th time 5 mos later | 44 | none |
| Staples JK, 2013 | USA | yoga | Veterans | observational | PTSD symptoms | PTSD hyperarousal scale, sleep quality as measured by diaries | baseline, post-intervention (6 weeks) | 12 | none |
| Stetz MC, 2011 | USA | progressive muscle relaxation and controlled breathing treatment as usualght with technology (Dream Island Virtual Reality) | Military | RCT | anxiety, being present | STAI, Universite du Quebec en Outaouais Presence Questionnaire (UQO-PQ) | baseline and after 2 stressful simulated surgical sessions | 60 | control |
| Stoller CC, 2012 | USA (living in Iraq) | sensory-enhanced hatha yoga 3 consecutive weeks, 7 x week | Military | RCT | stess, anxiety, sensory processing | Adolescent/Adult Sensory Profile, STAI, Quality of Life survey (developed by authors) | baseline and 1 week post-intervention | 70 | control group (no yoga) |
| Stone RA, 1976 | USA | psychologic relaxation techniques based on Buddhist meditation exercises | Veterans | RCT | blood pressure outcomes | dopamine-beta-hydroxylase in plasma, plasma volume, plasma renin activity, blood pressure readings | pre and post-treatment (6 months) | 19 | control group seen for blood pressure readings only |
| Sullivan DH, 2001 | USA | physical therapy (lower limb progressive resistance muscle strength training) | Veterans | observational | muscle strength, functional abilities, body composition | one repetition maximum, sit-to-stand maneuver times, maximum safe gait speed | baseline, after 10 week program | 19 | none |
| Suni JH, 2013 | Finland | physical therapy (neuromuscular) 6 months | Military | observational | low back pain incidence, disability | off duty days due to LBP, number of LBP cases, number of health clinic visits due to LBP | baseline, 6 mos | 1409 | control (no neuromuscular exercise) |
| Sutlive TG, 2009 | USA | spinal manipulation (lumbopelvic vs lumbar neutral gap manipulation technique) | Military | RCT | pain, disability | numeric pain rating scale, Oswestry Disability Q, | 48 hours post-treatment | 60 | lumbar neutral gap |
| Swanson LM, 2009 | USA | relaxation techniques | Veterans | observational | insomnia and nightmares in Veterans with PTSD | daily sleep and dream diaries assessing sleep efficiency, sleep time, nightmare frequency, distress level, Insomnia Severity Index, Pittsburgh Sleep Quality Index, Posttraumatic Diagnostic Scale (PDS) | baseline and post-treatment, diaries provided weekly info | 10 | none |
| Taylor MK, 2011 | USA | psychological skills training including mental imagery | Military | RCT | stress responses during Military survival school | Clinician Administered Dissociative States Scale (CADSS), IES-R | during mock training, 24 hours, 1 month and 3 months after completing training | 65 | control group received regular Military training without PST |
| Telles S, 2012 | India | 1) one session each: yoga group practiced asanas and regulated breathing (pranayama) 2) sat at ease with eyes closed and practiced breath awareness | Military | RCT | attention, anxiety | Digit Letter Substitution Task, STAI, VAS 10 item, | pre-treatment and post-treatment after 1 session | 140 | comparison group listened to music |
| Tok F, 2011 | Turkey | physical therapy | Military | RCT | functional capacity, quality of life, balance in patients with knee OA | WOMAC, SF-36, VAS pain, knee and thigh circle measurements, isokinetic tests, dyname and static balance tests | baseline and post-treatment | 40 | standard PT |
| Wang KL, 2006 | USA | healing touch (8 weeks) | Veterans | observational | agitation in persons with dementia | Cohen-Mansfield Agitation Inventory | baseline and post-intervention (8 weeks) | 14 | usual care |
| Wardell DW, 2006 | USA | healing touch OR guided progressive relaxation for 6 weekly home visits | Veterans | observational | pain, fatigue, in patients with chronic , neuropathic pain | Brief Pain Inventory, Profile of Mood States, Diener Satisfaction with Life Scale, | pre and post intervention | 12 | guided progressive relaxation |
| Watson CG, 1997 | USA | relaxation instructions, relaxation instruction with deep breathing exercises, relaxation instructions with deep breathing training and thermal biofeedback | Veterans | observational | PTSD, physiological outcomes | Mississippi Scale for Combat-Related PTSD, PTSD-1, M30 EMG module, Autogenic Systems BioLab 11000 computerized physiological monitoring system | baseline, post-intervention (10 weeks) | 90 | relaxation instructions only |
| Weiner DK, 2013 | USA | acupuncture (periosteal stimulation therapy (PST)-electrical stimulation of the periosteum facilitated by acupuncture needles) | Veterans | RCT | chronic knee pain | Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) | baseline, immediately after 10 week intervention and 6 mos follow up (9 mos after baseline) | 190 | control PST |
| Winters MV, 2004 | USA | physical therapy (home based active vs passive stretching) | Military | RCT | hip extension ROM | modified Thomas test position | baseline, 3 and 6 weeks after start of study | 45 | passive stretching |