

Table 3: Effect sizes reported for various outcomes of yoga for cancer supportive care

Source: Karen Pilkington, CAM-Cancer Consortium. [Yoga \[online document\]](#). December 2019.

Outcome	Reviews addressing this outcome	No. of studies	Results (Effect size, confidence intervals, p value)	Summary
Anxiety	Lin 2011 Zhang 2012 Buffart 2012 Cramer 2012b Felbel 2014 Cramer 2017 Pan 2017	8 RCTs 2 RCTs 7 RCTs 2 RCTs (no Tx control) 3 RCTs (active control) 1 RCT (lymphoma only) 6 RCTs (no Tx control) 3 RCTs (active control) 10 RCTs	Significant difference -0.76 [-1.34 to -0.19] 0.009 NS -0.24 [-0.54, 0.06] 0.1 Significant difference -1.25 [-1.93 to -0.56] <0.001 NS -0.58 [-1.22, 0.07] 0.08 (short-term) Significant difference -2.21 [-3.90, -0.52] 0.01 (short-term) NS 0.30 [-5.01 to 5.61] NS (pooled SMD -0.53, 95% CI -1.10 to 0.04) (very low quality, short term) Significant difference (pooled SMD -2.21, 95% CI -3.90 to -0.52) (moderate quality, short term) Significant difference (SMD: -0.98, 95% CI: -1.38, -0.57)	Positive effects are reported on anxiety, but results are heterogeneous and only positive in the short-term when yoga is compared with active controls rather than no treatment.
Depression	Lin 2011 Zhang 2012 Buffart 2012 Cramer 2012b Felbel 2014 Cramer 2017 Pan 2017	8 RCTs 2 RCTs 7 RCTs 2 RCTs (no Tx control) 4 RCTs (active control) 2 RCTs (long-term) 1 RCT 7 RCTs (no Tx control) 4 RCTs (active control) 10 RCTs	Significant difference -0.95 [-1.55 to -0.36] 0.002 NS -4.12 [-13.05, 4.81] 0.3 Significant difference -1.47 [-2.42 to -0.53] 0.002 NS -0.35 [-0.81, 0.12] 0.14 (short-term) Significant difference -2.29 [-3.97, -0.61] <0.01 (short-term) NS -0.36 [-0.80, 0.07] 0.1 (long-term) NS -0.70 [-3.21 to 1.81] NS (pooled SMD -0.13, 95% CI -0.31 to 0.05) (low quality, short term) Significant difference (pooled SMD -2.29, 95% CI -3.97 to -0.61) (moderate quality, short term) Significant difference (SMD: -0.17, 95% CI: -0.32, -0.01)	Positive effects on depression are seen in the short-term but results are heterogeneous and only positive in the short-term when yoga is compared with active controls rather than no treatment.

Distress	Lin 2011 Zhang 2012 Buffart 2012 Cramer 2012b Felbel 2014	2 RCTs 2 RCTs 7 RCTs 3 RCTs (no Tx control) 3 RCTs (active control) 3 RCTs (long-term) 1 RCT	Significant difference -0.4 [-0.67 to -0.14] 0.003 NS -3.05 [-8.63, 2.53] 0.28 Significant difference -0.95 [-1.49 to -0.49] <0.001 NS -0.19 [-0.70, 0.32] 0.47 (short-term) Significant difference -1.55 [-2.48, -0.61] <0.01 (short-term) NS -1.73 [-4.02, 0.56] 0.14 (long-term) NS -0.30 [-5.55 to 4.95]	Reports of effects on distress are mixed with more positive results reported when yoga is compared with active controls than no treatment controls.
Fatigue	Lin 2011 Zhang 2012 Cramer 2012a Buffart 2012 Felbel 2014 Cramer 2017 Pan 2017 Dong 2019	4 RCTs 5 RCTs 6 RCTs 7 RCTs 1 RCT 11 RCTs (no Tx control) 2 RCTs (no Tx control) 3 RCTs (exercise control) 9 RCTs 17 RCTs	NS -0.15 [-0.39 - 0.09] 0.24 NS 0.11 [-0.12, 0.35] 0.35 Significant difference 0.33 [0.01 - 0.65] 0.04 Significant difference - 0.51 [-0.79 -0.22] 0.001 NS 0.00 [-0.94 0.94] Significant difference (pooled SMD -0.48, 95% CI -0.75 to -0.20) (moderate quality, short term) NS (pooled SMD -0.04, 95% CI -0.36 to 0.29) (low quality; medium term) NS (pooled SMD -0.21, 95% CI -0.66 to 0.25) (very low-quality, short term) Significant difference (SMD: -0.22, 95% CI: -0.53, -0.09) Significant difference [SMD: - 0.31, 95% CI: - 0.52, - 0.10)	Recent trials have reported more positive results than older studies leading to overall positive effects being reported for fatigue in most recent reviews. Evidence is stronger for short term than medium term effects.
Gastro-intestinal	Pan 2017	4 RCTs	Significant difference (SMD: -0.39, 95% CI: -0.54, -0.25)	Limited evidence suggests a beneficial effect of yoga.
Pain	Pan 2017	4 RCTs	NS (SMD: -0.09, 95% CI: -0.64, 0.46)	Limited evidence does not show a beneficial effect of yoga.
Perceived stress	Lin 2011 Zhang 2012 Cramer 2012b	5 RCTs 1 RCT 3 RCTs (short-term) 2 RCTs (long-term)	Significant difference -0.95 [-1.63 to -0.27] < 0.006 Significant difference -15.75 [-18.80, -12.70] <0.01 Significant difference -1.14 [-2.16, -0.12] 0.03 NS -1.76 [-5.08, 1.56] 0.3	Positive effects are seen on perceived stress in the short-term but not the long-term.

Wellbeing	Buffart 2012 Cramer 2012b	4 RCTs (wellbeing) 5 RCTs (emotional function) 6 RCTs (social function) 5 RCTs (no Tx control, mental wellbeing) 2 RCTs (active control, mental wellbeing) 4 RCTs (functional wellbeing) 3 RCTs (social wellbeing) 2 RCTs (spiritual wellbeing)	Significant difference 0.31 [0.04 to 0.58] 0.03 Significant difference 0.49 [0.16 to 0.81] 0.003 Significant difference 0.33 [0.12 to 0.54] 0.002 NS 0.09 [-0.15, 0.33] 0.46 Significant difference 1.19 [0.13, 2.26] 0.03 Significant difference 0.30 [0.03, 0.57] 0.03 Significant difference 0.32 [0.08, 0.56] <0.01 Significant difference 0.41 [0.08, 0.74] 0.01	Positive effects are reported on various aspects of wellbeing except for when yoga is compared against no treatment for mental wellbeing.
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