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

Source: Karen Pilkington, CAM-Cancer Consortium. Yoga [online document]. https://cam-cancer.org/en/yoga,March 2022.

Outcome	Reviews addressing this outcome	No. of studies	Results (Effect size, confidence intervals, p value)	Summary
Anxiety	Cramer 2017	6 RCTs (no Tx control)	NS (pooled SMD -0.53, 95% CI -1.10 to 0.04) (very low quality, short term)	Positive effects are reported on anxiety but results are
		3 RCTs (active control)	Significant difference (pooled SMD -2.21, 95% CI -3.90 to -0.52) (moderate quality, short term)	heterogeneous and only positive in the short-term when yoga is
	Pan 2017	10 RCTs	Significant difference (SMD: −0.98, 95% CI: −1.38, −0.57)	compared with active controls
	Gonzalez 2021	16 RCTs	Significant difference (-0.347 , 95% CI = -0.473 to -0.221)	rather than no treatment. More
	Hsueh 2021	8 RCTs	Significant difference (SMD: - 1.35, 95% CI - 2.09 to - 0.60)	recent trials suggest stronger effects
	Yi 2021	5 RCTs	Significant difference (SMD, −0.50; 95% CI, −0.70 to −0.31) (short	when yoga is compared with no
			term)	treatment than with active controls
Depression	Cramer 2017	7 RCTs (no Tx control)	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)	Positive effects on depression are seen in the short-term but results
		4 RCTs (active control)	(moderate quality, short term) Significant difference (SMD: -0.17, 95% CI: -0.32, -0.01)	are heterogeneous and only positive in the short-term when yoga is
	Pan 2017	10 RCTs	Significant difference (-0.553 , 95% CI = -0.781 to -0.325)	compared with active controls
	Gonzalez 2021	26 RCTs	Significant difference (SMD: - 0.98, 95% CI - 1.64 to - 0.32)	rather than no treatment.
	Hsueh 2021 Yi 2021	12 RCTs 6 RCTs	Significant difference (SMD =−0.56, 95% CI, −1.05 to −0.07)	

Fatigue	Cramer 2017	11 RCTs (no Tx control)	Significant difference (pooled SMD -0.48, 95% CI -0.75 to -0.20)	Recent trials have reported more
			(moderate quality, short term)	positive results than older studies
		2 RCTs (no Tx control)	NS (pooled SMD -0.04, 95% CI -0.36 to 0.29) (low quality; medium	leading to overall positive effects
			term)	being reported for fatigue in most
		3 RCTs (exercise control)	NS (pooled SMD -0.21, 95% CI -0.66 to 0.25) (very low-quality, short term)	recent reviews. Evidence is stronger for short term than
	Pan 2017	9 RCTs	Significant difference (SMD: -0.22, 95% CI: -0.53, -0.09)	medium term effects and when
	Dong 2019	17 RCTs	Significant difference [SMD: - 0.31, 95% CI: - 0.52, - 0.10)	compared with non-physical
	O'Neill 2020	18 RCTs (non-physical activity control)	Significant difference (SMD -0.30 [-0.51; -0.08])	activity controls.
		6 RCTs (physical activity control)	NS (SMD -0.17 [-0.50; 0.17])	
	Hsueh 2021	14 RCTs	Significant difference (SMD: - 0.99, 95% CI - 1.56 to - 0.43)	
	Song 2021	11 RCTs (more than one comparison for 4 RCTs;	Significant difference (SMD: -0.52 [-0.86, -0.18])	
	Yi 2021	standard care control)		
		4 RCTs (5 comparisons)	Significant difference [SMD = -0.62, 95% CI, -1.17 to -0.07] (short	
C 1 : 1 !: 1	D 0047	4 DCT	term); NS for medium and long term	1: 1 1 1
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 shows mixed
	Hsueh 2021	5 RCTs	Significant difference (SMD: -0.38, 95% CI - 0.74 to - 0.02)	results.
Perceived stress	Hsueh 2021	4 RCTs	Significant difference (WMD: - 7.03, 95% CI - 12.11 to - 1.95)	Positive effects are seen on
				perceived stress in the short-term
				but not the long-term.
Physical health	Pan 2017	8 RCTs (physical wellbeing)	NS (SMD: 0.23, 95% CI: -0.04, 0.52)	Significant effects on physical
				health are not reported.

Quality of life	Cramer 2017	10 RCTs (no Tx control)	Significant difference (pooled SMD 0.22, 95% CI 0.04 to 0.40)	Overall, positive effects on quality
			(moderate quality, short term)	of life are reported but only in the
		2 RCTs (no Tx control)	NS (pooled SMD 0.10, 95% CI -0.23 to 0.42) (low quality, medium	short term and when compared
			term effects)	with no treatment.
		2 RCTs (active control)	NS (pooled SMD 0.81, 95% CI -0.50 to 2.12) (very low-quality, short-term effects)	
		3 RCTs (exercise control)	NS (pooled SMD -0.04, 95% CI -0.30 to 0.23) (very low quality, short term)	
	Pan 2017	4 RCTs	Significant difference (SMD: 0.85, 95% CI: 0.37, 1.34)	
	El-Hashimi 2019	8 RCTs	NS 0.14 (0.00, 0.28)	
	O'Neill 2020	10 RCTs (non-active control)	Significant difference (SMD 0.27, 95% CI 0.46, 0.07)	
		3 RCTS (active control)	NS SMD -0.04 (95% CI 0.22, -0.31)	
	Hsueh 2021	10 RCTS	Effect sizes and significance varied with measurement tool used.	
			NS [SMD =0.72, 95% CI, -0.12 to 1.56, P=0.09]	
	Yi 2021	3 RCTs		
Sleep problems	Cramer 2017	6 RCTs (no Tx control)	Significant difference (pooled SMD -0.25, 95% CI -0.40 to -0.09)	Positive effects are reported in the
Sicce problems	Cramer 2017	o Re13 (no 12 control)	(moderate quality, short term effects)	short term but effects may not be
		2 RCTs (active control)	NS (pooled SMD -0.21, 95% CI -0.76 to 0.34) (very low quality, short	greater than other forms of
		2 NC13 (active control)	term)	exercise.
	Pan 2017	6 RCTs	NS (SMD: -0.19, 95% CI: -0.39, 0.00)	
	Tang 2019	13 RCTs	Significant difference (in favour of walking) (SMD -0.62	
			vs0.26, p 0.01).	
	Hsueh 2021	5 RCTs	Significant difference (WMD: - 0.99, 95% CI - 1.95 to - 0.04)	
	Yi 2021	2 RCTs (short term)	Significant difference (SMD =-0.34, 95% CI, -0.55 to -0.12) short	
		1 RCT medium & long term	term; NS medium and long term	

^{*}Systematic reviews published in the last 5 years, i.e. 2017-2021.