DATA ENTRY SCREEN-SHOTS

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Run analyses

	Study name	Outcome	Data format	Intervention Mean	Intervention Std-Dev	Intervention Sample size	Control Mean	Control Std-Dev	Control Sample size	Effect direction
1	Damiao Neto 2019	DASS-21	Independent groups (means, SD's)	8.180	4.030	70	7.760	4.400	71	Positive
2	Danilewitz 2016	DASS-21	Independent groups (means, SD's)	12.300	6.600	13	14.700	7.900	9	Positive
3	Erogul 2014	PSS	Independent groups (means, SD's)	13.300	5.100	29	17.300	7.700	30	Positive
4	Finkelstein 2007	PSMS	Independent groups (means, SD's)	22.200	7.980	26	22.400	6.960	25	Positive
5	Keng 2015	PSS	Independent groups (means, SD's)	15.480	5.660	77	17.930	5.200	57	Positive
6	Kraemer 2016	PSS	Independent groups (means, SD's)	4.000	0.990	28	3.990	0.830	24	Negative
7	Lampe 2021	PSS	Independent groups (means, SD's)	21.690	6.223	35	21.778	6.754	73	Positive
8	MacLean 2020	PSS	Independent groups (means, SD's)	15.200	6.400	21	18.700	5.600	111	Positive
9	Oro 2021	PSS	Independent groups (means, SD's)	20.100	5.060	68	22.800	6.920	75	Positive
10	Pahlopak 2012	GSI	Independent groups (difference, SD)							
11	Phang 2015	PSS	Independent groups (means, SD's)	15.300	5.430	38	19.040	5.150	37	Positive
12	Rosenzweig 2003	PMS	Independent groups (means, SD's)	12.400	7.000	140	13.400	6.900	162	Positive
13	Slavin 2014	PSS	Independent groups (means, SD's)	12.100	6.100	175	16.300	7.400	350	Positive
14	Stoffel 2019	Bio	Independent groups (difference, SD)							
15	van Dijk 2017	GSI	Independent groups (means, SD's)	0.310	0.260	83	0.360	0.280	84	Positive
16	Waechter 2021 M	PSS	Independent groups (means, SD's)	20.650	7.670	17	25.040	10.140	13	Positive
17	Warnecke 2011	DASS-21	Raw difference (indep groups), CI							
18	Warnecke 2011	PSS	Raw difference (indep groups), CI							
19	Yang 2018	PSS	Independent groups (means, SD's)	17.620	5.660	42	19.500	5.840	38	Positive
20										
21										
22										
23										

Comprehensive meta analysis - [C:\Users\esperling\OneDrive - Western University of Health Sciences\Mizzou PhD\N9550 Meta-Analysis\2-grp meta CMA.cma]

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	Difference in means	Common SD	Intervention Sample size	Control Sample size	Effect direction	Difference in means	Lower Limit	Upper Limit	Intervention Sample size	Control Sample size	Confidence level	Effect direction
1												
2												
3												
4												
5												
6												
7												
8												
9												
10	0.138	0.160	30	28	Positive							
11												
12												
13												
14	-0.816	0.946	28	46	Positive							
15												
16												
17						-3.670	-7.380	0.040	31	34	0.950	Positive
18						-3.410	-6.180	-0.650	31	34	0.950	Positive
19												
20												
21												

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	Effect direction	Std diff in means	Std Err	Hedges's g	Std Err	Difference in means	Std Err	Home practice	In-person	TotalHrs	#sessions	Sess Dur	Frequency	Duration-wks	Preclinical	Location	RCT	M/E	Yoga
8		0.611	0.241	0.607	0.240	3.500	1.364	No	Yes	12.00	6	120	1.00	6	-	international	2-grp	M	N
9		0.442	0.169	0.440	0.169	2.700	1.023	Yes	Yes	16.00	8	120	0.50	16	Clinical	international	2-grp	E	N
10		0.863	0.275	0.851	0.271	0.138	0.042	No	Yes	9.33	28	20	7.00	4	Clinical	international	RCT	E	N
11		0.706	0.238	0.699	0.236	3.740	1.223	Yes	No	20.00	5	Blank	1.00	5	Pre	international	RCT	E	N
12		0.144	0.116	0.144	0.115	1.000	0.802	Yes	Yes	15.00	10	90	1.00	10	Pre	US	2-grp	E	Y
13		0.600	0.094	0.600	0.094	4.200	0.648	No	Yes	6.00	6	60	0.25	16	Pre	US	2-grp	M	N
14		0.863	0.250	0.854	0.247	0.816	0.227	-	Yes	20.00	6	180	0.50	12	Blank	international	2-grp	E	N
15		0.185	0.155	0.184	0.154	0.050	0.042	Yes	Yes	16.00	8	120	1.00	8	Clinical	international	RCT	E	N
16		0.500	0.378	0.486	0.368	4.390	3.274	No	Yes	24.00	24	60	2.00	12	Clinical	international	RCT	E	Y
17	Positive	0.491	0.252	0.485	0.249	3.670	1.857	-	-	-	-	-	-	-	-	-	-	-	-
18	Positive	0.612	0.254	0.605	0.251	3.410	1.384	No	No	28.00	56	30	7.00	8	Clinical	international	RCT	E	N
19		0.327	0.225	0.324	0.223	1.880	1.286	No	No	10.00	30	20	7.00	4	-	US	RCT	E	N
20																			
21																			

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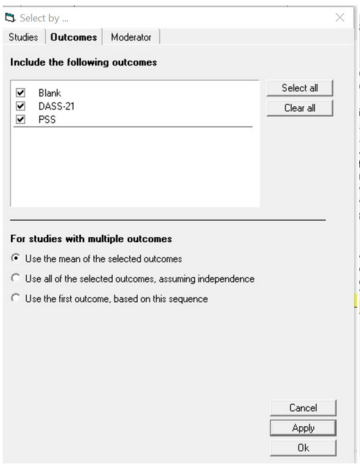
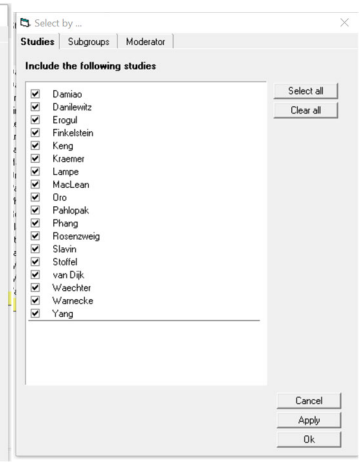
	Study name	Subgroup within study	Data format	Mean Difference	SD of Difference	Sample size	Pre/Post Correlation	Effect direction	Std diff in means	Std Err	Practice	M/E	Yoga
1	Damiao	Blank	Cohen's paired d, CI						0.100	0.166	Practice	E	No
2	Danilewitz	Blank	Cohen's paired d, CI						0.336	0.393	Practice	E	Yoga
3	Erogul	Blank	Cohen's paired d, CI						0.610	0.255	Practice	M	Yoga
4	Finkelstein	Blank	Cohen's paired d, CI						0.027	0.267	Practice	E	No
5	Keng	Blank	Cohen's paired d, CI						0.448	0.174	Practice	E	No
6	Kraemer	Blank	Cohen's paired d, CI						-0.011	0.266	Practice	E	No
7	Lampe	Blank	Cohen's paired d, CI						0.013	0.198	Practice	E	Blank
8	MacLean	Blank	Cohen's paired d, CI						0.611	0.226	No	M	No
9	Oro	Blank	Cohen's paired d, CI						0.442	0.166	Practice	E	No
10	Pahlopak	Blank	Cohen's paired d, CI						0.863	0.263	No	E	No
11	Phang	Blank	Cohen's paired d, CI						0.706	0.230	Practice	E	No
12	Rosenzweig	Blank	Cohen's paired d, CI						0.144	0.115	Practice	E	Yoga
13	Slavin	Blank	Cohen's paired d, CI						0.600	0.094	No	M	No
14	Stoffel	Blank	Cohen's paired d, CI						0.863	0.239	Practice	E	No
15	van Dijk	Blank	Cohen's paired d, CI						0.185	0.153	Practice	E	No
16	Waechter	M	Cohen's paired d, CI						0.500	0.350	No	E	No
17	Waechter	Y	Paired groups (difference, SD)	0.840	7.860	19	0.500	Negative	-0.107	0.230	No	E	Yoga
18	Warnecke	Blank	Cohen's paired d, CI						0.551	0.246	Practice	E	No
19	Yang	Blank	Cohen's paired d, CI						0.327	0.219	No	E	No
20													
21													
22													





MAIN SUMMARY OUTPUT

Comprehensive meta analysis - [Analysis]

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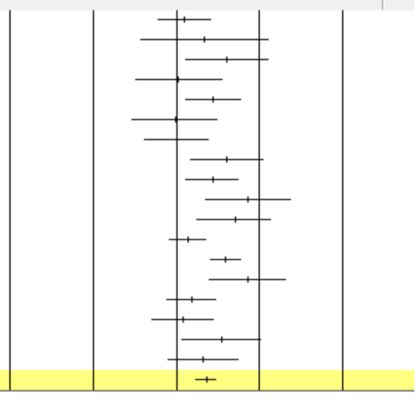
Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Study name	Subgroup within study	Statistics for each study						
			Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	Waechter	Combined	0.076	0.192	0.037	-0.300	0.453	0.397	0.691
	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Random			0.370	0.067	0.004	0.239	0.501	5.542	0.000

Std diff in means and 95% CI



Comprehensive meta analysis - [Analysis]

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Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Model	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed	18	0.372	0.043	0.002	0.289	0.456	8.721	0.000	36.189	17	0.004	53.024	0.039	0.027	0.001	0.197
Random	18	0.370	0.067	0.004	0.239	0.501	5.542	0.000								

SUBGROUP ANALYSES

Comprehensive meta analysis - [Analysis]

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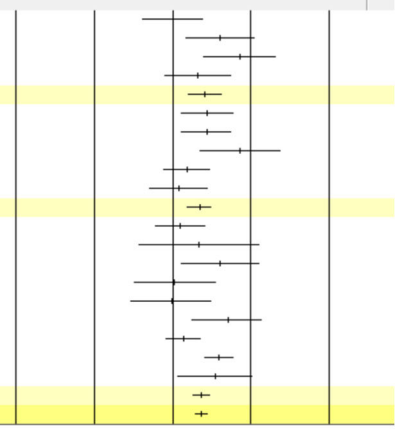
Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Group by Clinical	Study name	Subgroup within study	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	-	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	-	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	-	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	-	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Fixed	-			0.411	0.109	0.012	0.196	0.625	3.751	0.000
	Clinical	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	Clinical	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	Clinical	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	Clinical	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	Clinical	Waechter	Combined	0.076	0.192	0.037	-0.300	0.453	0.397	0.691
Fixed	Clinical			0.347	0.081	0.007	0.188	0.505	4.293	0.000
	Preclinical	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	Preclinical	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	Preclinical	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	Preclinical	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	Preclinical	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	Preclinical	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	Preclinical	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	Preclinical	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
	Preclinical	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
Fixed	Preclinical			0.375	0.057	0.003	0.264	0.486	6.617	0.000
Fixed	Overall			0.372	0.043	0.002	0.289	0.456	8.721	0.000



Comprehensive meta analysis - [Analysis]

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Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Groups		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Group	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed effect analysis																
-	4	0.411	0.109	0.012	0.196	0.625	3.751	0.000	8.546	3	0.036	64.897	0.089	0.113	0.013	0.299
Clinical	5	0.347	0.081	0.007	0.188	0.505	4.293	0.000	7.609	4	0.107	47.428	0.030	0.045	0.002	0.174
Preclinical	9	0.375	0.057	0.003	0.264	0.486	6.617	0.000	19.808	8	0.011	59.612	0.049	0.046	0.002	0.220
Total within									35.963	15	0.002					
Total between									0.226	2	0.893					
Overall	18	0.372	0.043	0.002	0.289	0.456	8.721	0.000	36.189	17	0.004	53.024	0.039	0.027	0.001	0.197
Mixed effects analysis																
-	4	0.439	0.186	0.034	0.075	0.803	2.365	0.018								
Clinical	5	0.366	0.114	0.013	0.143	0.588	3.218	0.001								
Preclinical	9	0.345	0.102	0.010	0.146	0.545	3.390	0.001								
Total between									0.195	2	0.907					
Overall	18	0.367	0.070	0.005	0.229	0.504	5.220	0.000								

Comprehensive meta analysis - [Analysis]

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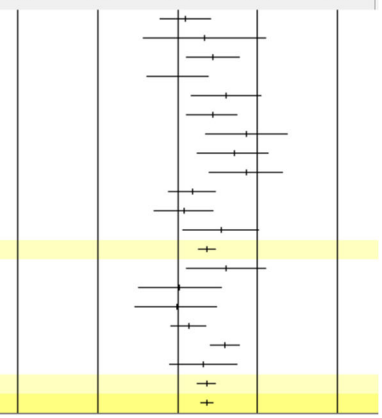
Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Group by International	Study name	Subgroup within study	Statistics for each study: Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	International	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	International	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	International	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	International	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	International	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	International	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	International	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	International	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	International	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	International	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	International	Waechter	Combined	0.076	0.192	0.037	-0.300	0.453	0.397	0.691
	International	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
Fixed	International			0.370	0.058	0.003	0.256	0.484	6.347	0.000
	US	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	US	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	US	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	US	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	US	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
	US	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Fixed	US			0.375	0.063	0.004	0.252	0.498	5.982	0.000
Fixed	Overall			0.372	0.043	0.002	0.289	0.456	8.721	0.000



Comprehensive meta analysis - [Analysis]

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Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Groups		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Group	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed effect analysis																
International	12	0.370	0.058	0.003	0.256	0.484	6.347	0.000	21.675	11	0.027	49.250	0.040	0.036	0.001	0.201
US	6	0.375	0.063	0.004	0.252	0.498	5.982	0.000	14.510	5	0.013	65.541	0.054	0.059	0.004	0.232
Total within									36.185	16	0.003					
Total between									0.004	1	0.949					
Overall	18	0.372	0.043	0.002	0.289	0.456	8.721	0.000	36.189	17	0.004	53.024	0.039	0.027	0.001	0.197
Mixed effects analysis																
International	12	0.401	0.084	0.007	0.236	0.566	4.767	0.000								
US	6	0.310	0.124	0.015	0.067	0.553	2.500	0.012								
Total between									0.372	1	0.542					
Overall	18	0.372	0.070	0.005	0.236	0.509	5.348	0.000								

Comprehensive meta analysis - [Analysis]

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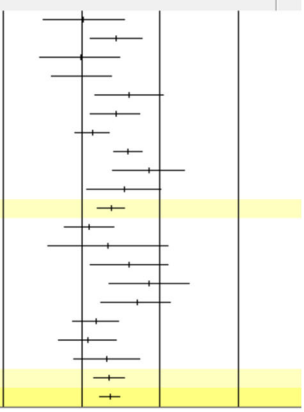
Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Group by RCT	Study name	Subgroup within study	Statistics for each study: Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	2-group	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	2-group	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	2-group	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	2-group	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	2-group	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	2-group	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	2-group	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	2-group	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
	2-group	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	2-group	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
Random	2-group			0.378	0.091	0.008	0.200	0.557	4.151	0.000
	RCT	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	RCT	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	RCT	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	RCT	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	RCT	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	RCT	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	RCT	Waechter	Combined	0.076	0.192	0.037	-0.300	0.453	0.397	0.691
	RCT	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Random	RCT			0.356	0.103	0.011	0.155	0.558	3.464	0.001
Random	Overall			0.369	0.068	0.005	0.235	0.502	5.404	0.000



Comprehensive meta analysis - [Analysis]

File Edit Format View Computational options Analyses Help

Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Groups		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Group	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed effect analysis																
2-group	10	0.400	0.052	0.003	0.298	0.503	7.655	0.000	22.837	9	0.007	60.590	0.046	0.039	0.002	0.214
RCT	8	0.317	0.074	0.005	0.172	0.462	4.279	0.000	12.507	7	0.085	44.033	0.036	0.044	0.002	0.189
Total within									35.344	16	0.004					
Total between									0.845	1	0.358					
Overall	18	0.372	0.043	0.002	0.289	0.456	8.721	0.000	36.189	17	0.004	53.024	0.039	0.027	0.001	0.197
Mixed effects analysis																
2-group	10	0.378	0.091	0.008	0.200	0.557	4.151	0.000								
RCT	8	0.356	0.103	0.011	0.155	0.558	3.464	0.001								
Total between									0.025	1	0.875					
Overall	18	0.369	0.068	0.005	0.235	0.502	5.404	0.000								

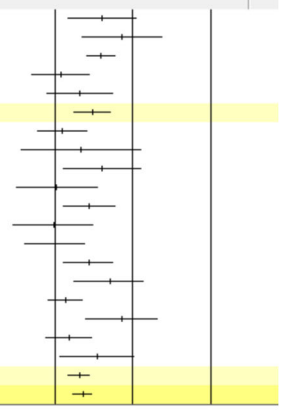
Comprehensive meta analysis - [Analysis]

File Edit Format View Computational options Analyses Help

Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Group by Practice	Study name	Subgroup within study	Statistics for each study: Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	No	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	No	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	No	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
	No	Waechter	Combined	0.076	0.192	0.037	-0.300	0.453	0.397	0.691
	No	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Random	No			0.486	0.123	0.015	0.245	0.728	3.951	0.000
	Practice	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	Practice	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	Practice	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	Practice	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	Practice	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	Practice	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	Practice	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	Practice	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	Practice	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	Practice	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	Practice	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	Practice	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	Practice	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
Random	Practice			0.318	0.074	0.006	0.173	0.464	4.289	0.000
Random	Overall			0.363	0.064	0.004	0.238	0.488	5.712	0.000

Std diff in means and 95% CI



Comprehensive meta analysis - [Analysis]

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Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Groups		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Group	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed effect analysis																
No	5	0.519	0.072	0.005	0.378	0.659	7.245	0.000	8.687	4	0.069	53.953	0.039	0.054	0.003	0.197
Practice	13	0.292	0.053	0.003	0.187	0.396	5.481	0.000	21.027	12	0.050	42.932	0.029	0.028	0.001	0.169
Total within									29.714	16	0.020					
Total between									6.475	1	0.011					
Overall	18	0.372	0.043	0.002	0.289	0.456	8.721	0.000	36.189	17	0.004	53.024	0.039	0.027	0.001	0.197
Mixed effects analysis																
No	5	0.486	0.123	0.015	0.245	0.728	3.951	0.000								
Practice	13	0.318	0.074	0.006	0.173	0.464	4.289	0.000								
Total between									1.370	1	0.242					
Overall	18	0.363	0.064	0.004	0.238	0.488	5.712	0.000								

Comprehensive meta analysis - [Analysis]

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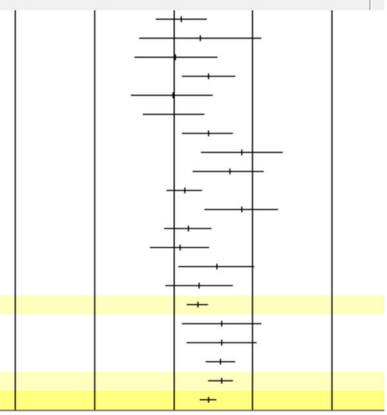
Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Group by M/E	Study name	Subgroup within study	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	E	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	E	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	E	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	E	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	E	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	E	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	E	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	E	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	E	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	E	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	E	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	E	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	E	Waechter	Combined	0.076	0.192	0.037	-0.300	0.453	0.397	0.691
	E	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
	E	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Random	E			0.314	0.071	0.005	0.176	0.452	4.449	0.000
	M	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	M	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	M	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
Random	M			0.602	0.082	0.007	0.441	0.764	7.332	0.000
Random	Overall			0.436	0.054	0.003	0.332	0.541	8.152	0.000

Statistics for each study

Std diff in means and 95% CI



Comprehensive meta analysis - [Analysis]

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Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

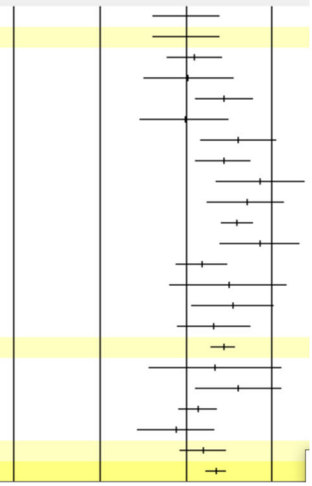
Groups		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Group	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed effect analysis																
E	15	0.287	0.050	0.002	0.189	0.385	5.748	0.000	25.451	14	0.030	44.993	0.032	0.027	0.001	0.178
M	3	0.602	0.082	0.007	0.441	0.764	7.332	0.000	0.003	2	0.999	0.000	0.000	0.035	0.001	0.000
Total within									25.454	16	0.062					
Total between									10.735	1	0.001					
Overall	18	0.372	0.043	0.002	0.289	0.456	8.721	0.000	36.189	17	0.004	53.024	0.039	0.027	0.001	0.197
Mixed effects analysis																
E	15	0.314	0.071	0.005	0.176	0.452	4.449	0.000								
M	3	0.602	0.082	0.007	0.441	0.764	7.332	0.000								
Total between									7.096	1	0.008					
Overall	18	0.436	0.054	0.003	0.332	0.541	8.152	0.000								

Comprehensive meta analysis - [Analysis]

File Edit Format View Computational options Analyses Help

Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Model	Group by Yoga	Study name	Subgroup within study	Statistics for each study						
				Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
	Blank	Lampe	Blank	0.013	0.198	0.039	-0.376	0.402	0.066	0.948
Random	Blank			0.013	0.198	0.039	-0.376	0.402	0.066	0.948
	No	Damiao	Blank	0.100	0.166	0.027	-0.225	0.425	0.604	0.546
	No	Finkelstein	Blank	0.027	0.267	0.071	-0.495	0.549	0.101	0.919
	No	Keng	Blank	0.448	0.174	0.030	0.107	0.789	2.571	0.010
	No	Kraemer	Blank	-0.011	0.266	0.071	-0.532	0.510	-0.041	0.967
	No	MacLean	Blank	0.611	0.226	0.051	0.168	1.054	2.700	0.007
	No	Oro	Blank	0.442	0.166	0.028	0.116	0.768	2.657	0.008
	No	Pahlopak	Blank	0.863	0.263	0.069	0.347	1.379	3.278	0.001
	No	Phang	Blank	0.706	0.230	0.053	0.255	1.157	3.066	0.002
	No	Slavin	Blank	0.600	0.094	0.009	0.416	0.784	6.384	0.000
	No	Stoffel	Blank	0.863	0.239	0.057	0.395	1.331	3.617	0.000
	No	van Dijk	Blank	0.185	0.153	0.023	-0.115	0.485	1.211	0.226
	No	Waechter	M	0.500	0.350	0.122	-0.186	1.186	1.429	0.153
	No	Warnecke	Blank	0.551	0.246	0.060	0.070	1.032	2.243	0.025
	No	Yang	Blank	0.327	0.219	0.048	-0.102	0.756	1.494	0.135
Random	No			0.438	0.072	0.005	0.298	0.578	6.122	0.000
	Yoga	Danilewitz	Blank	0.336	0.393	0.154	-0.434	1.106	0.856	0.392
	Yoga	Erogul	Blank	0.610	0.255	0.065	0.110	1.110	2.391	0.017
	Yoga	Rosenzweig	Blank	0.144	0.115	0.013	-0.081	0.369	1.257	0.209
	Yoga	Waechter	Y	-0.107	0.230	0.053	-0.558	0.344	-0.465	0.642
Random	Yoga			0.199	0.136	0.018	-0.067	0.466	1.466	0.143
Random	Overall			0.352	0.060	0.004	0.233	0.470	5.831	0.000



Comprehensive meta analysis - [Analysis]

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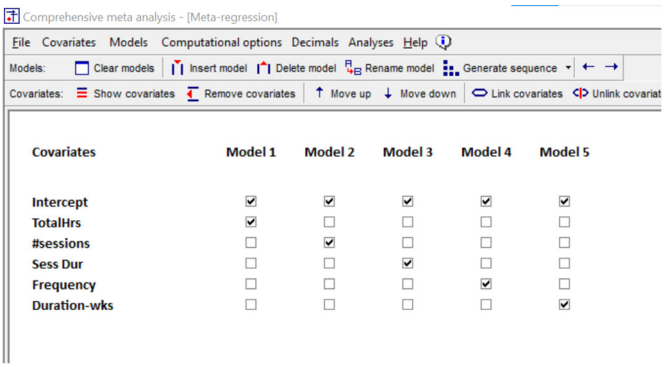
Data entry | Next table | High resolution plot | Select by ... | Effect measure: Std diff in means

Groups		Effect size and 95% confidence interval					Test of null (2-Tail)		Heterogeneity				Tau-squared			
Group	Number Studies	Point estimate	Standard error	Variance	Lower limit	Upper limit	Z-value	P-value	Q-value	df (Q)	P-value	I-squared	Tau Squared	Standard Error	Variance	Tau
Fixed effect analysis																
Blank	1	0.013	0.198	0.039	-0.376	0.402	0.066	0.948	0.000	0	1.000	0.000	0.000	0.000	0.000	0.000
No	14	0.452	0.050	0.002	0.355	0.549	9.102	0.000	23.254	13	0.039	44.097	0.029	0.027	0.001	0.170
Yoga	4	0.175	0.092	0.009	-0.006	0.357	1.896	0.058	4.651	3	0.199	35.493	0.027	0.063	0.004	0.163
Total within									27.905	16	0.032					
Total between									10.385	2	0.006					
Overall	19	0.372	0.043	0.002	0.289	0.456	8.721	0.000	38.290	18	0.004	52.991	0.041	0.028	0.001	0.202
Mixed effects analysis																
Blank	1	0.013	0.198	0.039	-0.376	0.402	0.066	0.948								
No	14	0.438	0.072	0.005	0.298	0.578	6.122	0.000								
Yoga	4	0.199	0.136	0.018	-0.067	0.466	1.466	0.143								
Total between									5.631	2	0.060					
Overall	19	0.352	0.060	0.004	0.233	0.470	5.831	0.000								

META-REGRESSION ANALYSES



Covariates	Model 1	Model 2	Model 3	Model 4	Model 5
Intercept	☑	☑	☑	☑	☑
TotalHrs	☑	☐	☐	☐	☐
#sessions	☐	☑	☐	☐	☐
Sess Dur	☐	☐	☑	☐	☐
Frequency	☐	☐	☐	☑	☐
Duration-wks	☐	☐	☐	☐	☑

Comprehensive meta analysis - [Meta-regression]

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Main results for Model 1, Random effects (MM), Z-Distribution, Std diff in means

Covariate	Coefficient	Standard Error	95% Lower	95% Upper	Z-value	2-sided P-value
Intercept	0.3741	0.2417	-0.0997	0.8478	1.55	0.1217
TotalHrs	-0.0032	0.0149	-0.0324	0.0260	-0.21	0.8316

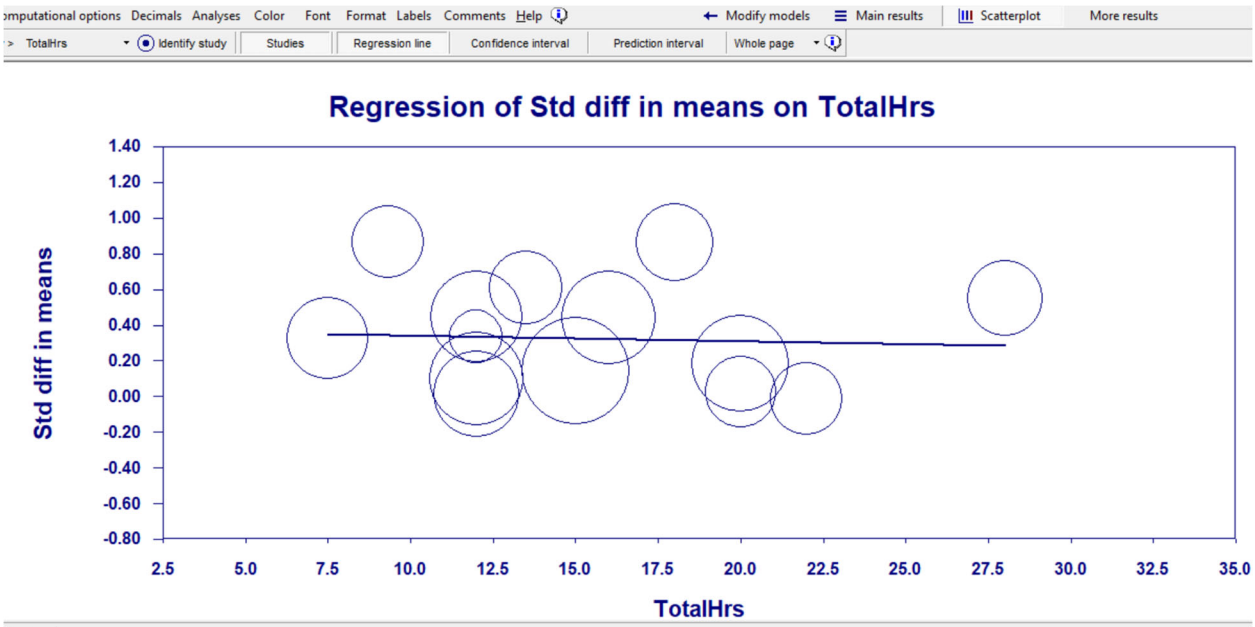
Statistics for Model 1

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
Q = 0.05, df = 1, p = 0.8316
Goodness of fit: Test that unexplained variance is zero
Tau^2 = 0.0339, Tau = 0.1841, I^2 = 46.65%, Q = 22.49, df = 12, p = 0.0323

Comparison of Model 1 with the null model

Total between-study variance (intercept only)
Tau^2 = 0.0287, Tau = 0.1694, I^2 = 42.27%, Q = 22.52, df = 13, p = 0.0478
Proportion of total between-study variance explained by Model 1
R^2 analog = 0.00 (computed value is -0.18)

Number of studies in the analysis 14



Comprehensive meta analysis - [Meta-regression]

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Main results for Model 2, Random effects (MM), Z-Distribution, Std diff in means

Covariate	Coefficient	Standard Error	95% Lower	95% Upper	Z-value	2-sided P-value
Intercept	0.2367	0.1024	0.0361	0.4373	2.31	0.0207
#sessions	0.0064	0.0056	-0.0045	0.0173	1.16	0.2469

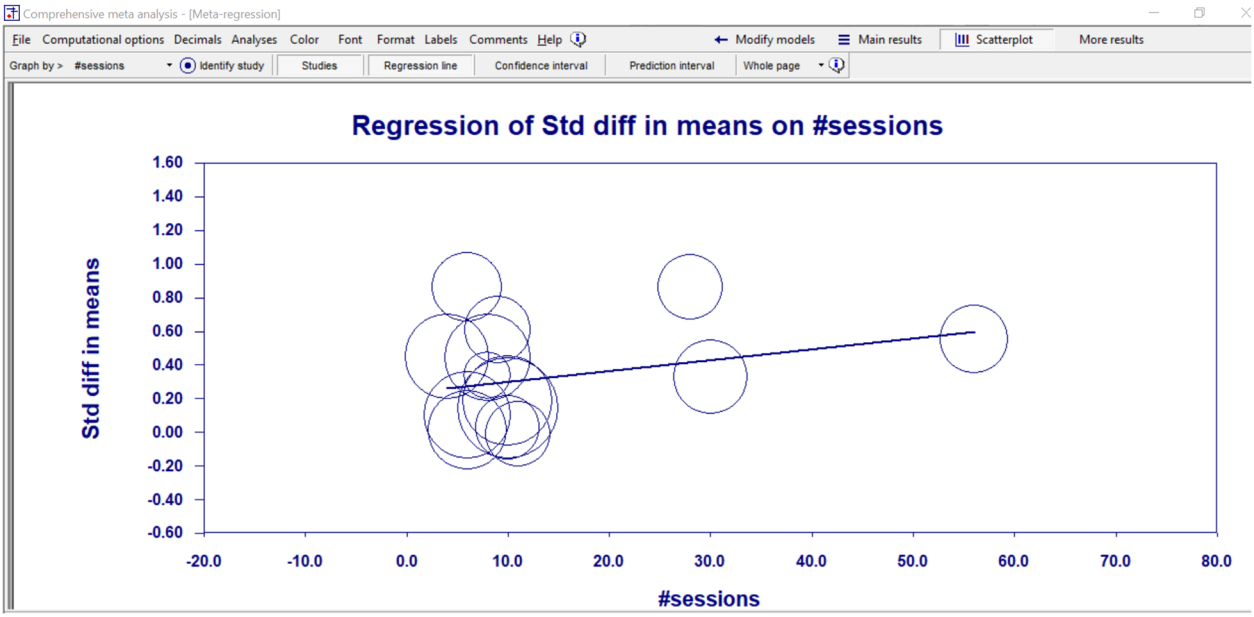
Statistics for Model 2

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
Q = 1.34, df = 1, p = 0.2469
Goodness of fit: Test that unexplained variance is zero
Tau^2 = 0.0268, Tau = 0.1638, I^2 = 41.14%, Q = 20.39, df = 12, p = 0.0601

Comparison of Model 2 with the null model

Total between-study variance (intercept only)
Tau^2 = 0.0287, Tau = 0.1694, I^2 = 42.27%, Q = 22.52, df = 13, p = 0.0478
Proportion of total between-study variance explained by Model 2
R^2 analog = 0.06

Number of studies in the analysis 14



Comprehensive meta analysis - [Meta-regression]

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Main results for Model 3, Random effects (MM), Z-Distribution, Std diff in means

Covariate	Coefficient	Standard Error	95% Lower	95% Upper	Z-value	2-sided P-value
Intercept	0.3960	0.1768	0.0495	0.7425	2.24	0.0251
SessDur	-0.0007	0.0015	-0.0037	0.0023	-0.44	0.6583

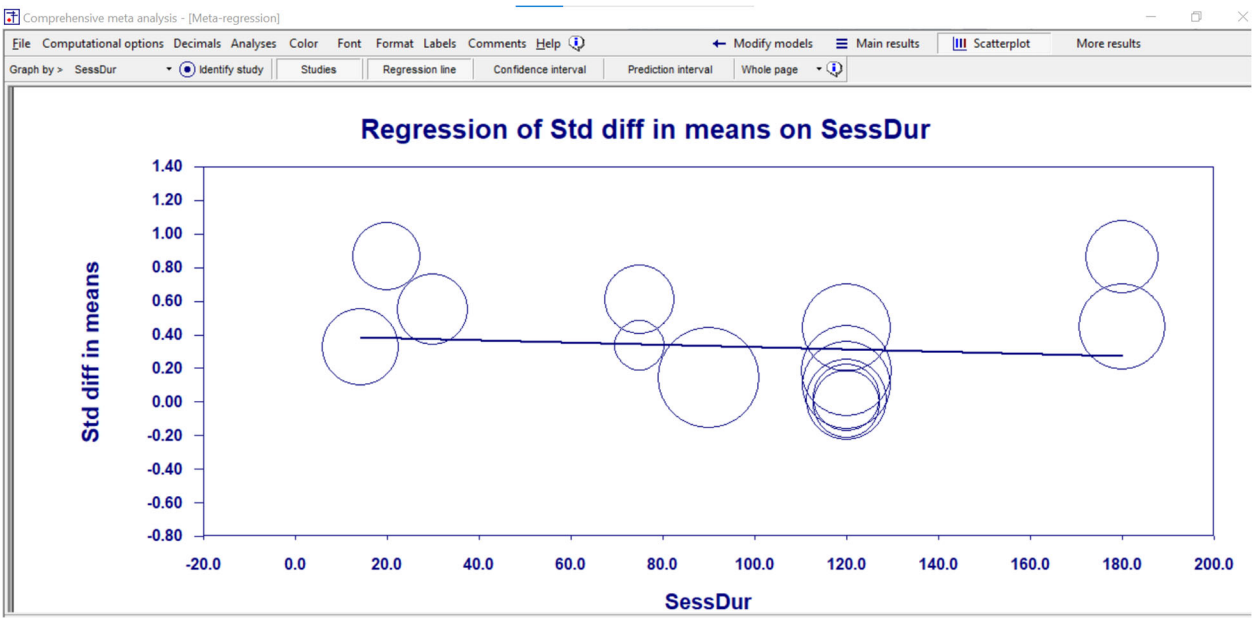
Statistics for Model 3

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
Q = 0.20, df = 1, p = 0.6583
Goodness of fit: Test that unexplained variance is zero
Tau^2 = 0.0338, Tau = 0.1840, I^2 = 46.50%, Q = 22.43, df = 12, p = 0.0330

Comparison of Model 3 with the null model

Total between-study variance (intercept only)
Tau^2 = 0.0287, Tau = 0.1694, I^2 = 42.27%, Q = 22.52, df = 13, p = 0.0478
Proportion of total between-study variance explained by Model 3
R^2 analog = 0.00 (computed value is -0.18)

Number of studies in the analysis 14



Comprehensive meta analysis - [Meta-regression]

File Computational options Decimals Analyses Help

Main results for Model 4, Random effects (MM), Z-Distribution, Std diff in means

Covariate	Coefficient	Standard Error	95% Lower	95% Upper	Z-value	2-sided P-value
Intercept	0.2360	0.0894	0.0608	0.4112	2.64	0.0083
Frequency	0.3044	0.2060	-0.0994	0.7082	1.48	0.1395

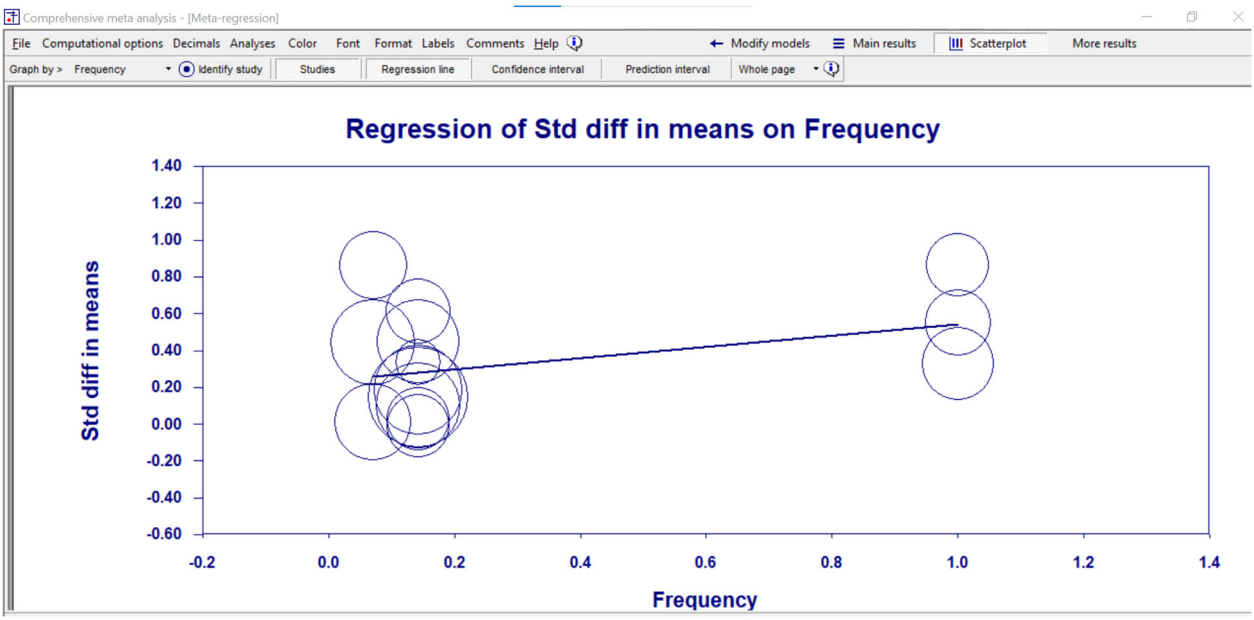
Statistics for Model 4

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero
Q = 2.18, df = 1, p = 0.1395
Goodness of fit: Test that unexplained variance is zero
Tau^2 = 0.0232, Tau = 0.1523, I^2 = 37.58%, Q = 19.23, df = 12, p = 0.0832

Comparison of Model 4 with the null model

Total between-study variance (intercept only)
Tau^2 = 0.0287, Tau = 0.1694, I^2 = 42.27%, Q = 22.52, df = 13, p = 0.0478
Proportion of total between-study variance explained by Model 4
R^2 analog = 0.19

Number of studies in the analysis 14



Comprehensive meta analysis - [Meta-regression]

File Computational options Decimals Analyses Help

Main results for Model 5, Random effects (MM), Z-Distribution, Std diff in means

Covariate	Coefficient	Standard Error	95% Lower	95% Upper	Z-value	2-sided P-value
Intercept	0.4357	0.2043	0.0353	0.8361	2.13	0.0329
Duration-wks	-0.0123	0.0212	-0.0539	0.0292	-0.58	0.5607

Statistics for Model 5

Test of the model: Simultaneous test that all coefficients (excluding intercept) are zero

Q = 0.34, df = 1, p = 0.5607

Goodness of fit: Test that unexplained variance is zero

Tau^2 = 0.0337, Tau = 0.1835, I^2 = 45.82%, Q = 22.15, df = 12, p = 0.0359

Comparison of Model 5 with the null model

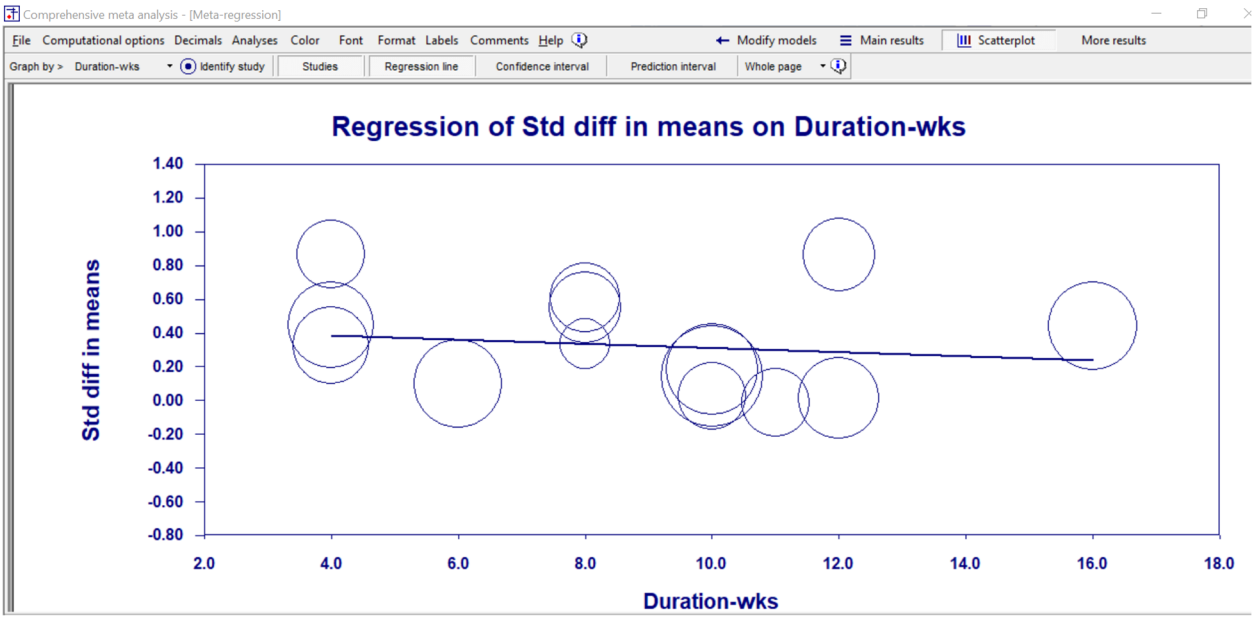
Total between-study variance (intercept only)

Tau^2 = 0.0287, Tau = 0.1694, I^2 = 42.27%, Q = 22.52, df = 13, p = 0.0478

Proportion of total between-study variance explained by Model 5

R^2 analog = 0.00 (computed value is -0.17)

Number of studies in the analysis 14


Comprehensive meta analysis - [Meta-regression]
File Computational options Decimals Analyses Color Font Format Labels Comments Help
Modify models
Main results
Scatterplot
More results
Graph by > Duration-wks
Identify study
Studies
Regression line
Confidence interval
Prediction interval
Whole page
Regression of Std diff in means on Duration-wks
Std diff in means
1.40
1.20
1.00
0.80
0.60
0.40
0.20
0.00
-0.20
-0.40
-0.60
-0.80
2.0
4.0
6.0
8.0
10.0
12.0
14.0
16.0
18.0
Duration-wks