

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 Pan 2017 Gonzalez 2021 Hsueh 2021 Yi 2021	6 RCTs (no Tx control) 3 RCTs (active control) 10 RCTs 16 RCTs 8 RCTs 5 RCTs	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) Significant difference (-0.347, 95% CI = -0.473 to -0.221) Significant difference (SMD: -1.35, 95% CI -2.09 to -0.60) Significant difference (SMD, -0.50; 95% CI, -0.70 to -0.31) (short term)	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. More recent trials suggest stronger effects when yoga is compared with no treatment than with active controls
Depression	Cramer 2017 Pan 2017 Gonzalez 2021 Hsueh 2021 Yi 2021	7 RCTs (no Tx control) 4 RCTs (active control) 10 RCTs 26 RCTs 12 RCTs 6 RCTs	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) Significant difference (-0.553, 95% CI = -0.781 to -0.325) Significant difference (SMD: -0.98, 95% CI -1.64 to -0.32) Significant difference (SMD =-0.56, 95% CI, -1.05 to -0.07)	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.

Fatigue	Cramer 2017 Pan 2017 Dong 2019 O'Neill 2020 Hsueh 2021 Song 2021 Yi 2021	11 RCTs (no Tx control) 2 RCTs (no Tx control) 3 RCTs (exercise control) 9 RCTs 17 RCTs 18 RCTs (non-physical activity control) 6 RCTs (physical activity control) 14 RCTs <i>11 RCTs (more than one comparison for 4 RCTs; standard care control)</i> 4 RCTs (5 comparisons)	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] Significant difference (SMD -0.30 [-0.51; -0.08]) NS (SMD -0.17 [-0.50; 0.17]) Significant difference (SMD: - 0.99, 95% CI - 1.56 to - 0.43) <i>Significant difference (SMD: -0.52 [-0.86, -0.18])</i> Significant difference [SMD =-0.62, 95% CI, -1.17 to -0.07] (short term); NS for medium and long term	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 and when compared with non-physical activity controls.
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 Hsueh 2021	4 RCTs 5 RCTs	NS (SMD: -0.09, 95% CI: -0.64, 0.46) Significant difference (SMD: -0.38, 95% CI - 0.74 to - 0.02)	Limited evidence shows mixed 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.

