

|                          | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|--------------------------|---|---|---|---|--|--------------------------------------|------------|
| Banasik 2011 [71]        | ?   | ?                                       | -   | -   | +  | +                                    | -          |
| Chandwani 2010 [72]      | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Chandwani 2014 [73]      | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Chaoul 2018 [74]         | ?   | ?                                       | -   | -   | ?  | +                                    | +          |
| Cramer 2015 [76]         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Cramer 2016 [77]         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Danhauer 2009 [78]       | ?   | ?                                       | -   | -   | ?  | +                                    | +          |
| Dhruva 2012 [79]         | ?   | +                                       | -   | -   | +  | +                                    | +          |
| Jong 2018 [80]           | +   | +                                       | -   | -   | +  | +                                    | +          |
| Kiecolt-Glaser 2014 [81] | +   | +                                       | -   | -   | +  | +                                    | +          |
| Lin 2019 [82]            | +   | +                                       | -   | -   | +  | +                                    | +          |
| Littman 2012 [83]        | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Loudon 2014 [84]         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Moadel 2007 [85]         | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Pasyar 2019 [86]         | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Prakash 2020 [87]        | +   | +                                       | -   | -   | +  | +                                    | +          |
| Pruthi 2012 [88]         | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Sohl 2016 [89]           | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Sohl 2022 [90]           | +   | +                                       | -   | -   | +  | +                                    | +          |
| Taso 2014 [91]           | +   | +                                       | -   | -   | +  | +                                    | +          |
| Taylor 2018 [92]         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Vadiraja 2009 [93]       | +   | +                                       | -   | -   | -  | +                                    | +          |
| Zetzi 2021 [94]          | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Zhi 2021 [95]            | ?   | ?                                       | -   | -   | +  | +                                    | +          |

**Figure S2.1.** Risk of bias summary: review authors' judgements about each risk of bias item for each included study with a yoga intervention. *Note:* green=low risk (requirements adequately fulfilled); yellow=unclear (information insufficient for judgement); red=high risk (requirements not adequately fulfilled).

|                             | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|-----------------------------|---|---|---|---|--|--------------------------------------|------------|
| Andersen 2004 [96]          | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Armes 2007 [97]             | +   | +                                       | -   | -   | +  | +                                    | +          |
| Arving 2007 EG1 [98]        | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Arving 2007 EG2 [98]        | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Bourmaud 2017 [99]          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Cohen & Fried 2007 [100]    | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Courtier 2022 [101]         | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Dolbeault 2009 [102]        | ?   | +                                       | -   | -   | +  | +                                    | +          |
| Fukui 2000 [103]            | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Gaston-Johansson 2000 [104] | ?   | ?                                       | -   | -   | ?  | +                                    | +          |
| Godino 2006 [105]           | ?   | ?                                       | -   | -   | -  | +                                    | +          |
| Goedendorp 2010 [106]       | +   | +                                       | -   | -   | +  | +                                    | +          |
| Gregoire 2020 [107]         | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Kim 2018 [108]              | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Montgomery 2014 [109]       | +   | ?                                       | -   | -   | +  | +                                    | +          |
| O'Brien 2014 [110]          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Peng 2019 [111]             | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Purcell 2011 [112]          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Ream 2006 [113]             | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Reif 2013 [114]             | +   | +                                       | -   | -   | +  | +                                    | +          |
| Sadeghi 2016 [115]          | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Salvetti 2021 [116]         | -   | +                                       | -   | -   | +  | +                                    | +          |
| Schjolberg 2014 [117]       | ?   | ?                                       | -   | -   | -  | +                                    | +          |
| Sheikhzadeh 2021 [118]      | +   | +                                       | -   | -   | +  | +                                    | +          |
| Tu 2021 [119]               | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Van der Meulen 2014 [120]   | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Vargas 2014 [121]           | ?   | +                                       | -   | -   | +  | +                                    | +          |
| Xian 2021 [122]             | +   | +                                       | -   | -   | +  | +                                    | +          |
| Yates 2005 [123]            | +   | +                                       | -   | -   | +  | +                                    | +          |
| Yuen 2006 [124]             | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Zhang 2020 [125]            | ?   | ?                                       | -   | -   | +  | +                                    | +          |

**Figure S2.2.** Risk of bias summary: review authors' judgements about each risk of bias item for each included study with a psychosocial intervention. *Note:* green=low risk (requirements adequately fulfilled); yellow=unclear (information insufficient for judgement); red=high risk (requirements not adequately fulfilled).

|                          | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|--------------------------|---|---|---|---|--|--------------------------------------|------------|
| Bower 2015 [126]         | ?   | +                                       | -   | -   | +  | +                                    | +          |
| Bower 2021 [127]         | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Gok Metin 2019 [128]     | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Hoffman 2012 [129]       | +   | +                                       | -   | -   | +  | +                                    | +          |
| Johns 2015 [130]         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Lengacher 2012 [131]     | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Lengacher 2016 [132]     | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Liu 2019 [133]           | ?   | +                                       | -   | -   | +  | +                                    | +          |
| Ng 2021 [134]            | +   | +                                       | -   | -   | +  | +                                    | +          |
| Park 2020 [135]          | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Rahmani 2014 [136]       | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Sheikhzadeh 2021 [118]   | +   | +                                       | -   | -   | +  | +                                    | +          |
| Van der Gucht 2020 [137] | +   | ?                                       | -   | -   | -  | +                                    | +          |
| Van der Lee 2012 [138]   | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Witek Janusek 2019 [139] | +   | +                                       | -   | -   | +  | +                                    | +          |

**Figure S2.3.** Risk of bias summary: review authors' judgements about each risk of bias item for each included study with a mindfulness-based intervention. *Note:* green=low risk (requirements adequately fulfilled); yellow=unclear (information insufficient for judgement); red=high risk (requirements not adequately fulfilled).