

	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]	+	+	-	-	-	+	+
Zetzl 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]	?	?	-	-	+	+	+
Salveti 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).