

APPENDIX 1

Table 1

Effect size estimates by group (Yoga vs. CBT) and follow-up time period for secondary outcome measures

Treatment	Follow-up	Walk Distance Mean	Walk Distance Cohen's <i>d</i>	Depression Mean	Depression Cohen's <i>d</i>	Autonomic Symptom Severity Mean	Autonomic Symptom Severity Cohen's <i>d</i>	Quality of Life Mean	Quality of Life Cohen's <i>d</i>
Yoga	EOT	492.49 ±121.53 (<i>n</i> = 30)	-1.26	11.25 ±8.04 (<i>n</i> = 32)	-0.05	21.46 ±17.00 (<i>n</i> = 30)	0.07	51.56 ±21.34 (<i>n</i> = 32)	-0.25
	6m FU	492.27 ±119.50 (<i>n</i> = 27)	-3.05	10.89 ±7.57 (<i>n</i> = 28)	0.04	24.02 ±18.38 (<i>n</i> = 28)	-0.22	47.50 ±21.37 (<i>n</i> = 28)	0.26
CBT	EOT	473.98 ±113.85 (<i>n</i> = 18)	-1.26	10.47 ±7.31 (<i>n</i> = 19)	-0.05	22.50 ±15.50 (<i>n</i> = 18)	0.07	47.92 ±22.30 (<i>n</i> = 18)	-0.25
	6m FU	447.35 ±98.89 (<i>n</i> = 15)	-3.05	11.53 ±8.35 (<i>n</i> = 17)	0.04	20.79 ±17.09 (<i>n</i> = 17)	-0.22	51.39 ±22.74 (<i>n</i> = 18)	0.26

Note. EOT = End-of-Treatment; m = month; FU = Follow-up time point; Cohen's *d* estimated as the difference in treatment means at each follow-up time point divided by square root of the sum of variances of random effects

Follow-up of yoga and CBT for GWI

Table 2

Random effects of longitudinal outcomes in Pain Severity, Pain Interference, and Pain Total: Yoga Versus CBT

	BPI-SF Pain Severity	BPI-SF Pain Interference	BPI-SF Pain Total Score
σ^2	0.96	1.49	1.10
τ_{00}	2.29 ID	2.52 ID	2.11 ID
τ_{11}	0.01 ID baseline to EOT	0.01 ID baseline to EOT	0.01 ID baseline to EOT
ρ_{01}	0.34 ID	0.08 ID	0.17 ID
ICC	0.75	0.66	0.70
N	71 ID	70 ID	70 ID
Observations	383	370	370

Follow-up of yoga and CBT for GWI

Table 3

Yoga protocol targets, practices, and weekly class themes

Target	Yoga Tool	Weekly Class Themes
Breath and sensation awareness	Natural breath, body scan	<ol style="list-style-type: none"> 1. Seated and standing posture and use of yoga props for posture adjustment 2. Cultivating compassion for yourself first and then others 3. Focus on maintaining Ujayii breathing during class 4. Move slowly and find comfort in each yoga posture and breath practice 5. Repeat of week 4 6. Be mindful of what is “right” with and for us in this moment 7. Be mindful of how pain has become familiar – like a protective shell – but we no longer need it and can let it go 8. Focus on slow gentle breath throughout the practice 9. Finding balance and what is “just right” for us in today’s practice as in the Goldilocks tale 10. Last day – reminder to bring yoga into your day-to-day life by paying attention to your body, mind, and spirit and be content with just enough – not too much, not too little.
Balancing, calming, activating breath practices	Sama Vritti, Surya Bhyedan, Nadi Shodhana, Ujayii, Simha, Brahmari, Kapalabhati, Breath of Joy	
Posture and alignment	Seated or standing Tadasana	
Focused breath with movement	Seated or standing adaptive Sun Salutations, flexion & extension of the spine (cat/cow)	
Musculoskeletal strength, balance and flexibility AND moving with the pace of the breath	Virabhadrasana I & II, Utthita Tadasana, Utkatasana, Vatayanasana, Urdhva Hastasana with lateral bend, Prasarita Padottanasana, Parvostanasana, Vrikshasana, modified Supta Padangusthasana, Ardha Matsyendrasana, Vasisthasana, modified Salabhasana, Balasana, Bent Knee/Tabletop internal oblique strengthen, modified Paripurna Navasana, Setu Bandha Sarvangasana	
Gastrointestinal Health	Apanasana, Bananasana, Supta Baddha Konasana	
Calming	Makarasana, Jathara Parivartanasana, Viparita Karani, Savasana	
Hand Gestures	Anjali, Surya, Mrigi Mudras	