

Supplementary material

Effect of coherent breathing on mental health and wellbeing: A randomised placebo-controlled trial

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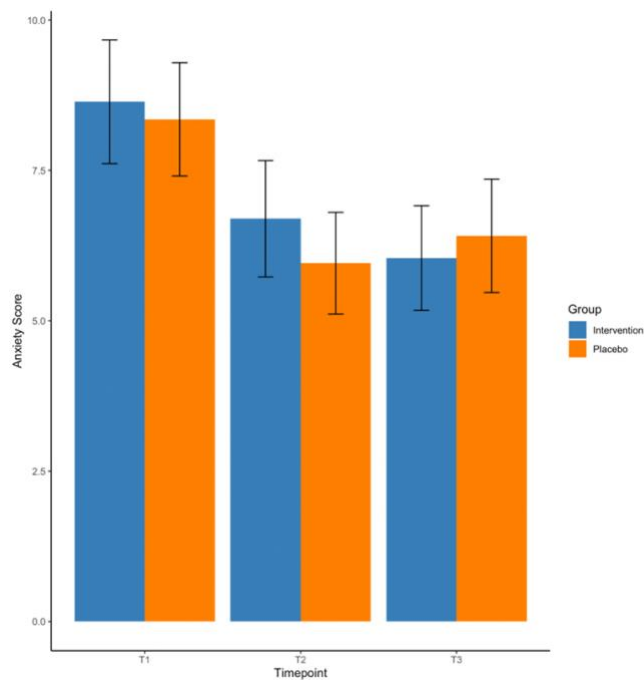


Figure 3. Mean (\pm 95% CI) DASS anxiety scores for the intervention and placebo groups at pre-post-follow-up (T1, T2, and T3). Blue bars are coherent breathing intervention group scores and orange bars are placebo breathwork group scores at each timepoint. Lower scores denote reduced anxiety levels, with a possible score range of 0-42. Figure produced using R v4.1.2.

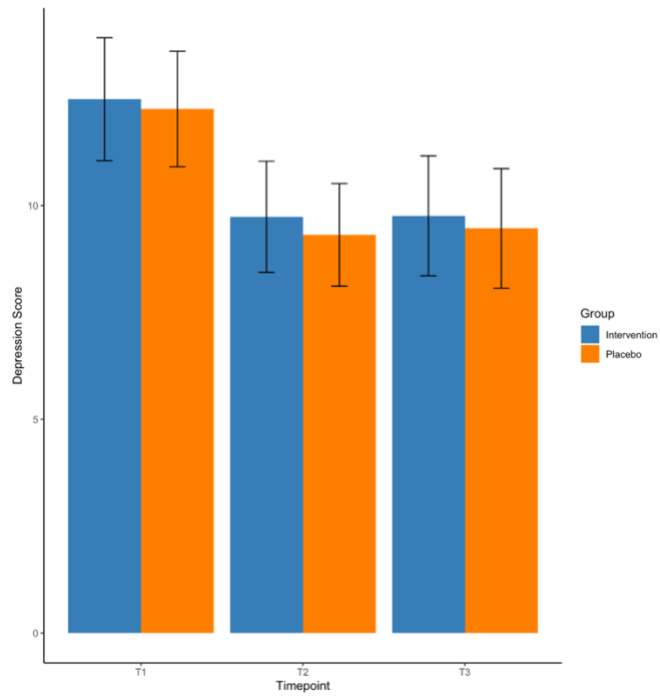


Figure 4. Mean (\pm 95% CI) DASS depression scores for the intervention and placebo groups at pre-post-follow-up (T1, T2, and T3). Blue bars are coherent breathing intervention group scores and orange bars are placebo breathwork group scores at each timepoint. Lower scores denote less depressive symptoms, with a possible score range of 0-42. Figure produced using R v4.1.2.

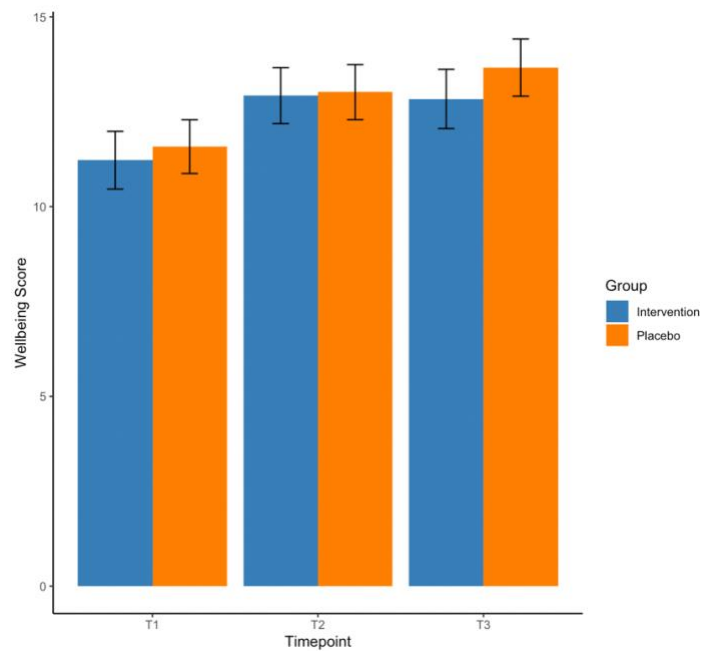


Figure 5. Mean (\pm 95% CI) WHO-5 wellbeing scores for the intervention and placebo groups at pre-post-follow-up (T1, T2, and T3). Blue bars are coherent breathing intervention group scores and orange bars are placebo breathwork group scores at each timepoint. Higher scores denote greater levels of wellbeing, with a possible score range of 0-25. Figure produced using R v4.1.2.

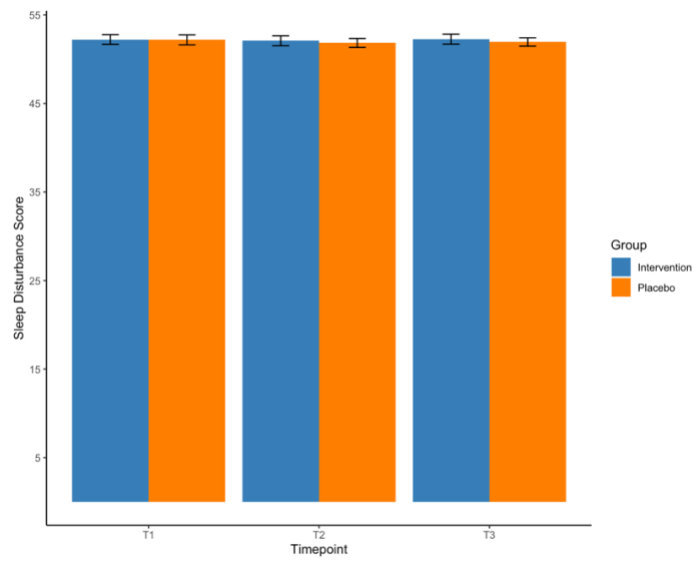


Figure 6. Mean (\pm 95% CI) PROMIS-8a sleep disturbance scores for the intervention and placebo groups at pre-post-follow-up (T1, T2, and T3). Blue bars are coherent breathing intervention group scores and orange bars are placebo breathwork group scores at each timepoint. Lower scores denote less sleep disturbance, with a possible score range of 30.5-77.5. Figure produced using R v4.1.2.