Supplementary Online Content

Tankha H, Gaskins D, Shallcross A, et al. Effectiveness of virtual yoga for chronic low back pain: a randomized clinical trial. *JAMA Netw Open*. 2024;7(11):e2442339. doi:10.1001/jamanetworkopen.2024.42339

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Sensitivity Analysis of Primary Outcomes Using Multiple Imputation

Outcome Measure	Mean baseline value (SE)	Mean change from baseline (95% CI)					
		6 weeks (95% CI)	*p* value	12 weeks (95% CI)	*p* value	24 weeks (95% CI)	*p* value
Pain Intensity‡							
Yoga Now	5.7 (0.2)	-1.4 (-1.9 to -0.8)		-1.7 (-2.2 to -1.1)		-2.1 (-2.6 to -1.6)	
Yoga Later	5.8 (0.2)	-0.2 (-0.8 to 0.3)		-0.3 (-0.9 to 0.2)		-0.2 (-0.7 to 0.4)	
Between-group mean difference		-1.1 (-1.9 to -0.3)	.005	-1.3 (-2.1 to -0.6)	< .001	-2.0 (-2.7 to -1.2)	< .001
Back-related Function (RMDQ)§							
Yoga Now	11.7 (0.6)	-2.7 (-3.9 to -1.5)		-3.7 (-4.9 to -2.5)		-5.6 (-7.2 to -4.0)	
Yoga Later	12.4 (0.6)	-0.6 (-1.8 to 0.7)		-1.7 (-2.8 to -0.7)		-1.7 (-2.8 to -0.6)	
Between-group mean difference		-2.1 (-3.8 to -0.4)	.01	-1.9 (-3.6 to -0.3)	0.02	-3.9 (-5.8 to -2.0)	< .001

RMDQ = Roland Morris Disability Questionnaire

‡Measured using an 11-point numerical rating scale for average pain intensity in the previous week, with 0 indicating no pain and 10 indicating worst pain possible.

§ Scores range from 0 to 23, with higher scores representing poorer function.

eTable 2. Participants Experiencing Clinically Important Changes in Co-Primary Outcomes (30% or Greater Reduction From Baseline)

	6 weeks		12 weeks		24 weeks	
	Yoga Now	Yoga Later	Yoga Now	Yoga Later	Yoga Now	Yoga Later
Observed data						
Pain Intensity‡	30.1%	14.5%	38.0%	20.3%	36.6%	13.0%
RMDQ§	33.8%	13.0%	42.3%	24.6%	47.9%	26.1%
Imputed data						
Pain Intensity‡	42.3%	22.3%	52.4%	23.5%	53.5%	16.2%
RMDQ§	44.2%	18.8%	55.2%	30.7%	71.0%	33.3%

RMDQ = Roland Morris Disability Questionnaire
‡ Measured using an 11-point numerical rating scale for average pain intensity in the previous week, with 0 indicating no pain and 10 indicating worst pain possible.
§ Measure of back-related function with scores ranging from 0 to 23, with higher scores representing poorer function.