

Table 2 Quality assessment of the studies included.

Article	Eligibility criteria specified	Randomization conducted	Allocation concealment	Lost to follow-up Yoga	Lost to follow-up Control	Intension-to-treat analysis	Adequate outcome assessor blinding	Score
Field et al. (2012)	Yes	Yes	Unclear	Unclear	Unclear	Unclear	Yes	B
Mitchell et al. (2012)	Yes	Yes	Unclear	Unclear	Unclear	Unclear	Unclear	B
Field et al. (2013a)	Yes	Yes	Unclear	9	8	Unclear	Unclear	B
Field et al. (2013b)	Yes	Yes	Unclear	6	7	Unclear	Yes	B
Satyapriya et al. (2013)	Yes	Yes	Unclear	2	7	Unclear	Yes	B
Newham et al. (2014)	Yes	Yes	Yes	2	6	Unclear	Unclear	B