

Supplementary Materials

A Breathing-based Meditation Intervention for Patients with Major Depressive Disorder Following Inadequate Response to Antidepressants: A Randomized Pilot Study

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Contents of Supplementary Materials:

Supplementary Table

Supplementary eTable 1: SKY Practices During the First Phase of Intervention

Supplementary eTable 2: SKY Home Practice

Supplementary Tables.

Supplementary eTable 1. SKY Practices During the First Phase of Intervention			
Day	Practice	Breath Rate (cycles/min)^a	Duration (minutes)^b
1	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sitting meditation	n/a	20
2	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	50
3	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	50
4	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	15
	Sitting meditation	n/a	20
5	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	15
	Sitting meditation	n/a	20
6	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	15
	Sitting meditation	n/a	20

^a Approximate range

^b Practice duration includes rest periods

Supplementary eTable 2. SKY Home Practice

Practice	Breath Rate (cycles/min)^a	Duration (minutes)^b
3-stage victory breathing	3-4	7
Bellows breathing	30-40	3
Sudarshan Kriya cyclical breathing	10-150	10
Rest period	n/a	5

^a Approximate range

^b Practice duration includes rest periods