

Appendix
Yoga for Military Veterans with Chronic Low Back Pain: A Randomized Clinical Trial
Groessler et al.

Appendix Table 1. Self-reported Use of Narcotic Pain Medication, Other Medical Pain Treatments, and Self-help Pain Treatments

Variable	Baseline, %	6 weeks, %	<i>p</i> - value	12 weeks, %	<i>p</i> - value	6 months, %	<i>p</i> -value
Narcotic pain medication							
Yoga (n=75)	19	11		12		9	
Usual care (n=75)	21	12		11		7	
Total sample (n=150)	20	11	0.007	11	0.007	8	<0.001
Between group difference			0.945		0.576		0.395
Other medical treatments for pain							
Yoga	56	44		44		39	
Usual care	47	44		47		37	
Total sample (n=150)	51	44	0.070	45	0.137	38	0.001
Between group difference			0.284		0.157		0.415
Self-help pain treatments							
Yoga	76	71		71		68	
Usual care	72	75		69		60	
Total sample (n=150)	74	73	0.744	70	0.334	64	0.020
Between group difference			0.396		0.766		0.767

Note: Boldface indicates statistical significance ($p < 0.05$).

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Appendix Table 2. Participant Characteristics in Large Clinical Trials of Yoga for Chronic Low Back Pain

Variable	Sherman (2011) (n=228)	Tilbrook (2011) (n=313)	Current study (n=150)
Age, years	48.4	46.3	53.4
Women, %	64	70	26
Non-white race, %	13	not reported	51
College graduates, %	62	58	54
Unemployed or disabled, %	13	11	32
Homeless (last 5 years), %	not reported	not reported	18
Years of chronic low back pain	10.8	10.0	15.0
RMDQ baseline	9.1	7.8	9.9
Narcotic medications, %	7	not reported	20
Attended 50% of yoga classes, %	65	60	53
Attended ≥ 1 yoga class, %	95	85	91

RMDQ, Roland Morris Disability Questionnaire (scale 0–24)