**Evidence Table 3e. Change in quality of life: yoga breathing techniques versus control**

| **Study** | **Quality of life outcomes** | **Follow-up** | **Group** | **N random-ized** | **Follow-up N** | **Baseline mean (SD)** | **Mean change (SD) from baseline** | **p-value for difference between groups at followup** | **Standardized Effect Size Hedges’ d (95% CI)****(all coded higher= better)** | **Functioning or additional quality of life outcomes** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Khare 199160 | None | 26w | IG (yoga breathing) | 17 | 17 | NA | NA | NA | NA |  |
| CG | 17 | 17 | NA | NA |
| Kligler 201161 | AQLQ-Juniper, total score(higher= better) | 6w | IG (yoga) | 77 | NR | 4.21 (1.29) | **0.98 (0.78)\*** | NR | **0.66****(0.30, 1.02)\*** | **Groups differed on the activities (p<0.001) and emotions (p<0.001) subscale of the AQLQ at 26w.\* Groups differed on the SF-12 on all domains except pain, general health, vitality and emotional role limitation.\*** |
| CG | 77 | NR | 4.43 (1.21) | 0.47 (0.76) |
| 12w | IG | 77 | 66 | 4.21 (1.29) | **1.14 (0.80)\*** | NR | **0.83****(0.47, 1.20)\*** |
| CG | 77 | 60 | 4.43 (1.21) | 0.49 (0.75) |
| 26w | IG | 77 | 67 | 4.21 (1.29) | **1.15 (0.78)\*** | <0.001 | **0.70****(0.34, 1.06)\*** |
| CG | 77 | 62 | 4.43 (1.21) | 0.61 (0.75) |
| Sabina 200562 | Mini-AQLQ, total score(higher= better) | 4w | IG (yoga breathing) | 29 | 23 | 4.82 (1.02) | 0.17 (0.67) | NR | -0.22(-0.80, 0.37) |  |
| CG  | 33 | 22 | 4.80 (0.8) | 0.36 (1.03) |
| 16w | IG | 29 | 23 | 4.82 (1.02) | 0.57 (1.77) | NR | 0.16(-0.43, 0.74) |
| CG | 33 | 22 | 4.80 (0.8) | **0.35 (0.75)\*** |
| Saxena 200963 | None | 12w | IG (yoga breathing) | 25 | NR | NA | NA | NA | NA |  |
| CG  | 25 | NR | NA | NA |
| Vempati 200964,74,83-87 | AQLQ-Juniper, total score (higher= better) | 2w | IG (yoga breathing) | 30 | 28 | 3.72 (1.17) | **1.21 (0.79)\*** | NR | **1.11****(0.54, 1.67)\*** | **Groups differed on the activities (p=0.033) and emotions (p=0.006) subscale of the AQLQ at 8w.\*** |
| CG | 30 | 29 | 3.64 (1.14) | 0.26 (0.9) |
| 4w | IG | 30 | 28 | 3.72 (1.17) | **1.56 (0.7)\*** | NR | **1.31****(0.74, 1.89)\*** |
| CG | 30 | 29 | 3.64 (1.14) | **0.53 (0.84)\*** |
| 8w | IG | 30 | 28 | 3.72 (1.17) | **1.74 (0.72)\*** | **0.013\*** | **1.06****(0.51, 1.62)\*** |
| CG | 30 | 29 | 3.64 (1.14) | **0.86 (0.9)\*** |

\*Statistically significant change from baseline or between groups (p<0.05)

†Median or median change from baseline (IQR)

Abbreviations: AQLQ: Asthma Quality of Life Questionnaire; CG: control group; CI: confidence interval; IG: intervention group; IQR: inter-quartile range; NR: not reported; NSD: no significant difference; SD: standard deviation; SF: social functioning (e.g., SF-36 Health Survey); w: week(s)