**Evidence Table 5b. Description of intervention groups: nonhyperventilation reduction breathing techniques versus control**

| **Study** | **Intervention group** | **Description** | **Intervention session** | **Homework** | **Additional components** |
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| Cooper 200352 | IG2 (yoga breathing device) | PCLE (yoga breathing device) imposed a 1:2 ratio on the duration of inspiration compared with expiration. Device set at largest aperture, pts asked to breathe at rate which they felt no resistance and could feel no check movement. Over time decrease aperture size to gradually reduce respiratory rate. Use beta2-agonist only for sx relief. PCLE used bid (420 times over 6m). | One session, 6m practice.  (Hours NR) | Use PCLE bid. | NR |
| CG | Sham device with no valve and a leak ensured no resistance to breathing, use bid (420 times in 6m). | One session. | Use device bid. | NR |
| Lehrer 200470,76,90 | IG (abdominal breathing w/ biofeedback) | Pursed-lips abdominal breathing w/ prolonged exhalation biofeedback targeting respiratory resistance, respiratory reactance, and HRV. Pts asked to practice a home for 20min bid using a home trainer unit (KC-3, Biosvyaz). | 10 sessions over 10w.  (Hours NR) | Asked to practice at home for 20min bid. | NR |
| CG1 (biofeedback) | HRV biofeedback only. Pts asked to practice a home for 20min bid using a home trainer unit (KC-3®, Biosvyaz). | 10 sessions over 10w.  (Hours NR) | Asked to practice at home for 20min bid. | NR |
| CG2 (placebo) | Placebo biofeedback procedure involving bogus subliminal suggestions designed to help asthma (with no further details provided and no actual suggestions given) and biofeedback training to alternately increase and decrease frontal EEG alpha-rhythms. Maintain a state of relaxed alertness during home practice using mental strategies developing during the sessions, given tape recording w/ classical music and supposed subliminal suggestions to improve asthma. | 10 sessions over 10w.  (Hours NR) | Asked to practice at home for 20min bid. | Practice (but no instruction) maintaining state of relaxed alertness, classical music tapes. |
| CG3 (waitlist) | Waitlist control | Waited for 30w. | NA | NR |

Abbreviations: bid: twice daily; CG: control group; EEG: electroencephalography; HRV: heart rate variability; IG: intervention group; m: month(s); min: minute(s); NR: not reported; PCLE: Pink City Lung exerciser; pts: patients; sx: symptoms; w: week(s).