**Evidence Table 5f. Change in pulmonary function: nonhyperventilation reduction breathing techniques versus control**

| **Study** | **FEV1 outcome (unit)** | **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)** | **Additional pulmonary function outcomes** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cooper 200352 | FEV1 (L) | 26w | IG2 (yoga breathing device) | 30 | 24 | 2.64 (0.94) | -0.002 (0.14) | 0.4 (for difference across all three groups) | -0.02  (-0.60, 0.56) | NSD between groups at 13 and 26w in provocative dose causing a fall of 20 percent in FEV1. |
| CG | 30 | 22 | 2.71 (0.89) | 0.001 (0.14) |
| Lehrer 200470,76,90 | “Spirometry”, specific measures NR | 12w | IG (abdominal breathing with biofeedback) | 23 | 17 | NR | NR | NSD | NR | NSD from baseline within each group at 12w. |
| CG1 (biofeedback) | 22 | 17 | NR | NR |
| CG2 (placebo) | 24 | 19 | NR | NR |
| CG3 (waitlist) | 25 | 23 | NR | NR |

Abbreviations: CG: control group; CI: confidence interval; FEV1: forced expiratory volume in 1 second; IG: intervention group; NA: not applicable; NR: not reported; NSD: no significant difference; SD: standard deviation; w: week(s)