

## Supplementary Material

**Article Title:** A Randomized Controlled Trial of Community-Delivered Heated Hatha Yoga for Moderate-to-Severe Depression

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### LIST OF SUPPLEMENTARY MATERIAL FOR THE ARTICLE

1. [Appendix 1](#) CLARIFY Guidelines
2. [Appendix 2](#) CONSORT Checklist
3. [Appendix 3](#) Heated Yoga Series

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## Supplementary Appendices

### Supplementary Appendix 1. CLARIFY Guidelines

| No   | Item  | Response  |
|------|---|---|
| 1a.  | Include the word “yoga” in the publication title.   | Completed, see title                                |
| 2a.  | Describe why the specific population was included in the study.   | Completed, see page 10                              |
| 3a.  | Describe the type of yoga practices included (eg, postures/asana, breathing/pranayama, meditation, relaxation).   | Completed, see page 10 and Appendix 3               |
| 3b.  | Describe the duration of yoga practices within the yoga session (eg, 20 min postures, 10 min breathing).  | Completed, see page 10                              |
| 4a.  | Describe the qualifications of the yoga instructor(s).  | Completed, see page 10                              |
| 5a.  | Describe the teaching approach including: visual demonstration, verbal guidance and/or hands on assistance.   | Completed, see page 10                              |
| 6a.  | Describe the duration of each yoga session (in minutes).  | Completed, see page 10                              |
| 6b.  | Describe the duration of the yoga intervention (ie, over 8 weeks).  | Completed, see page 10                              |
| 6c.  | Describe the frequency of yoga sessions (eg, twice weekly).   | Completed, see page 10                              |
| 6d.  | Describe the no of yoga sessions.   | Completed, see page 17                              |
| 7a.  | Describe the duration and frequency of home practice (if any)   | N/A. Did not include home practice.                 |
| 7b.  | Report whether yoga was available to participants during the follow- up period (if relevant), and list any recommendations made for home practice dose. | N/A. This paper doesn't report on follow up period. |
| 7c.  | Describe if and how adherence to home practice was measured.  | N/A. Did not include home practice.                 |
| 8a.  | Describe any changes to the yoga protocol during the study.   | N/A. No changes to yoga protocol.                   |
| 8b.  | Describe the rationale for changes to the yoga protocol during the study.   | N/A. No changes to yoga protocol.                   |
| 9a.  | Describe if and how class/session attendance was measured.  | Completed, see page 13                              |
| 9b.  | Describe any strategies used to promote practice adherence.   | Completed, see page 11                              |
| 10a. | Describe the assessment of protocol fidelity.   | Completed, see page 11                              |
| 10b. | Describe the reasons for deviation from study plan.   | N/A. No deviations.                                 |
| 10c. | Describe any differences between proposed programme and actual programme delivery.  | N/A. No differences.                                |
| 10d. | Describe when protocol was modified.  | N/A. No modifications.                              |

## Supplementary Appendix 2. CONSORT Checklist

| Section/Topic                         | Item No | Checklist item  | Page No |
|---------------------------------------|---------|---|---------|
| <b>Title and abstract</b>             |         |   |         |
|                                       | 1a      | Identification as a randomised trial in the title   | 1       |
|                                       | 1b      | Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)   | 4       |
| <b>Introduction</b>                   |         |   |         |
| Background and objectives             | 2a      | Scientific background and explanation of rationale  | 6       |
|                                       | 2b      | Specific objectives or hypotheses   | 7       |
| <b>Methods</b>                        |         |   |         |
| Trial design                          | 3a      | Description of trial design (such as parallel, factorial) including allocation ratio  | 8       |
|                                       | 3b      | Important changes to methods after trial commencement (such as eligibility criteria), with reasons  | N/A     |
| Participants                          | 4a      | Eligibility criteria for participants   | 9       |
|                                       | 4b      | Settings and locations where the data were collected  | 8-9     |
| Interventions                         | 5       | The interventions for each group with sufficient details to allow replication, including how and when they were actually administered   | 10-11   |
| Outcomes                              | 6a      | Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed  | 11-13   |
|                                       | 6b      | Any changes to trial outcomes after the trial commenced, with reasons   | N/A     |
| Sample size                           | 7a      | How sample size was determined  | 15      |
|                                       | 7b      | When applicable, explanation of any interim analyses and stopping guidelines  | N/A     |
| Randomisation:<br>Sequence generation | 8a      | Method used to generate the random allocation sequence  | 8       |
|                                       | 8b      | Type of randomisation; details of any restriction (such as blocking and block size)   | 8       |
| Allocation concealment mechanism      | 9       | Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned | 8       |
| Implementation                        | 10      | Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions   | 8       |
| Blinding                              | 11a     | If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how  | 8       |
|                                       | 11b     | If relevant, description of the similarity of interventions   | N/A     |

|  |     |   |                   |
|--|-----|---|-------------------|
| Statistical methods                                  | 12a | Statistical methods used to compare groups for primary and secondary outcomes   | 14-15             |
|  | 12b | Methods for additional analyses, such as subgroup analyses and adjusted analyses  | 14-15             |
| <b>Results</b>                                       |     |   |                   |
| Participant flow (a diagram is strongly recommended) | 13a | For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome    | Figure 1          |
|  | 13b | For each group, losses and exclusions after randomisation, together with reasons  | Figure 1          |
| Recruitment  | 14a | Dates defining the periods of recruitment and follow-up   | 8                 |
|  | 14b | Why the trial ended or was stopped  | N/A               |
| Baseline data  | 15  | A table showing baseline demographic and clinical characteristics for each group  | Table 1           |
| Numbers analysed                                     | 16  | For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups           | Table 1, Figure 1 |
| Outcomes and estimation                              | 17a | For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval) | Table 2           |
|  | 17b | For binary outcomes, presentation of both absolute and relative effect sizes is recommended   | Table 2           |
| Ancillary analyses                                   | 18  | Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory         | N/A               |
| Harms  | 19  | All important harms or unintended effects in each group (for specific guidance see CONSORT for harms)   | N/A               |
| <b>Discussion</b>                                    |     |   |                   |
| Limitations  | 20  | Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses                                  | 23                |
| Generalisability                                     | 21  | Generalisability (external validity, applicability) of the trial findings   | 23                |
| Interpretation                                       | 22  | Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence                                     | 20-24             |
| <b>Other information</b>                             |     |   |                   |
| Registration   | 23  | Registration number and name of trial registry  | 4                 |
| Protocol   | 24  | Where the full trial protocol can be accessed, if available   | N/A               |
| Funding  | 25  | Sources of funding and other support (such as supply of drugs), role of funders   | 1-2               |

Supplementary Appendix 3. Heated Yoga Series.

|                          | <i>Sanskrit Posture Name</i>                    | <i>English Posture Name</i>           |
|--------------------------|---|---------------------------------------|
| <b>Standing Postures</b> |   |                                       |
| 1                        | Pranayama                                       | Standing deep breathing               |
| 2                        | Ardha-Chandrasana and<br>Pada-Hastasana         | Half moon pose and<br>hands to feet   |
| 3                        | Utkatasana                                      | Awkward                               |
| 4                        | Garurasana                                      | Eagle                                 |
| 5                        | Dandayamana-Janushirasana                       | Standing head to knee                 |
| 6                        | Dandayamana-Dhanurasana                         | Standing bow pulling                  |
| 7                        | Tuladandasana                                   | Balancing stick                       |
| 8                        | Dandayamana-Bibhaktapada-<br>Paschimotthanasana | Standing separate leg<br>stretching   |
| 9                        | Trikanasana                                     | Triangle                              |
| 10                       | Dandayamana-Bibhaktapada-<br>Janushirasana      | Standing separate leg<br>head to knee |
| 11                       | Tadasana  | Tree                                  |
| 12                       | Padangustasana                                  | Toe stand                             |
| <b>Floor Postures</b>    |   |                                       |
| 13                       | Savasana  | Dead body                             |
| 14                       | Pavanamuktasana                                 | Wind removing                         |
| 15                       | Yoga Sit-Up                                     | Yoga sit-up                           |
| 16                       | Bhujangasana                                    | Cobra                                 |
| 17                       | Salabhasana                                     | Locust                                |
| 18                       | Poorna-Salabhasana                              | Full locust                           |
| 19                       | Dhanurasana                                     | Bow                                   |
| 20                       | Supta-Vajrasana                                 | Fixed firm                            |
| 21                       | Ardha-Kurmasana                                 | Half tortoise                         |
| 22                       | Ustrasana                                       | Camel                                 |
| 23                       | Sasangasana                                     | Rabbit                                |
| 24                       | Janushirasana with<br>Paschimotthanasana        | Head to knee                          |
| 25                       | Ardha-Matsyendrasana                            | Spine twisting                        |
| 26                       | Khapalbhati                                     | Blowing in firm                       |