



Supplementary Material

Article Title: A Breathing-Based Meditation Intervention for Patients With Major Depressive Disorder Following Inadequate Response to Antidepressants: A Randomized Pilot Study

Author(s): Anup Sharma, MD, PhD; Marna S. Barrett, PhD; Andrew J. Cucchiara, PhD; Nalaka S. Gooneratne, MD; and Michael E. Thase, MD

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Supplementary Materials

A Breathing-based Meditation Intervention for Patients with Major Depressive Disorder Following Inadequate Response to Antidepressants: A Randomized Pilot Study

Anup Sharma MD PhD^{1*}, Marna S. Barrett PhD¹, Andrew J. Cucchiara PhD², Nalaka S. Gooneratne MD³, and Michael E. Thase MD¹
Departments of Psychiatry¹, Biostatistics and Epidemiology², Division of Geriatric Medicine³
University of Pennsylvania, Philadelphia, PA 19104

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Supplementary eTable 1. SKY Practices During the First Phase of Intervention			
Day	Practice	Breath Rate (cycles/min) ^a	Duration (minutes) ^b
1	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sitting meditation	n/a	20
2	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	50
3	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	50
4	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	15
	Sitting meditation	n/a	20
5	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	15
	Sitting meditation	n/a	20
6	Yoga Postures	n/a	20
	3-stage victory breathing	3-4	7
	Bellows breathing	30-40	3
	Sudarshan Kriya cyclical breathing	10-150	15
	Sitting meditation	n/a	20

^a Approximate range

^b Practice duration includes rest periods

Supplementary eTable 2. SKY Home Practice		
Practice	Breath Rate (cycles/min) ^a	Duration (minutes) ^b
3-stage victory breathing	3-4	7
Bellows breathing	30-40	3
Sudarshan Kriya cyclical breathing	10-150	10
Rest period	n/a	5

^a Approximate range

^b Practice duration includes rest periods