

Table S1: Characteristics of included studies.

Author	Year	Country	Study Design	Workplace	Sample size and demographic characteristics	Intervention	Control	Stress outcome measures	Conclusion
Axén, et al. [24]	2017	Sweden	Quasi-experimental pilot study	Medical staff in public nursing home and home care services	25; 51 ± 8.9 aged; only 1 man (in which group not specified)	<u>n; age; gender:</u> 13; 54 ± 8.1 aged. Gender not specified <u>Type:</u> Medical Yoga training: breathing exercises, seated exercises, seated meditation <u>Frequency and Volume:</u> 9 weeks, 3 times/week (one at work and two at home)	<u>n; age; gender:</u> 12; 47.5 ± 8.8 aged. Gender not specified <u>Type:</u> NA <u>Frequency and Volume:</u> NA	Perceived Stress Scale (PSS)	No statistical differences between groups; changes in perceived stress were found to correlate statistically to changes in perceived work ability. Convincing unit managers to let their employee to participate in this intervention was difficult
Bhandari, et al. [28]	2010	India	Randomized Controlled Trial	Telephone Industry	100; 51 ± 5.5 aged; 50 male and 50 females	<u>n; age; gender:</u> 50; 51 ± 5.5 aged; 25 male and 25 females <u>Type:</u> Yogic interventions: selected postures, Panayams, concentrations and meditations <u>Frequency and Volume:</u> 4 weeks, daily (one hour per day - 6:30–7.30 am - except Sunday)	<u>n; age; gender:</u> 50; 51 ± 5.5 aged; 25 male and 25 females <u>Type:</u> NA <u>Frequency and Volume:</u> NA	Cornel Medical Index Health Questionnaire (CMIHQ-Hindi Versions for male and female)	Significant effect of the yogic intervention to manage distress and enhance work performance
Hartfiel, et al. [27]	2011	UK	Randomized Controlled Trial	British university employees	40; 39.3 aged; 4 male and 36 females	<u>n; age; gender:</u> 20; 40.6 ± 11.40 aged; 3 male and 17 females <u>Type:</u> Dru Yoga: flowing movement, directed breathing and relaxation techniques that included affirmation and visualization <u>Frequency and Volume:</u> 6 weeks, at least one of three 60-minute lunchtime classes per week +	<u>n; age; gender:</u> 20; 38 ± 9.58 aged; 1 male and 19 females <u>Type:</u> NA <u>Frequency and Volume:</u> NA	Inventory of Positive Psychological Attitudes (IPPA)	A 6 weeks program of Yoga had substantial positive effects on the emotional well-being and resilience to stress

						guided 35-minute home practice session			
Hartfiel, et al. [29]	2012	UK	Randomized Controlled Trial	British local government authority employees	59; aged 25-64 years; 6 male and 53 females	<p><u>n; age; gender:</u> 33; 46.1 ± 11.5 aged; 4 male and 29 females</p> <p><u>Type:</u> Dru Yoga: flowing movement, directed breathing and relaxation techniques that included affirmation and visualization</p> <p><u>Frequency and Volume:</u> 8 weeks, 50 minutes of session each week + 20 minutes DVD for home practice, twice a week</p>	<p><u>n; age; gender:</u> 26; 43.6 ± 11.5 aged; 2 male and 24 females</p> <p><u>Type:</u></p> <p><u>Frequency and Volume:</u> NA</p>	Perceived Stress Scale (PSS)	An 8 weeks program of Yoga resulted in significant reduction in stress and back pain, and improved psychological well-being
Lin, et al. [26]	2015	Taiwan	Single-blind, parallel-arm, Randomized Controlled Trial	Mental Health professionals in a teaching hospital	60; 30 years average aged; 12 male and 48 females	<p><u>n; age; gender:</u> 30; 32.07 ± 7.54 aged; 4 male and 26 females</p> <p><u>Type:</u> Yoga classes: slower warm-up exercises, forced abdominal breathing, meditation, bodily stretching positions</p> <p><u>Frequency and Volume:</u> 12 weeks, 60 minutes of session each week</p>	<p><u>n; age; gender:</u> 30; 29.77 ± 6.89 aged; 8 male and 22 females</p> <p><u>Type:</u> Free teatime in which they watched television and did not exercise</p> <p><u>Frequency and Volume:</u> NA</p>	Work related stress scale derived from the Chinese version of work-related stress scale by Lan	The professionals in the yoga group experienced a significant reduction in work-related stress and a significant enhancement of stress adaption
Wolever, et al. [25]	2012	USA	Randomized Controlled Trial Multicentric trial with more than 2 arms: Yoga, Mindfulness (at	Employees of a national insurance carrier	143; 42.9 average aged; 23.4% male	<p><u>n; age; gender:</u> 90; 41.6 ± 10.1 aged; 24% male</p> <p><u>Type:</u> Viniyoga Stress Reduction program: asanas, breathing techniques, guided relaxation, mental techniques and education about starting a home practice</p> <p><u>Frequency and Volume:</u> 12 weeks, 1 hour per week</p>	<p><u>n; age; gender:</u> 53; 42.7 ± 9.7 aged; 18.9% male</p> <p><u>Type:</u> Did not receive any stress management intervention.</p> <p><u>Frequency and Volume:</u> NA</p>	Perceived Stress Scale (PSS)	Yoga intervention and Mindfulness intervention showed positive results compared to control group about stress reduction. No differences were detected comparing at-work vs online mindfulness programs.

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