

Supplementary Material S1: Sample data extraction form

Bibliographic information

Study ID:	Date of extraction:	Extracted by:
Year published:	Country:	
Title:		
Author(s):		

Study characteristics

Aims/purpose:
Study design:
Study procedures:

Participant characteristics

Age:	Gender:	Sample size:
Trauma type:		

Intervention

Intervention type:
Comparator:
Setting:
Duration:

Outcomes

Main themes identified:

Results

Key findings:
Limitations:

Supplementary Material S2: Characteristics of included studies

Reference number	Lead author, publication year	Country	Sample size	Participants' age range (years)	Participants' gender	Yoga intervention, duration, control	Trauma type
23	Braun, 2021	USA	5	27-57	F	• Trauma sensitive yoga (TSY) ➤ 1x weekly 75-min class ➤ 2 cohorts: 12 weeks and 8 weeks ➤ No control	• US veteran women with history of military sexual trauma • Enrolment in current mental health treatment
15	West, 2017	USA	31	18-58	F	• TSY ➤ 1x weekly 60-min class ➤ 10 weeks • Control: supportive women's health education – not interviewed therefore not included in sample size	• Participants met diagnostic criteria for PTSD using Clinician-Administered PTSD Scale (CAPS) • Trauma occurred at least 12 years prior • Treatment unresponsiveness – at least 3 years of prior PTSD therapy • Currently enrolled in psychotherapy for

							minimum 6 months prior to study
16	Morrison, 2022	South Africa	7	20-26	5F 2M	• Kundalini yoga • Purposeful sampling to identify participants who are currently practising yoga and have experienced trauma • Participants had all finished yoga teacher training • No control	• Adverse Childhood Experience Questionnaire (ACE-Q) used to determine extent of exposure to traumatic events
17	Rhodes, 2015	USA	39	18-58	F	• TSY ➤ 1x weekly 60-min class ➤ 10 weeks • Control: seminar on women's health – not interviewed therefore not included in sample size	• All women met criteria for PTSD as established by CAPS
18	Crews, 2016	USA	8	14-60	F	• Purposeful sampling to identify participants who are currently practising TSY • No control	Survivors of sexual violence

19	Schmid, 2021	USA	67	52.4 mean	20F 47M	• TSY ➤ 1x weekly 90-min class ➤ 15 weeks • Control: wellness lifestyle programme – not interviewed therefore not included in sample size	All participants met criteria for PTSD as established by CAPS
24	LaChiusa, 2016	USA	6	20-59	F	• Purposeful sampling to identify participants who are currently practising Ashtanga yoga and have experienced trauma in the past • The majority of participants (54.8%) report practising 5-6 days per week • Remainder practised 3-4 days per week (41.9%) or 1-2 days per week (3.2%) • Most participants had practised for 1-2 years but some >10 years • No control	At least moderate levels in one of the subscales of abuse or neglect in the Childhood Trauma Questionnaire (CTQ)

20	Cushing, 2018	USA	9 (5 did intervention, 4 did not)	22-52	8M 1F	• TSY ➤ At least five 60-min weekly yoga sessions in 6 weeks • Control – no yoga	Veterans of post-9/11 conflicts w PTSD symptoms
25	Justice, 2019	USA	4	18+	1F 3M	• TSY ➤ 90-min classes ➤ 10-weeks • No control	Presence of trauma symptoms (as measured by PCL-5)
21	Jindani, 2015	Canada	40	18-63	31F 9M	• TSY ➤ Weekly 90-min classes ➤ 8-weeks ➤ 15-min home practice also assigned to participants • Waitlist control group – they were offered KY participation after the 8-week waiting period – not interviewed therefore not included in sample size	PTSD eligibility using PCL-17

22	Gulden, 2016	USA	11	24-62	10F 1M	• Retrospective • Participants had to have practised yoga weekly for a minimum of 3 months (style of yoga not specified) • Yoga experience ranged from 1 year to 15 years	Participants experienced interpersonal trauma, as defined by WHO
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CAPS: 30-item structured interview designed to make categorical PTSD diagnosis

ACE-Q: 10-item questionnaire used to measure childhood trauma

CTQ: Brief survey of six early traumatic experiences (death, divorce, violence, sexual abuse, illness or other), to assess individual's understanding of their childhood trauma

PCL-5: 20-item self-report measure that assesses the 20 DSM-5 symptoms of PTSD

PCL-17: 17-item self-report measure that assesses 17 of the DSM-5 symptoms of PTSD