

Table 1 Study Characteristics of the 150 Articles that met Inclusion Criteria

Author	Year	n	Type of Yoga	Age range	Gender	Treatment length (hours)	Instructor's expertise	Type of comparison group	RC T	Risk of Biases	Clinical diagnoses	Outcome variables	ES (g)
(1) Afonso ²²	2012	30	Yoga Hormone Therapy for Menopause	Adult	Female	2100	Not Specified	Comparison Group	Yes	2	Yes	Beck Depression Inventory	0.16
(2) Banarjee ²³	2007	58	Integrated Yoga Program	Adult	Female	NA	Certified; Training Unspecified	Comparison Group	Yes	2	No	Hospital Anxiety and Depression Survey; Depression, Anxiety and Stress Scale; Beck Depression Inventory; Profile of Mood States; Depression Center for Epidemiologic Studies; Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	4.41
(3) Bartels ²⁴	2019	8	Yoga Program	Emerging Adult, Adult	Male	390	Not Specified	Repeated Measures	No	1	No	Beck Depression Inventory; Profile of Mood States; Depression Center for Epidemiologic Studies; Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	0.62
(4) Bennet ²⁵	2008	94	Life Force Yoga Program	Emerging Adult, Adult	Both	NA	500 hrs	Repeated Measures	No	0	No	Beck Depression Inventory; Profile of Mood States; Depression Center for Epidemiologic Studies; Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	0.67
(5) Bershadsky ²⁶	2014	34	Prenatal Hatha Yoga	Emerging Adult, Adult	Female	90	Certified; Training Unspecified	No Treatment	No	1	No	Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	0.96
(6) Bhomavat ²⁷	2015	30	Raja Yoga	Adult	Female	NA	Not Specified	Repeated Measures	No	0	Yes	Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	0.83
(7) Bieber ²⁸	2021	83	Ashtanga Yoga	Emerging Adult, Adult	Both	3240	Certified; Training Unspecified	No Treatment	Yes	3	Yes	Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	0.44
(8) Bonura ²⁹	200	65	Chair Yoga	Adult	Both	270	200 hrs	No	Yes	2	Yes	Beck Depression Inventory; Montgomery Asberg Depression Rating Scale Geriatric	0.5

	7		Guide					Treatment					Depression Scale	6
(9) Bonura ³⁰	2009	22	Chair Yoga Program	Adult	Both	540	500 hrs	Comparison Group	Yes	2	No	Beck Depression Inventory	0.80	
(10) Boulgarides ³¹	2014	10	Adaptive Yoga Program for Parkinson's Disease	Adult, Late Adulthood	Both	480	500 hrs	Repeated Measures	No	0	No	Hospital Anxiety and Depression Survey	0.86	
(11) Bowden ³²	2012	22	Iyengar Yoga	Emerging Adult, Adult	Both	1100	Certified; Training Unspecified	Comparison Group	Yes	2	No	Depression, Anxiety and Stress Scale; Depression	0.45	
(12) Bower ³³	2012	31	Iyengar Yoga	Adult	Female	2160	Certified; Training Unspecified	Comparison Group	Yes	3	No	Beck Depression Inventory	0.23	
(13) Butler ³⁴	2008	27	Inner Resources Program	Emerging Adult, Adult	Both	2160	Not Specified	Comparison Group	Yes	3	Yes	Hamilton Rating Scale for Depression	0.80	
(14) Buttner ³⁵	2015	56	Gentle Vinyasa Flow	Adult	Female	960	Certified; Training Unspecified	No Treatment	Yes	3	Yes	Hamilton Depression Rating Scale; General Depression Scale	1.14	
(15) Butzer ³⁶	2017	201	Kripalu Yoga in the Schools	Adolescent	Both	1120	200 hrs	Comparison Group	Yes	2	No	Brunel Mood Scale	0.10	
(16) Carei ³⁷	2010	50	Viniyoga	Adolescent, Emerging Adult	Both	960	200 hrs	No Treatment	Yes	2	No	Beck Depression Inventory	0.01	
(17) Carter ³⁸	2013	25	Sudarshan Kriya Yoga	Adult	Male	NA	Certified; Training Unspecified	No Treatment	Yes	2	No	Center for Epidemiologic Studies-Depression	0.76	
(18) Čekanauskaitė ³	2020	33	Yoga Practice	Adult, Late	Both	1800	Certified; Training	No Treatment	Yes	1	No	Brunel Mood Scale:	0.25	

				Adulthood			Unspecified						Depression; Hospital Anxiety and Depression Survey	
(19) Chan ⁴⁰	2012	14	Satyananda (Hatha) Yoga	Adult	Both	1200	Certified; Training Unspecified	Comparison Group	Yes	3	No	Geriatric Depression Scale	0.21	
(20) Chandwani ⁴¹	2010	61	Yoga Program: Vivekananda Yoga Anusandhana Samsthana	Adult, Late Adulthood	Female	720	Certified; Training Unspecified	No Treatment	Yes	2	No	Center for Epidemiological Studies Depression Scale	0.02	
(21) Chandwani ⁴²	2014	97	Integrated Yoga Program	Emerging Adult, Adult, Late Adulthood	Female	1080	Certified; Training Unspecified	No Treatment	Yes	2	No	Center for Epidemiological Studies-Depression	-0.75	
(22) Chang ⁴³	2022	273	Upa Yoga Practices	Emerging Adult, Adult	Both	NA	Not Specified	No Treatment	Yes	2	No	Patient Health Questionnaire	0.20	
(23) Chen ⁴⁴	2009	128	Silver Yoga Exercise Program	Adult	Both	5460	Certified; Training Unspecified	No Treatment	Yes	2	No	Depression State	0.94	
(24) Chen ⁴⁵	2010	55	Silver Yoga Exercise Program	Adult	Both	5460	Certified; Training Unspecified	No Treatment	Yes	2	No	Taiwanese Depression Questionnaire	0.59	
(25) Chobe ⁴⁶	2016	11	Integrated Approach of Yoga Therapy for MS	Adult, Late Adulthood	Both	1200	Not Specified	Repeated Measures	No	1	No	Hospital Anxiety and Depression Survey	0.54	
(26) Chu ⁴⁷	2017	26	The Yoga Program	Emerging Adult, Adult	Female	1440	Certified; Training Unspecified	No Treatment	Yes	3	Yes	Beck Depression Inventory	0.55	

(27) Cohen ⁴⁸	2004	30	Tibetan Yoga	Emerging Adult, Adult, Late Adulthood	Both	NA	Not Specified	No Treatment	Yes	2	No	Center for Epidemiologic Studies: Depression	0.11
(28) Cowen ⁴⁹	2005	17	Astanga Yoga and Hatha Yoga	Emerging Adult, Adult	Both	686	Not Specified	Repeated Measures	No	1	No	The General Well-Being Schedule: Depression Hospital Anxiety and Depression Scale:	0.08
(29) Cramer ⁵⁰	2015	40	Hatha Yoga	Adult	Female	1080	Certified; Training Unspecified	No Treatment	Yes	2	No	Hospital Anxiety and Depression Scale: Depression Hospital Anxiety and Depression Scale:	0.37
(30) Cramer ⁵¹	2016	54	Hatha Yoga	Adult, Late Adulthood	Both	NA	Certified; Training Unspecified	No Treatment	Yes	2	No	Hospital Anxiety and Depression Scale: Depression	0.40
(31) Crowe ⁵²	2015	10	Iyengar Yoga	Adult	Female	1200	Certified; Training Unspecified	Repeated Measures	No	1	No	Menopause Rating Scale: Depression	0.90
(32) Culos-Reed ⁵³	2006	36	Yoga Program	Emerging Adult, Adult, Late Adulthood	Both	NA	Certified; Training Unspecified	No Treatment	Yes	2	No	Profile of Mood States: Depression	0.31
(33) Curtis ⁵⁴	2011	19	Hatha Yoga	Adolescent, Emerging Adult, Adult	Female	968	200 hrs	Repeated Measures	No	1	No	Hospital Anxiety and Depression-Depression Scale: Depression	0.32
(34) Dale ⁵⁵	2009	5	Six Day Eating Disorders Workshop	Emerging Adult, Adult	Female	NA	500 hrs	Repeated Measures	No	1	No	Profile of Mood States: Depression	0.42
(35) Danhauer ⁵⁶	2009	27	Restorative Yoga	Emerging Adult,	Female	750	200 hrs	No Treatment	Yes	2	No	Center for Epidemiologic	0.87

				Adult, Late Adulthood									Studies: Depression	
(36) Danhauer ⁵⁷	2015	34	Integral Yoga	Adult, Late Adulthood	Femal e	750	200 hrs	Compariso n Group	Yes	2	No	Center for Epidimiologic Studies - Depression and Anxiety Stress Scale: Edinburgh Postnatal Depression Scale	- 0.1 1	
(37) Danielly ⁵⁸	2017	22	Trauma- Focused Hatha Yoga	Emerging Adult, Adult	Femal e	NA	Certified; Training Unspecifie d	No Treatment	Yes	2	Yes	Depression Anxiety Stress Scale: Edinburgh Postnatal Depression Scale	0.5 1	
(38) Davis ⁵⁹	2015	39	Ashtanga Vinyasa Yoga	Emerging Adult, Adult	Femal e	600	500 hrs	Compariso n Group	Yes	2	Yes	Depression Anxiety Stress Scale-22 General Health Questionnaire: Severe Depression Beck Depression Inventory	0.2 1	
(39) Manincor ⁶⁰	2016	37	Viniyoga	Emerging Adult, Adult	Both	NA	500 hrs	Repeated Measures	Yes	3	Yes	Beck Depression Inventory	0.9 3	
(40) Devi ⁶¹	2013	60	Hatha Yoga	Adult	Both	10920	Not Specified	Compariso n Group	Yes	1	No	Hamilton Rating Scale for Depression	0.4 3	
(41) Devi ⁶²	2014	66	Yoga Practices	Emerging Adult, Adult	Male	1960	Not Specified	No Treatment	Yes	1	No	Hamilton Rating Scale for Depression	1.0 1	
(42) Devi ⁶³	2016	35	Yoga Practice	Emerging Adult, Adult	Femal e	5460	Not Specified	Repeated Measures	No	0	No	Beck Depression Inventory	2.5 5	
(43) Dhananjai ⁶⁴	2013	27	Swami Vivekananda Yoga Anusandhana Samsthana	Emerging Adult, Adult	Both	7800	Certified; Training Unspecifie d	Compariso n Group	No	0	Yes	Beck Depression Inventory; Hamilton Depression Rating Scale;	1.6 1	
(44) Drogla ⁶⁵	2014	16	Iyengar Yoga	Emerging Adult, Adult	Both	600	Certified; Training Unspecifie d	Compariso n Group	No	1	Yes	Beck Depression Inventory; Hamilton Depression Rating Scale;	- 1.1 7	

(45) Duraiswamy ⁶⁶	2007	41	Swami Vivekananda Yoga	Emerging Adult, Adult	Both	900	Certified; Training Unspecified	Comparison Group	Yes	2	No	Symptoms Checklist: Depression Positive and Negative Syndrome Scale	0.73
(46) Eda ⁶⁷	2018	46	Yoga Stretching	Adult, Late Adulthood	Female	90	Not Specified	Repeated Measures	No	0	No	Profile of Mood States: Depression	0.29
(47) Eda ⁶⁸	2020	20	Yoga Stretching	Emerging Adult, Adult	Male	91	Not Specified	Comparison Group	No	0	No	Profile of Mood States: Depression	0.39
(48) Elavsky ⁶⁹	2007	100	Iyengar Yoga	Adult	Female	3060	Certified; Training Unspecified	No Treatment	Yes	2	No	Beck Depression Inventory	0.13
(49) Ensari ⁷⁰	2016	48	Hatha Yoga	Emerging Adult, Adult	Both	30	Certified; Training Unspecified	Repeated Measures	Yes	2	No	Profile of Mood States: Depression	0.03
(50) Eyre ⁷¹	2017	61	Kundalini Yoga	Adult, Late Adulthood	Both	720	Not Specified	Comparison Group	Yes	3	No	Geriatric Depression Scale	0.11
(51) Falsafi ⁷²	2016	46	Hatha Yoga	Emerging Adult, Adult	Both	600	200 hrs	No Treatment	Yes	2	Yes	Beck Depression Inventory	1.09
(52) Fan ⁷³	2011	60	Silver Yoga Exercise Program	Adult	Both	1980	Certified; Training Unspecified	No Treatment	No	1	No	The Cornell Scale for Depression in Dementia	0.71
(53) Felver ⁷⁴	2015	94	Kripalu Yoga in the Schools	Adolescent	Both	525	200 hrs	Comparison Group	No	1	No	Brunel Mood Scale	0.11
(54) Field ⁷⁵	2012	56	Yoga Routine	Emerging Adult, Adult	Female	480	Certified; Training Unspecified	Comparison Group	Yes	2	Yes	Center for Epidemiologic Studies: Depression	0.43
(55) Field ⁷⁶	2013	92	Yoga Routine	Emerging Adult,	Female	240	Certified; Training	Comparison Group	Yes	2	Yes	Center for Epidemiologic	0.04

				Adult			Unspecified						Studies: Depression; Profile of Mood States - Depression Patient Health Questionnaire- 10	1.23
(56) Foulkrod ⁷⁷	2016	4	Yoga Nidra	Adult	Female	540	200 hrs	Repeated Measures	No	0	Yes			
(57) Frank ⁷⁸	2014	49	Transformative Life Skills Yoga Program	Adolescent	Both	1680		Certified; Training Unspecified	Repeated Measures	No	1	No	Brief Symptom Inventory-19	0.29
(58) Gabriel ⁷⁹	2018	49	Kundalini Yoga	Emerging Adult, Adult, Late Adulthood	Female	600		Certified; Training Unspecified	Comparison Group	No	1	No	Symptom Checklist 90-Revised: Depression	0.54
(59) Galatino ⁸⁰	2004	22	Hatha Yoga	Adult	Both	NA	200 hrs	No Treatment	Yes	2	No	Beck Depression Inventory	0.25	
(60) Gallagher ⁸¹	2020	79	Yoga	Emerging Adult, Adult	Female	NA	500 hrs	Comparison Group	Yes	2	No	Hospital Anxiety and Depression Scale: Depression	0.95	
(61) Gandahar ⁸²	2013	31	Yoga Module	Adult	Both	3000		Not Specified	Comparison Group	No	1	Yes	Hamilton Rating Scale for Depression	1.10
(62) Gautam ⁸³	2019	72	Yoga based mind body based intervention	Adult	Both	4800	200 hrs	Comparison Group	Yes	2	Yes	Beck Depression Inventory	1.32	
(63) Gawinski ⁸⁴	2012	24	Hatha Yoga	Emerging Adult, Adult	Both	1920		Certified; Training Unspecified	Repeated Measures	No	1	No	Beck Depression Inventory	0.46
(64) Hardoerfer ⁸⁵	2018	64	Yoga Therapy	Adult, Late Adulthood	Both	480		Not Specified	No Treatment	Yes	2	No	Patient Health Questionnaire-2	0.05
(65) Harinath ⁸⁶	200	30	Hatha Yoga	Emerging	Male	10800		Certified;	Comparison	Yes	1	No	Minnesota	-

	4		& Omkar Meditation	Adult, Adult			Training Unspecifie d	n Group					Multiphasic Personality Inventory: Depression	0.0 5
(66) Harner ⁸⁷	201 0	6	Iyengar Yoga	Adult	Femal e	2880	Certified; Training Unspecifie d	Repeated Measures	No	1	Yes		Beck Depression Inventory	1.2 3
(67) Harris ⁸⁸	201 5	58	Hatha Yoga and Mindfulness	Emerging Adult	Both	360	Not Specified	No Treatment	Yes	2	Yes		Beck Depression Inventory	0.3 1
(68) Hartfiel ⁸⁹	201 1	40	Dru Yoga	Emerging Adult, Late Adulthood	Both	NA	Certified; Training Unspecifie d	No Treatment	Yes	2	No		POMS: Elated- Depressed	0.8 4
(69) Huberty ⁹⁰	201 9	48	Online Yoga	Adult, Late Adulthood	Both	720	500 hrs	No Treatment	Yes	2	No		Emotional Distress- Depression Short Form	0.7 2
(70) Huberty ⁹¹	202 0	32	Udaya Yoga Videos	Emerging Adult, Adult	Femal e	NA	200 hrs	Compariso n Group	Yes	2	Yes		Patient Health Questionnaire	0.3 0
(71) Innes ⁹²	201 2	18	Iyengar Yoga	Adult, Late Adulthood	Femal e	1440	500 hrs	Compariso n Group	Yes	2	No		Profile of Mood States: Depression	3.9 6
(72) Innes ⁹³	201 3	10	Iyengar Yoga	Adult, Late Adulthood	Femal e	2640	Not Specified	Repeated Measures	No	1	Yes		Profile of Mood States: Depression	1.9 2
(73) Innes ⁹⁴	202 0	40	Iyengar Yoga	Adult, Late Adulthood	Both	2400	500 hrs	Compariso n Group	Yes	2	Yes		Profile of Mood States: Depression	- 0.0 2
(74) Javnbakht ⁹⁵	200 9	34	Ashtanga Yoga (Iyengar method)	Emerging Adult, Adult	Femal e	1440	Not Specified	No Treatment	Yes	1	No		Beck Depression Inventory	0.2 5
(75) Jeitler ⁹⁶	202	92	Yoga	Adolescen	Both	900	500 hrs	Compariso	No	1	No		Hospital	0.2

	0			t, Emerging Adult, Adult		n Group						Anxiety and Depression Scale: Depression; Profile of Mood States: Depression Depression, Anxiety, and Stress Scale:	1 0.0 8
(76) Jindani ⁹⁷	2015	50	Kundalini Yoga	Emerging Adult, Adult	Both	1560	500 hrs	No Treatment	Yes	2	No	Depression Hospital Anxiety Depression Scale: Depression Behavioral Assessment Scale for Children-II:	0.0 8
(77) Jong ⁹⁸	2018	69	Dru Yoga	Emerging Adult, Late Adulthood	Female	1320	500 hrs	Compariso n Group	Yes	2	No	Depression Scale: Depression Behavioral Assessment Scale for Children-II: Depression; Profile of Mood States: Depression Center for Epidemiologic Studies: Depression World Health Organization: Well-Being Questionnaire: Depression Geriatric Depression Scale	0.7 2
(78) Khalsa ⁹⁹	2012	109	Yoga Ed Program: Kripalu Yoga	Adolescen t, Emerging Adult	Both	NA	200 hrs	Compariso n Group	Yes	2	No	Center for Epidemiologic Studies: Depression World Health Organization: Well-Being Questionnaire: Depression Geriatric Depression Scale	0.1 3
(79) Kiecolt- Glaser ¹⁰⁰	2014	199	Yoga	Adult, Late Adulthood	Female	2160	200 hrs	No Treatment	Yes	2	No	Center for Epidemiologic Studies: Depression World Health Organization: Well-Being Questionnaire: Depression Geriatric Depression Scale	- 1.4 8
(80) Kosuri ¹⁰¹	2009	35	Yoga Camp	Adult, Late Adulthood	Both	NA	Certified; Training Unspecifie d	Repeated Measures	No	0	No	Center for Epidemiologic Studies: Depression World Health Organization: Well-Being Questionnaire: Depression Geriatric Depression Scale	0.1 7
(81) Krishnamurthy ¹⁰²	2007	38	Yoga Training	Adult	Both	10800	Not Specified	No Treatment	Yes	2	No	Center for Epidemiologic Studies: Depression World Health Organization: Well-Being Questionnaire: Depression Geriatric Depression Scale	1.8 6
(82) Kuntz ¹⁰³	2018	20	Yoga Exercise	Adult, Late Adulthood	Female	2160	Certified; Training Unspecifie d	Compariso n Group	Yes	2	No	Center for Epidemiologic Studies: Depression	- 0.1 6

(83) Kwok ¹⁰⁴	2019	117	Mindfulness Yoga for Parkinson's Disease	Adult, Late Adulthood	Both	1040	Certified; Training Unspecified	Comparison Group	Yes	2	No	Hospital Anxiety and Depression Scale-Depression	0.69
(84) Lanctot ¹⁰⁵	2016	92	Bali Yoga Program for Breast Cancer Patients	Emerging Adult, Late Adulthood	Female	NA	Certified; Training Unspecified	No Treatment	Yes	2	No	Beck Depression Inventory	0.59
(85) Rocque ¹⁰⁶	La 2018	33	Bikram Yoga	Emerging Adult, Adult	Female	1440	Certified; Training Unspecified	No Treatment	Yes	3	Yes	Hamilton Rating Scale for Depression	2.24
(86) Lin ¹⁰⁷	2015	71	Yoga	Adolescent, Emerging Adult, Adult	Female	2160	Not Specified	No Treatment	Yes	3	No	Calgary Depression Scale	0.68
(87) Maddux ¹⁰⁸	2018	78	Power Yoga	Adult	Both	480	Certified; Training Unspecified	No Treatment	Yes	2	No	The Hospital Anxiety and Depression Scale: Depression	0.20
(88) Marefat ¹⁰⁹	2011	12	Yoga Exercises	Emerging Adult, Adult	Male	900	Not Specified	Repeated Measures	Yes	1	Yes	Beck Depression Inventory	0.86
(89) Martin ¹¹⁰	2014	12	Vinyasa Yoga	Emerging Adult, Adult	Both	900	Not Specified	Repeated Measures	No	1	Yes	Profile of Mood States: Depression	0.57
(90) McGuirk ¹¹¹	2012	12	Vinyasa Yoga	Emerging Adult	Female	105	Not Specified	Repeated Measures	No	1	No	Profile of Mood States: Depression	0.48
(91) Mehrtash ¹¹²	2015	95	Yoga Classes	Emerging Adult, Adult	Both	200	Not Specified	Repeated Measures	No	0	No	Anxiety and Stress Scale: Depression	0.30
(92) Michalsen ¹¹³	2012	48	Iyengar Yoga	Emerging Adult, Adult	Female	NA	500 hrs	No Treatment	Yes	2	No	Center for Epidemiological Studies:	0.42

(93) Milbury ¹¹⁴	2019	20	Dyad Yoga Program	Emerging Adult, Late Adulthood	Both	540	Certified; Training Unspecified	No Treatment	Yes	1	No	Center for Epidemiological Studies-Depression	0.69
(94) Mitchell ¹¹⁵	2012	24	Yoga Postures	Emerging Adult, Adult	Female	480	Certified; Training Unspecified	Comparison Group	Yes	1	Yes	Center for Epidemiological Studies-Depression	0.78
(95) Mitchell ¹¹⁶	2014	38	Kripalu: Trauma-Sensitive Yoga	Emerging Adult, Adult	Female	900	200 hrs	No Treatment	Yes	2	Yes	Center for Epidemiological Studies-Depression	0.56
(96) Mohapatra ¹¹⁷	2019	46	Yoga Program	Adult, Late Adulthood	Both	900	Not Specified	Comparison Group	No	0	No	Beck Depression Inventory	0.14
(97) Mueller ¹¹⁸	2013	224	Bikram Yoga	Adult	Both	NA	Certified; Training Unspecified	No Treatment	No	0	No	Inventory of Depressive Symptoms	0.66
(98) Muzik ¹¹⁹	2012	18	Mindfulness Yoga	Emerging Adult, Adult	Female	900	Certified; Training Unspecified	Repeated Measures	No	1	No	Beck Depression Inventory; Edinburgh Postnatal Depression Scale	0.98
(99) Noggle ¹²⁰	2012	51	Kripalu Yoga	Adolescent	Both	840	200 hrs	Comparison Group	No	1	No	Profile of Mood States: Depression	0.52
(100) Noradechanunt ¹²¹	2017	24	Thai Yoga	Adult, Late Adulthood	Both	1920	Certified; Training Unspecified	Comparison Group	Yes	2	No	Center for Epidemiological Studies-Depression	0.12
(101) Oron ¹²²	2015	49	Hatha Yoga	Emerging Adult,	Female	720	Certified; Training	Repeated Measures	No	1	No	Beck Depression	0.41

				Adult			Unspecified						Inventory	
(102) Ozlem ¹²³	2018	47	Classical Yoga Program	Adult	Female	1440	Certified; Training Unspecified	Repeated Measures	No	0	No	Beck Depression Index/Scale	1.08	
(103) Paikkat ¹²⁴	2015	28	Yoga Therapy	Emerging Adult, Adult	Male	2700	Certified; Training Unspecified	Comparison Group	Yes	1	No	Positive and Negative Syndrome Scale: Depression Hospital Anxiety and Depression	1.33	
(104) Papp ¹²⁵	2020	36	Yogic Exercises Program	Adult, Late Adulthood	Both	1560	Certified; Training Unspecified	Comparison Group	Yes	2	No	Depression Scale: Depression	-0.21	
(105) Ponte ¹²⁶	2019	86	Yoga	Emerging Adult, Adult, Late Adulthood	Both	1440	200 hrs	No Treatment	No	1	No	Depression, Anxiety, and Stress Scale: Depression	0.51	
(106) Porter ¹²⁷	2019	55	Mindful Yoga	Emerging Adult, Adult, Late Adulthood	Female	960	Certified; Training Unspecified	Comparison Group	Yes	2	No	Hospital Anxiety and Depression Scale: Depression	0.03	
(107) Prado-Olmos ¹²⁸	2017	9	Connected Warriors: Trauma-Conscious Yoga Training	Emerging Adult, Adult	Both	720	200 hrs	Repeated Measures	No	1	No	Depression, Anxiety, and Stress Scale: Depression	-0.29	
(108) Prathikanti ¹²⁹	2017	25	Swami Vivekananda Yoga	Emerging Adult, Adult	Both	1440	500 hrs	Comparison Group	Yes	2	Yes	Beck Depression Inventory Profile of Mood States: Depression	0.93	
(109) Pruthi ¹³⁰	2012	28	Yoga Practice	Adult, Late Adulthood	Female	660	200 hrs	Comparison Group	Yes	2	No	Beck Depression	1.30	
(110) Raghavendra ¹³¹	2007	62	Integrated Yoga	Adult, Late	Female	NA	Not Specified	Comparison Group	Yes	2	No	Beck Depression	1.30	

			Programme	Adulthood									Inventory	
(111) Raghunath ¹³²	2016	69	Swami Vivekananda Yoga	Emerging Adult	Both	9720	Certified; Training Unspecified	Comparison Group	Yes	1	No	Beck Depression Inventory	2.47	
(112) Ranjita ¹³³	2016	72	Integrated Approach of Yoga Therapy	Adult	Male	6480	Not Specified	No Treatment	Yes	2	No	Beck Depression Inventory	0.57	
(113) Rao ¹³⁴	2015	69	Integrated Yoga Program	Adult	Female	4320	Certified; Training Unspecified	Comparison Group	Yes	2	No	Beck Depression Inventory	0.08	
(114) Ravindran ¹³⁵	2021	43	The Yoga Protocol	Emerging Adult, Adult	Both	1440	Certified; Training Unspecified	Comparison Group	Yes	2	Yes	Montgomery-Asberg Depression Rating Scale; Hamilton Depression Rating Scale; Beck Depression Inventory	0.26	
(115) Ray (a) ¹³⁶	2001	44	Hatha Yoga	Emerging Adult	Male	900	Certified; Training Unspecified	No Treatment	Yes	2	No	IPAT Depression	0.22	
(115) Ray (b) ¹³⁶	2001	9	Hatha Yoga	Emerging Adult	Female	900	Certified; Training Unspecified	No Treatment	Yes	2	No	IPAT Depression	0.17	
(116) Razazian ¹³⁷	2016	36	Hatha Yoga	Emerging Adult, Adult	Female	1440	Certified; Training Unspecified	No Treatment	Yes	1	No	Beck Depression Inventory	2.07	
(117) Sareen ¹³⁸	2007	52	Iyengar Yoga	Adult, Late Adulthood	Both	2160	Certified; Training Unspecified	Comparison Group	Yes	2	No	Profile of Mood States; Depression; Symptoms of Stress	0.82	

(118) Satyapriya ¹³⁹	2013	96	Integrated Approach of Yoga Therapy	Emerging Adult, Adult	Female	6720	Not Specified	Comparison Group	Yes	2	No	Inventory: Depression Hospital Anxiety Depression Scale	0.87
(119) Schulte ¹⁴⁰	2015	55	Yoga Intervention	Adolescent	Both	720	200 hrs	Comparison Group	No	1	No	Epidemiologic Studies Depression Scale	0.39
(120) Schuver ¹⁴¹	2016	34	LifeForce Yoga to Beat the Blues (DVD)	Emerging Adult, Adult	Female	1386.9	Not Specified	Comparison Group	Yes	2	Yes	Beck Depression Inventory	-0.43
(121) Sfindla ¹⁴²	2018	152	Krimiyoga	Emerging Adult, Late Adulthood	Both	900	Certified; Training Unspecified	Comparison Group	Yes	2	No	Brief Symptom Inventory: Depression	0.15
(122) Shohani ¹⁴³	2018	52	Hatha Yoga	Emerging Adult, Adult	Female	780	Not Specified	Repeated Measures	No	1	No	Depression, Anxiety, and Stress Scale: Depression Adolescent Health Questionnaire: Depression Defence Institute for Physiology and Applied Sciences: Depression Center for Epidemiologic Studies: Beck Depression Inventory	0.25
(123) Singh ¹⁴⁴	2015	100	Yogic Life Style Education Programme	Adolescent, Emerging Adult	Both	720	Not Specified	Comparison Group	No	0	No	Depression Adolescent Health Questionnaire: Depression Defence Institute for Physiology and Applied Sciences: Depression Center for Epidemiologic Studies: Beck Depression Inventory	0.39
(124) Singh ¹⁴⁵	2020	80	Yoga Training	Emerging Adult	Female	960	Certified; Training Unspecified	Comparison Group	No	0	No	Depression Adolescent Health Questionnaire: Depression Defence Institute for Physiology and Applied Sciences: Depression Center for Epidemiologic Studies: Beck Depression Inventory	-1.01
(125) Speed-Andrews ¹⁴⁶	2010	17	Iyengar Yoga	Adult, Late Adulthood	Female	NA	Certified; Training Unspecified	Repeated Measures	No	1	No	Depression Adolescent Health Questionnaire: Depression Defence Institute for Physiology and Applied Sciences: Depression Center for Epidemiologic Studies: Beck Depression Inventory	0.32
(126) Street ¹⁴⁷	2020	94	Ashtanga Vinyasa	Emerging Adult	Both	960	500 hrs	No Treatment	No	0	No	Beck Depression Inventory	0.08

(127) (a) ¹⁴⁸	Streeter	2017	15	Iyengar Yoga	Emerging Adult, Adult, Late Adulthood	Both	270	500 hrs	Repeated Measures	No	1	Yes	Beck Depression Inventory	2.08
(127) (b) ¹⁴⁸	Streeter	2017	15	Iyengar Yoga	Emerging Adult, Late Adulthood	Both	390	500 hrs	Repeated Measures	No	1	Yes	Beck Depression Inventory	2.62
(128)	Taylor ¹⁴⁹	2018	20	Restorative Yoga	Adult	Female	600	Certified; Training Unspecified	No Treatment	Yes	2	No	Center for Epidemiologic Studies: Depression Hospital Anxiety and Depression Scale: Beck Depression Inventory	0.83
(129)	Tejvani ¹⁵⁰	2016	34	Swami Vivekananda Yoga	Child, Adolescent, Emerging Adult	Both	720	Certified; Training Unspecified	Repeated Measures	No	0	No	Center for Epidemiologic Studies: Beck Depression Inventory	1.21
(130)	Tekur ¹⁵¹	2012	80	Swami Vivekananda Yoga	Emerging Adult, Adult	Both	3360	Not Specified	Comparison Group	Yes	2	No	Beck Depression Inventory	0.24
(131)	Toise ¹⁵²	2014	40	Gentle Adapted Yoga	Emerging Adult, Adult, Late Adulthood	Both	1360	Not Specified	No Treatment	Yes	2	No	Center for Epidemiologic Studies - Depression	0.60
(132)	Tolahunase ¹⁵³	2018	58	Yoga and Meditation-Based Lifestyle Intervention	Emerging Adult, Adult	Both	7200	Certified; Training Unspecified	Comparison Group	Yes	2	Yes	Beck Depression Inventory	1.64
(133)	Uebelacker ¹⁵⁴	2010	10	Vinyasa Yoga	Adult	Both	NA	Not Specified	Repeated Measures	No	1	Yes	Quick Inventory of Depression Symptoms; Patient Health Questionnaire-10	1.32
(134)		201	18	Prenatal	Emerging	Female	675	Certified;	Comparison	Yes	2	Yes	Edinburgh	0.6

Uebelacker ¹⁵⁵	6		Yoga Program	Adult, Adult	e		Training Unspecified	n Group					Postnatal Depression Scale	9
(135) Ulug ¹⁵⁶	2018	36	Iyengar Yoga	Emerging Adult, Adult	Both	840	Not Specified	Comparison Group	Yes	2	No		Beck Depression Inventory	0.40
(136) Vadiraja ¹⁵⁷	2009	75	Yoga Intervention	Adult	Female	1080	Certified; Training Unspecified	Comparison Group	Yes	2	No		Hospital Anxiety Depression Scale	0.42
(137) Valoriani ¹⁵⁸	2014	120	Hatha Yoga	Emerging Adult, Adult	Female	2340	Not Specified	No Treatment	No	1	No		Edinburgh Depression Scale	0.41
(138) van der Kolk ¹⁵⁹	2014	60	Trauma-Informed Yoga Self-Management of Tension Yogic Practices	Emerging Adult, Adult	Female	600	200 hrs	Comparison Group	Yes	2	No		Beck Depression Inventory	0.22
(139) Varambally ¹⁶⁰	2013	18	Yoga Workshops: Satyananda Yoga	Emerging Adult, Adult	Both	NA	Certified; Training Unspecified	No Treatment	Yes	2	No		Hospital Anxiety Depression Scale	-0.09
(140) Velasquez ¹⁶¹	2015	114	Inner Resources Program	Child, Adolescent	Both	2880	Certified; Training Unspecified	No Treatment	Yes	2	No		Strengths and Difficulties Questionnaire: Depression Center for Epidemiologic Studies:	0.52
(141) Waelde ¹⁶²	2004	12	Therapeutic Yoga Intervention	Adult, Late Adulthood	Female	630	Not Specified	Repeated Measures	No	1	No		Beck Depression Inventory	0.22
(142) Walter ¹⁶³	2018	8	Integrated Yoga Intervention	Adult	Both	9360	Certified; Training Unspecified	Repeated Measures	No	0	No		Mental Health Inventory-39	0.75
(143) Wankhede ¹⁶⁴	2019	200	Viniyoga Stress Reduction	Emerging Adult, Adult	Both	720	Certified; Training Unspecified	Comparison Group	Yes	2	No		Center for Epidemiologic Studies:	0.03

			Program										Depression	
(145) Woolery ¹⁶⁶	2004	23	Iyengar Yoga	Emerging Adult	Both	600	d Certified; Training Unspecified	No Treatment	Yes	2	Yes	Beck Depression Inventory	1.56	
(146) Yagli ¹⁶⁷	2015	20	Yoga Program	Late Adulthood	Female	480	d Certified; Training Unspecified	Comparison Group	Yes	1	No	Beck Depression Inventory	0.65	
(147) Yulianti ¹⁶⁸	2018	102	Prenatal Yoga	Adult	Female	NA	Not Specified	No Treatment	Yes	2	No	Hamilton Depression Rating Scale	1.82	
(148) Yuvarani ¹⁶⁹	2020	30	Yoga	Emerging Adult, Adult	Female	260	Not Specified	Comparison Group	No	0	No	Center for Epidemiological Studies: Depression	-0.14	
(149) Zaccari ¹⁷⁰	2020	17	Trauma Sensitive Yoga	NA	Both	600	Certified; Training Unspecified	Repeated Measures	No	0	No	Beck Depression Inventory	0.75	
(150) Zetzl ¹⁷¹	2021	114	Yoga Therapy	Emerging - Late Adulthood	Both	480	Certified; Training Unspecified	No Treatment	Yes	2	No	Patient Health Questionnaire-9	0.60	