

**Table S2.** Meta-regression of moderators/correlates of effects of yoga on depressive symptoms.

Moderator	Number RCTs	$\beta$	95% CI		P value	R <sup>2</sup>
Trial quality	13	-0.0848	-0.2869	0.1174	0.4112	0.08
Session/week	13	-0.4366	-0.6617	-0.2116	0.0001	1.00
Duration of session	13	-0.0023	-0.0075	0.0120	0.6504	0.22
Length of intervention	13	0.0304	-0.5877	0.6484	0.9233	0.21