

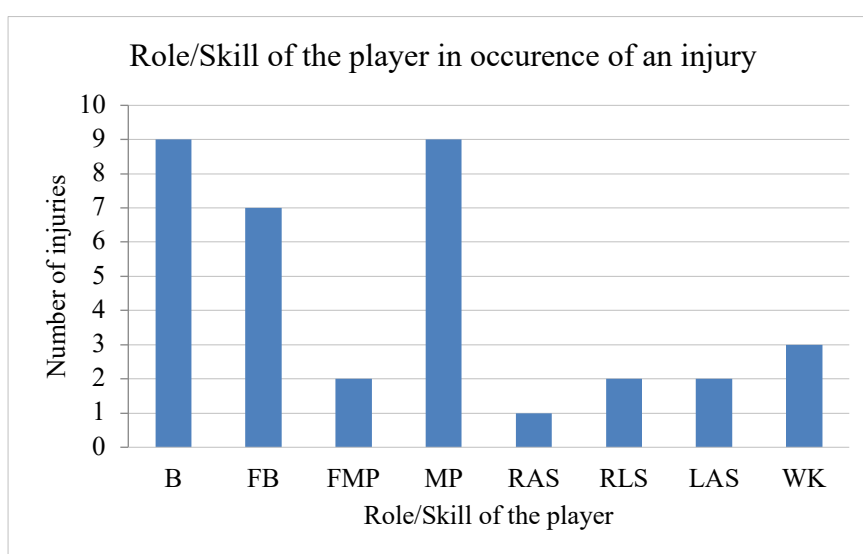
## **CHAPTER 6**

### **RESULTS**

## 6.0 RESULTS

### 6.1 INJURY SURVEY

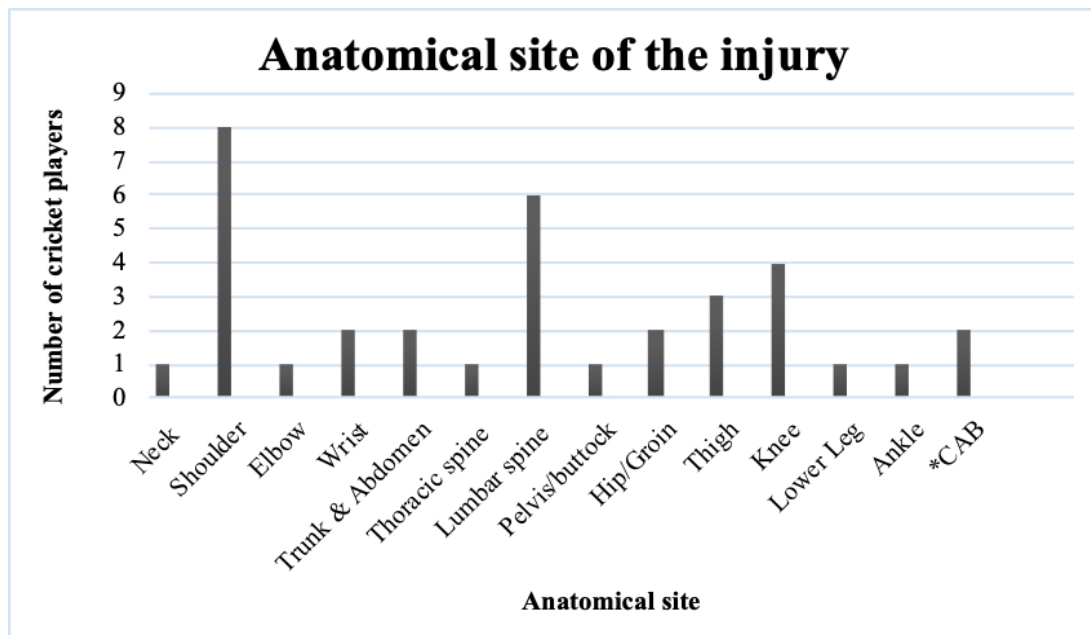
The mean and standard deviations (SD) of anthropometric measurements of age:  $24.71 \pm 4.37$  years, height:  $173.51 \pm 7.40$  cm, body weight:  $68.40 \pm 6.83$  kg, BMI:  $22.70 \pm 1.72$  kg/m<sup>2</sup> and a cricketing experience:  $5.60 \pm 4.05$  years was noted. Total number of injured players in each role were: batsmen – 9, fast bowler - 7, fast medium pace bowler - 2, medium pace bowler - 9, right arm off spinner - 1, right arm leg spinner - 2, left arm spinner - 2 and wicket keeper– 3 as shown in Figure 4.



**Figure 4: Occurrence of injuries according to the role of the players**

\*B - Batsman, FB - Fast bowler, FMP - Fast medium pace, MP - Medium pace bowler, RAS - Right arm spin, RLS - Right arm leg spinner, LAS - Left arm spinner, WK - Wicket keeper.

Over the study period, 35 significant injuries were recorded executing an annual prevalence rate of 10.97%. Prominent anatomical sites of the injury were - shoulder (22.85%), lumbar spine (17.14%), knee (11.42%) and thigh (8.57%) as indicated in figure 5.

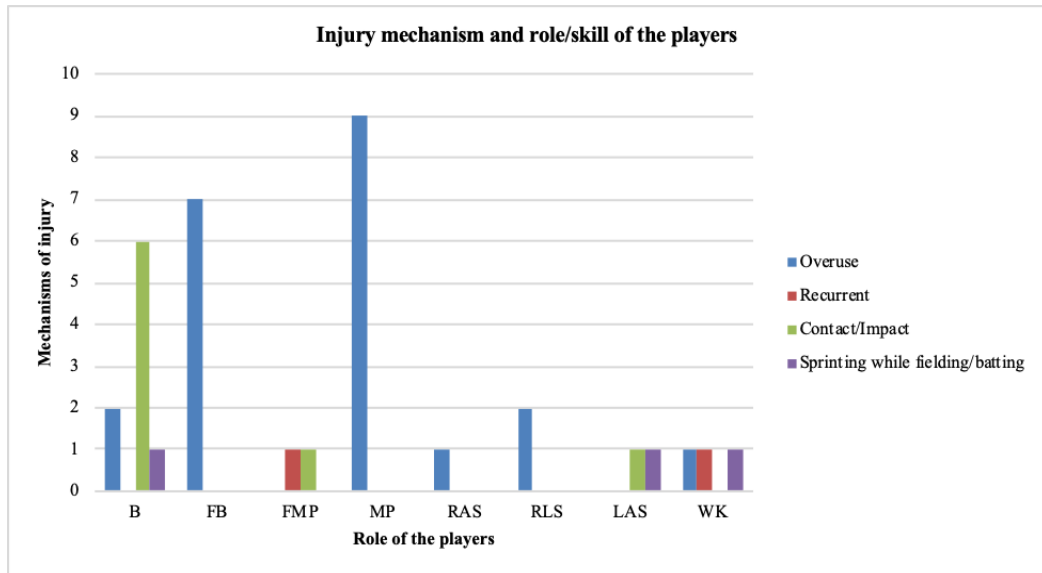


**Figure 5: Anatomical site of the injury among the cricket players**

\*CAB - Crossing anatomical boundaries

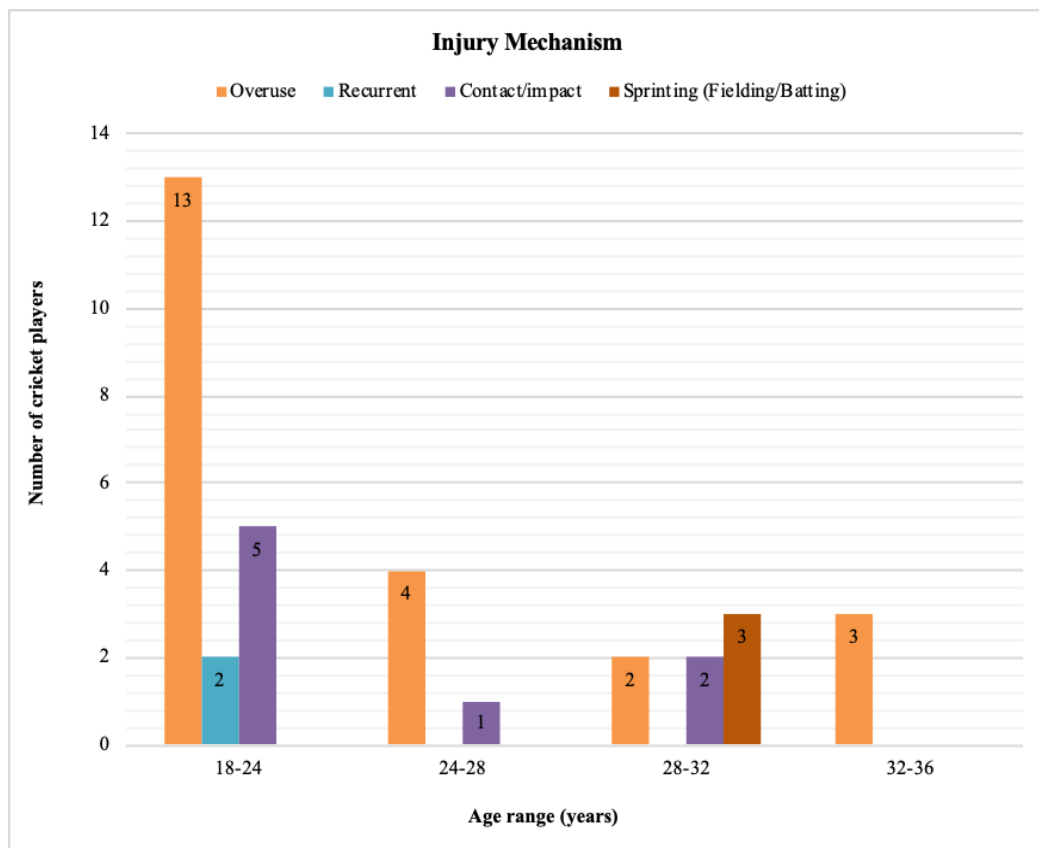
Injuries were predominantly muscles (40%), fracture and others (28.57%), tendon (14.28%) and ligament (11.42%). Batsmen and medium pacers sustained about 25.71% of injuries followed by fast bowlers 20%, wicket keepers 8.57%, fast medium pace bowler, right arm leg spinner and left arm spinner each sustained 5.71% injuries and right arm off spinner recorded 2.85% of injury occurrences. Injuries that manifested during fielding were 42.85% followed by 40% of bowling injuries. Match (45.85%) and training (28.57%) injuries were most common followed by gradual onset (25.71%) and other causes (2.85%).

Out of the 35 injuries, 22 were recorded as overuse (gradual/sudden), 8 were contact/impact, 3 were during sprinting while batting/fielding and 2 were recurrent injuries. Among the overuse injuries 25.71% of them were sustained by medium pacers and 20% of them were sustained by fast bowlers as shown in Figure 6. Age range of 18 to 24 years had an alarming rate of 37.14% of overuse injuries. Shoulder injuries were spread across all the age groups, but 71.42% of lumbar spine injuries manifested in the age group of 18 – 24 years as indicated in Figure 7.



**Figure 6: Injury mechanism and role/skill of the players**

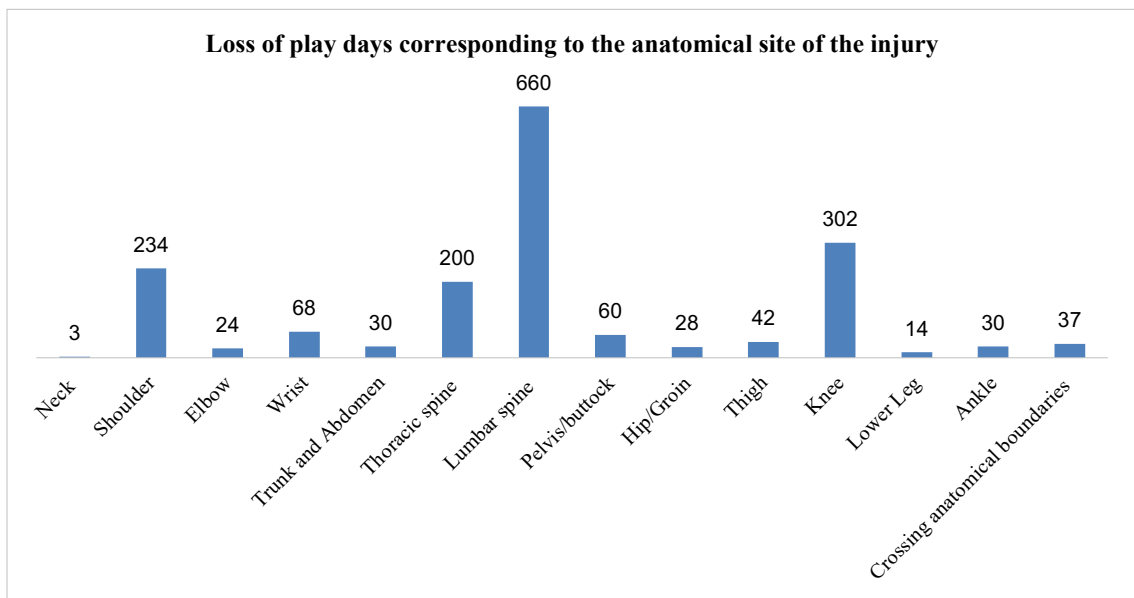
\*B - Batsman, FB - Fast bowler, FMP - Fast medium pace, MP - Medium pace bowler, RAS - Right arm spin, RLS - Right arm leg spinner, LAS - Left arm spinner, WK - Wicket keeper.



**Figure 7: Injury mechanism and age range of the players**

Entire range of lumbar spine injuries recorded were all overuse injuries with a gradual onset. Players with right hand dominance (HR) were 74.28% more prone to injuries than players with left hand dominance (HL) that was 25.71%. Evidently, players with right hand dominance showed more injuries on the left side while players with left hand dominance suggest injury on the right side of the body. With respect to the leg dominance, players who were right leg dominant (LR) were 77.14% vulnerable to injuries as opposed to the left leg dominant (LL) players with 22.85%. Though the right leg dominant players were marginally prone to injuries on the right side (40%), the left leg dominant players exhibited noticeable injuries on the right as well (17.14%).

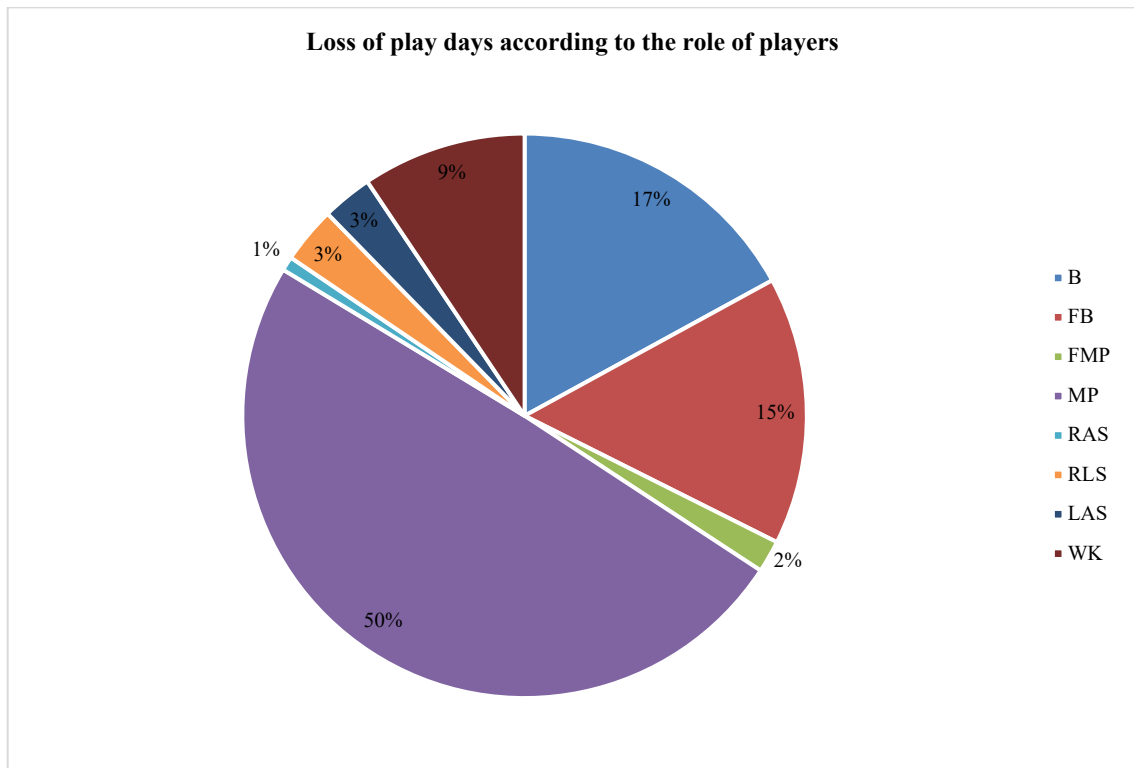
Data on the injury side also reveals that 75% of shoulder injuries were on the right side, while 71% of lumbar spine injuries were on the left side of the body. All lumbar injuries occurred on the non-dominant side of the player. Medium pacers displayed 77.7% of injuries on the left side while the batsman showed 55.5 % injuries on the right side of the body. Though shoulder was the most pronounced anatomical region of the injury, it was the lumbar spine injuries that resulted in distinct loss of play days of 34.64% as depicted in Figure 8.



**Figure 8: Loss of play days corresponding to the anatomical site of the injury**

On the other hand with the increase in cricketing experience there is a gradual attrition in injury instances. Age group of 18-24 years had 45% of injuries with 56% loss of play days, there was a 20%

occurrence of injuries in the age bracket of 32-36 years who had a loss of play days of 24.01%. It was again the medium pacers who had the highest loss of play days (45.95%) followed by batsmen (16.85%) and fast bowlers (15.35%). Meanwhile, bowling injuries showed a 49.5% loss of play days, thus, being the most predisposed activity for occurrence of an injury as shown in Figure 9. Also, the study revealed a sudden upswing in the rate of injuries during the month of December (20%).



**Figure 9: Loss of play days according to the role of the players**

\*B - Batsman, FB - Fast bowler, FMP- Fast medium pace, MP - Medium pace bowler, RAS – Right arm spin, RLS - Right arm leg spinner, LAS - Left arm spinner, WK - Wicket keeper.

Variable loss of play days was not normally distributed across the parameters of body region, injury side, time of onset, activity of onset and injury mechanism. Thus, non-parametric test (Kruskal Wallis Test) was used to make the group comparisons (Table 4), which indicated that loss of play days was significant in the variable of time of onset ( $p < 0.05$ ) wherein, it was the sub group of gradual onset on the injuries that showed highest loss of play days.

**Table 4: Association between loss of play days and parameters of body region, time of onset, activity of onset and injury mechanism.**

<b>Parameters</b>	<b>Loss of play days (Mean <math>\pm</math>SD)</b>	<b>p value</b>
<b>Body Region Involved</b>		0.083
Ankle	30.00 $\pm$ 0	
Crossing Anatomical boundaries	18.50 $\pm$ 16.26	
Elbow	24.00 $\pm$ 0	
Hip and Groin	14.00 $\pm$ 9.90	
Knee	75.50 $\pm$ 70.17	
Lower Leg	14.00 $\pm$ 0	
Lumbar Spine	110.00 $\pm$ 76.68	
Neck	3.00 $\pm$ 0	
Pelvis/Buttock	60.00 $\pm$ 0	
Shoulder	29.25 $\pm$ 38.28	
Thigh	14.00 $\pm$ 5.29	
Thoracic Spine	200.00 $\pm$ 0	
Trunk and Abdominal	15.00 $\pm$ 1.41	
Wrist	34.00 $\pm$ 5.66	
<b>Time of onset***</b>		0.002
Gradual	107.33 $\pm$ 73.13	
Match	19.67 $\pm$ 16.07	
Training	46.80 $\pm$ 56.80	
Others	3.00 $\pm$ 0	
<b>Activity of Onset</b>		0.107
Batting	12.00 $\pm$ 0	
Bowling	61.36 $\pm$ 69.59	
Fielding	25.77 $\pm$ 30.65	
Fielding Practice	20.00 $\pm$ 0	
Gradual	119.50 $\pm$ 65.73	
Warmup	25.00 $\pm$ 0	
Others	3.00 $\pm$ 0	

<b>Parameters</b>	<b>Loss of play days (Mean <math>\pm</math>SD)</b>	<b>p value</b>
<b>Injury Mechanism (Cause)</b>		0.446
Contact with moving object (ball)	17.50 $\pm$ 14.53	
Contact with other player	25.00 $\pm$ 0	
Contact with stagnant object	38.00 $\pm$ 0	
Impact/Contact	10.00 $\pm$ 0.00	
Over use (Gradual onset)	72.69 $\pm$ 72.24	
Over use (Sudden Onset)	37.40 $\pm$ 46.92	
Overuse (Gradual onset)	30.00 $\pm$ 0	
Recurrent of previous injury	78.50 $\pm$ 101.12	
Sprinting while fielding/batting	14.00 $\pm$ 5.29	

\*\*\*Significant at  $p < 0.05$ , Kruskal Wallis Test

According to this study, both medication and physiotherapy are employed in the management of injury. Also, four surgeries were reported (11.42%) – reconstructive shoulder surgery (fast bowler who sustained a slap lesion with a gradual onset of the injury), knee chondroplasty (an all-rounder who sustained a lateral femoral condylar osteochondral lesion, with loose body and popliteus tendon partial tear during a warm-up session), ACL (Anterior cruciate ligament) reconstruction surgery (wicket keeper who had a gradual onset of a near complete tear involving upper part of anterior cruciate ligament) and discectomy (batsman who during a training had a mild posterior annular disc protrusion at L4-L5 level).

## **6.2 YOGA MODULE**

CVR was calculated for all the 32 *yoga* practices and practices that yielded a  $CVR \geq 0.47$  were included. However, six *yoga* practices with  $CVR \leq 0.47$  were rejected from the designed *yoga* module (Ayre & Scally, 2014). The mean CVR was  $0.6 \pm 0.22$ . As per the Lawshe's CVR ratio the minimum value for 19 SMEs is 0.47, it means the CVR ratio achieved to evaluate the content validity of the *yoga* module is found to be significant and the validated module is valid to be used as an intervention for facilitating muscular functioning and mindfulness among asymptomatic male cricket players. All the practices with a  $CVR \geq 0.47$ , were identified and retained for inclusion in the final list of validated



practices. Thus, a total of 26 practices out of 32 practices were considered to be retained as indicated by Table 5.

**Table 5: Validated *yoga* practices with CVR  $\geq 0.33$  as per Lawshe's formula**

<b>Yoga practices</b>	<b>Ne*</b>	<b>N**</b>	<b>N/2</b>	<b>Ne-N/2</b>	<b>CVR***</b>
Pavanamuktāsana kriya	14	19	9.5	4.5	0.47
Sūryanamaskāra	19	19	9.5	9.5	1
Utthitatrikoṇāsana	16	19	9.5	6.5	0.68
Parivṛttatrikoṇāsana	16	19	9.5	6.5	0.68
Pārśvakoṇāsana	16	19	9.5	6.5	0.68
Vīrabhadrāsana I	15	19	9.5	5.5	0.57
Vīrabhadrāsana II	14	19	9.5	4.5	0.47
Utthitahastapādānguṣṭhāsana	15	19	9.5	5.5	0.57
Prasāritapādottānāsana	16	19	9.5	6.5	0.68
Vṛkṣāsana	15	19	9.5	5.5	0.57
Baddhakoṇāsana	15	19	9.5	5.5	0.57
Upaviṣṭakoṇāsana	15	19	9.5	5.5	0.57
Gomukhāsana	14	19	9.5	4.5	0.47
Parivṛttajānuśīrṣāsana	14	19	9.5	4.5	0.47
Uṣṭrāsana	18	19	9.5	8.5	0.89
Vīrāsana	16	19	9.5	6.5	0.68
Bhujāṅgāsana	18	19	9.5	8.5	0.89
Śalabhāsana	16	19	9.5	6.5	0.68
Dhanurāsana	17	19	9.5	7.5	0.78
Sālabasarvāṅgāsana	16	19	9.5	6.5	0.68
Matsyāsana	16	19	9.5	6.5	0.68
Uttānapādāsana	15	19	9.5	5.5	0.57
Jaṭharaparivartanāsana	18	19	9.5	8.5	0.89
Nādiśuddhi	18	19	9.5	8.5	0.89
Bhrāmari	18	19	9.5	8.5	0.89
Deep Relaxation (Śavāsana)	18	19	9.5	8.5	0.89

Ne\* - Total number of essentials for each pertinent *yoga* practice

N\*\*- Total number of experts in the validation panel

CVR\*\*\* - Content Validity Ratio

### 6.3 YOGA INTERVENTION - MUSCULAR FUNCTIONING

A total of 42 cricket players were taken in each group. However, there were two dropouts from the wait-list control group as they were lost to both the post and the follow-up assessments due to their unavailability. Hence, in the *yoga* group  $n=42$  and in the wait-list control group  $n=40$ . Prior to performing any statistical analysis for comparison, data were compiled to obtain the descriptive statistics. There were no missing data at T1 (baseline), T2 (post-*yoga* intervention) and at T3 (follow-up). Basic demographic details of age, height, body weight, and cricketing experience at the professional level were analysed using descriptive statistics as shown in Table 6.

**Table 6: Anthropometric measures at baseline**

Variable	Yoga group	Control group
Number of cricket players (n)	42	40
Age (year) mean $\pm$ SD value	21.07 $\pm$ 4.19	21.72 $\pm$ 3.29
Height (cm) mean $\pm$ SD value	176.95 $\pm$ 6.13	177.52 $\pm$ 4.88
Body weight (kg) mean $\pm$ SD value	69.62 $\pm$ 8	69.75 $\pm$ 7.55
Cricketing experience (year) mean $\pm$ SD value	5.47 $\pm$ 3.14	6.37 $\pm$ 2.69

Mean $\pm$ SD of the muscular functioning indicators of *yoga* group and control group have been shown in table 7. The scores which showed statistical significance with  $p<.001$  at baseline were further evaluated. These scores were substituted at T2 with the difference between the individual raw scores of T2 and baseline score (T2-T1) and at T3 with the difference between the individual raw scores of T3 and baseline score (T3-T1). Thus, obtained scores (T2-T1 and T3-T1) were further tested for significance using unpaired t-test. A statistical significance with  $p<.001$  was observed for all the variable at T2 and T3 except YBT PL (R), YBT DELTA, POA 11°PEO and POA 25°PEO at T2 and BASR IR (R), YBT DELTA, POA 10°DEO, POA 10°DEC, POA 11°PEO, POA 25°PEO and POA 25°PEC at T3 as indicated in Table 8.

**Table 7: Mean±SD of the muscular functioning indicators of yoga group and control group**

Name	T1 (Mean±SD)		T2 (Mean±SD)		T3 (Mean±SD)	
	Yoga	Control	Yoga	Control	Yoga	Control
1. DLL	70.28±11.23	69.18±11.70	55.52±12.22	72.01±6.56	58.29±9.1	71.55±5.79
2. SBT (R)	78.62±31.6	79.2±29.1	110.95±30.35	68.3±27.73	107.4±32.96	59.98±26.19
3. SBT (L)	93.98±27.92	78.08±31.42	123.17±30.06	67.63±26.66	109.48±37.99	59.9±24.44
4. BSR (R)	27.17±4.04	27.45±3.83	32.43±5.23	26.38±3.75	30.88±4.46	24.88±3.39
5. BSR (L)	28.24±3.7	28.1±4.15	33.14±4.18	26.5±4	31.55±4.72	24.65±3.05
6. BASR IR (R)	77.43±11.64	72.73±3.27	4.52±5.48	-0.28±2.73	1.40±10.16	-1.60±3.48
7. BASR IR (L)	79.48±10.75	72.48±3.96	4.76±5.48	-2.45±4.01	2.86±6.45	-2.70±4.40
8. BASR ER (R)	94.02±8.25	92.7±3.99	98.21±8.13	91.53±5.75	97.21±7.98	89.33±7.1
9. BASR ER (L)	95.95±8.45	92.25±5.28	101.17±9.14	90.3±6.87	98.76±8.48	87.85±6.62
10. SB EO (R)	47.36±27.45	78.53±37.63	56.21±43.08	-10.83±19.35	48.83±37.49	-18.75±21.95
11. SB EO (L)	58±35.97	78.73±32.97	118.1±63.23	66.2±30.94	107.52±44.32	57.88±29.91
12. SB EC (R)	14.71±12.28	28.68±27.02	11.31±9.95	-5.83±16.07	11.21±11.21	-11.53±26.42
13. SB EC (L)	15.55±9.39	25.68±13.84	19.79±16.14	-9.48±14.27	13.74±17.39	11.03±14.67
14. YBT ANT (R)	52.36±14.14	67.85±16.89	21.33±12.96	-0.85±10.69	16.45±10.99	±3.88±12.14
15. YBT PM (R)	52.43±14.14	65.48±17.88	21.40±11.66	-1±15.11.02	16.5±11.84	-3.55±22.82
16. YBT PL (R)	54.93±14.92	66.2±17.44	75.67±18.48	64.48±18.08	70±16	60.8±15.43
17. YBT ANT (L)	52.76±15.15	70.35±16.5	23.33±14.13	±1.73±12.99	18.17±11.97	-5.73±14.98
18. YBT PM (L)	53.57±15.13	68.1±17.25	21.79±13.96	-0.53±11.45	19.12±14.92	-5.85±11.36
19. YBT PL (L)	55.07±15.15	67.93±15.95	19.4±11.69	-2.5±11.44	17.74±13.51	-7±12.05
20. YBT COMP (R)	55.72±13.16	70.09±17.73	21.86±12.84	-1.43±15.73	18.06±12.69	-4.94±14.41
21. YBT COMP (L)	55.94±13.83	71.99±16.3	21.63±12.95	-2.3±12.16	19.47±13.34	-6.86±11.18
22. YBT DELTA	0.23±4.63	1.91±6.33	0.32±4.17	1.04±6.5	1.64±2.99	0.01±6.11

23. POA 10°DEO	8.19±2.76	9.8±1.8	1.64±2.37	0.12±1.73	1.2±2.76	-0.03±1.33
24. POA 10°DEC	7.29±5.26	6.87±3.13	9.39±1.97	12.03±5.42	6.84±3.17	5.22±3.20
25. POA 11°PEO	10.92±2.44	11.54±2.10	11.19±0.6	12.52±4.17	11.57±1.46	11.45±1.35
26. POA 11°PEC	10.67±7.11	9.06±6.14	10.95±1.65	7.36±4.46	8.73±5.11	7.3±4.74
27. POA 25°PEO	23.04±4.79	24.04±3.08	23.87±2.86	23.37±2.28	23.69±1.97	23.51±1.81
28. POA 25°PEC	22.89±10.51	19.36±8.59	22.97±4.07	14.84±6.18	18.69±5.09	15.7±6.66

- DLL – Double leg lowering test
- SBT – Side bridge test
- BSR- Back saver sit and reach test
- BASR – Bi-lateral active shoulder rotation range of motion; IR – Internal rotation; ER – External rotation
- SB – Stork balance; EO – Eyes open; EC – Eyes closed
- YBT – Y Balance Test; Ant – Anterior; PM – Postero medial; PL – Postero lateral
- POA – Proprioception of the ankle; 10°D – 10° dorsiflexio; 11°P – 11° plantar flexion; 25°P – 25° plantar flexion; EO – Eyes open; EC – Eyes closed
- T1 – Baseline
- T2 – Post yoga intervention
- T3 – Follow-up

**Table 8: Individual comparison at each timepoints**

Name	T1	T2	T3
1. DLL	t(65.64) = -0.01, p = .989, d < 0.01	t(56.77) = 8.25, p < .001, d = 1.81*	t(68.54) = 7.66, p < .001, d = 1.70*
2. SBT (R)	t(78.83) = 0.24, p = .810, d = 0.05	t(79.00) = -6.55, p < .001, d = -1.46*	t(78.28) = -7.27, p < .001, d = -1.61*
3. SBT (L)	t(77.84) = -2.42, p = .018, d = -0.54	t(79.61) = -8.86, p < .001, d = -1.95*	t(70.41) = -7.06, p < .001, d = -1.54*
4. BSR (R)	t(79.93) = 0.22, p = .826, d = 0.05	t(74.46) = -6.05, p < .001, d = -1.33*	t(76.30) = -6.88, p < .001, d = -1.51*
5. BSR (L)	t(77.82) = -0.60, p = .552, d = -0.13	t(77.89) = -7.62, p < .001, d = -1.70*	t(72.23) = -8.28, p < .001, d = -1.84*
6. BASR IR (R)	t(45.81) = -3.51, p < .001, d = -0.77*	t(60.7) = -5.06, p < .001, d = 0.73*	t(50.9) = -5.28, p = 0.07, d = 1.39
7. BASR IR (L)	t(48.51) = -3.64, p < .001, d = -0.78*	t(76.32) = 6.98, p < .001, d = 1.28*	t(72.68) = 4.57, p < .001, d = 1.30*
8. BASR ER (R)	t(60.19) = -1.29, p = .202, d = -0.28	t(67.41) = -4.55, p < .001, d = -1.01*	t(60.95) = -4.51, p < .001, d = -1.00*
9. BASR ER (L)	t(55.55) = -2.80, p = .007, d = -0.62	t(62.47) = -6.68, p < .001, d = -1.47*	t(69.08) = -6.38, p < .001, d = -1.41*
10. SB EO (R)	t(65.80) = 4.63, p < .001, d = 1.04*	t(57.5) = 9.16, p < .001, d = 0.51*	t(66.73) = 10.01, p < .001, d = 1.09*
11. SB EO (L)	t(77.90) = 3.25, p = .002, d = 0.73	t(60.02) = -4.63, p < .001, d = -1.02*	t(70.44) = -5.72, p < .001, d = -1.27*
12. SB EC (R)	t(70.72) = 4.70, p < .001, d = 1.05*	t(64.5) = -5.77, p < .001, d = 1.79*	t(52.06) = 5.03, p < .001, d = 1.73*
13. SB EC (L)	t(67.25) = 3.67, p < .001, d = 0.83*	t(79.55) = 8.7, p < .001, d = -1.6*	t(78.87) = 6.98, p < .001, d = -1.07*
14. YBT ANT (R)	t(76.17) = 4.49, p < .001, d = 1.00*	t(78.42) = 8.47, p < .001, d = 1.01*	t(768.29) = 7.93, < .001, d = 0.96*
15. YBT PM (R)	t(74.22) = 3.65, p < .001, d = 0.81*	t(79.96) = 8.94, p < .001, d = 1.12*	t(57.92) = 4.95, < .001, d = 2.42*
16. YBT PL (R)	t(76.81) = 3.14, p = .002, d = 0.70	t(79.94) = -2.77, p = .007, d = -0.61	t(79.19) = -2.57, p = .012, d = -0.57
17. YBT ANT (L)	t(79.21) = 5.19, p < .001, d = 1.15*	t(79.9) = 8.03, p < .001, d = 2.45*	t(74.5) = 7.95, p < .001, d = 0.81*
18. YBT PM (L)	t(75.50) = 4.04, p < .001, d = 0.90*	t(78.29) = 7.92, p < .001, d = 0.2*	t(76.35) = 8.55, p < .001, d = 0.79*
19. YBT PL (L)	t(79.20) = 3.74, p < .001, d = 0.83*	t(79.93) = 8.57, p < .001, d = 1.44*	t(79.66) = 8.75, p < .001, d = 1.39*
20. YBT COMP (R)	t(71.86) = 4.15, p < .001, d = 0.92*	t(75.35) = 7.32, p < .001, d = -0.93*	t(77.61) = 7.65, p < .001, d = 1.52*
21. YBT COMP (L)	t(75.50) = 5.02, p < .001, d = 1.12*	t(79.98) = 8.63, p < .001, d = 1.37*	t(78.74) = 9.7, p < .001, d = 1.95*
22. YBT DELTA	t(62.61) = 1.60, p = .114, d = 0.37	t(52.77) = 1.07, p = .289, d = 0.25	t(61.49) = 1.94, p = .057, d = 0.44
23. POA 10°DEO	t(54.27) = -4.21, p < .001, d = -0.92*	t(75.03) = 3.33, p < .001, d = 1.57*	t(59.72) = 2.59, p = .012, d = -1.03

24. POA 10°DEC	t(75.91) = -2.43, p = .017, d = -0.53	t(48.97) = 4.57, p < .001, d = 1.04*	t(78.64) = 1.59, p = .116, d = 0.35
25. POA 11°PEO	t(76.93) = -2.05, p = .043, d = -0.46	t(38.56) = 2.45, p = .019, d = 0.57	t(44.84) = -2.00, p = .052, d = -0.43
26. POA 11°PEC	t(75.82) = -1.91, p = .060, d = -0.43	t(59.75) = 7.90, p < .001, d = 1.81*	t(74.34) = -3.37, p < .001, d = -0.75*
27. POA 25°PEO	t(58.24) = -2.91, p = .005, d = -0.64	t(74.84) = 0.29, p = .773, d = 0.06	t(77.83) = -1.00, p = .320, d = -0.22
28. POA 25°PEC	t(78.97) = -0.25, p = .803, d = -0.06	t(55.11) = 9.73, p < .001, d = 2.18*	t(66.71) = 2.49, p = .015, d = 0.56

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- DLL – Double leg lowering test
  - SBT – Side bridge test
  - BSR - Back saver sit and reach test
  - BASR – Bi-lateral active shoulder rotation range of motion; IR – Internal rotation; ER – External rotation
  - SB – Stork balance; EO – Eyes open; EC – Eyes closed
  - YBT – Y Balance Test; Ant – Anterior; PM – Postero medial; PL – Postero lateral
  - POA – Proprioception of the ankle; 10°D – 10°dorsiflexio; 11°P – 11°plantar flexion; 25°P – 25°plantar flexion; EO – Eyes open; EC – Eyes closed
  - T1 – Baseline
  - T2 – Post *yoga* intervention
  - T3 – Follow-up

\*<0.001 – exponential significance

### **Linear mixed-effect model**

For all the variables, there seemed no difference of significance and direction of association between the original, outlier removed and the transformed model. Hence, the outlier-removed model was retained. As indicated by the comparison of the model fit there was a significant ( $p < 0.001$ ) difference between the model as compared to the baseline model among all the variables except for YBT DELTA and POA 25°P EO. Overall there was no significant fixed effect ( $p > 0.05$ ) of time except for the variables SB EC (L) at T2 as compared to T1, and significant difference with the variables SBT (R), BSR (R), BSR (L), BASR ER (L), SB EO (R), SB EC(R), YBT PL (L) at T3 as compared to the T1. Also, significant fixed effect in group (*yoga* as compared to controls) can be noted only for the variables BASR IR (R), BASR IR (L), SB EO (R), SB EC(R), SB EC(L), YBT ANT (R), YBT ANT (L), YBT PM (L), YBT PL (R), YBT PL (L), YBT COMP (R), YBT COMP (L) and POA10°D EO as illustrated in Table 9.

Evidence of interaction effect suggests significant group\*time interaction at both time points of T2 and T3 except for the variables - YBT DELTA, POA11°D EO, POA 25°P EO at T2 and for the variables BSR IR (R), YBT DELTA, POA10°D EO, POA10°D EC, POA11°D EO, POA10°D EC, POA 25°P EO and POA 25°P EC at T3.

**Table 9: Repeated measures results for the variables of muscular functioning using linear mixed effects model**

		Value	Std.Error	t-value	DF	p-value	
Baseline	(Intercept)	69.15	0.83	83.69	78	<0.001	
Model 1	(Intercept)	71.09	1.34	53.13	77	<0.001	
DLL	Group (yoga vs control)	0.03	1.86	0.01	77	0.989	
	TimeT2	1.51	1.50	1.01	77	0.318	
	TimeT3	0.47	1.35	0.35	77	0.730	
	GroupYoga:TimeT2	-17.41	2.08	-8.36	77	<0.001	
	GroupYoga:TimeT3	-13.07	1.88	-6.96	77	<0.001	
	Comparison of Model Fit:				X <sup>2</sup> (5)=87.47, p<0.001		
Baseline	(Intercept)	79.35	2.97	26.71	80	<0.001	
Model 2	(Intercept)	79.20	4.78	16.58	79	<0.001	
SBT (R)	Group (yoga vs control)	-1.61	6.72	-0.24	79	0.811	
	TimeT2	-10.90	3.37	-3.23	79	0.002	
	TimeT3	-19.22	5.02	-3.83	79	<0.001	
	GroupYoga:TimeT2	42.49	4.74	8.96	79	<0.001	
	GroupYoga:TimeT3	46.68	7.05	6.62	79	<0.001	
	Comparison of Model Fit:				X <sup>2</sup> (5)=86.1, p<0.001		
Baseline	(Intercept)	84.66	3.27	25.88	81	<0.001	
Model 3	(Intercept)	78.08	4.69	16.64	80	<0.001	
SBT (L)	Group (yoga vs control)	15.90	6.56	2.43	80	0.018	
	TimeT2	-10.45	3.36	-3.11	80	0.003	
	TimeT3	-18.18	5.34	-3.40	80	0.001	
	GroupYoga:TimeT2	39.64	4.70	8.43	80	<0.001	
	GroupYoga:TimeT3	33.68	7.46	4.51	80	<0.001	
	Comparison of Model Fit:				X <sup>2</sup> (5)=92.19, p<0.001		
Baseline	(Intercept)	27.12	0.41	65.86	81	<0.001	
Model 4	(Intercept)	27.45	0.61	44.85	80	<0.001	
BSR (R)	Group (yoga vs control)	-0.19	0.86	-0.22	80	0.826	
	TimeT2	-1.08	0.51	-2.09	80	0.039	
	TimeT3	-2.57	0.50	-5.14	80	<0.001	
	GroupYoga:TimeT2	6.24	0.72	8.71	80	<0.001	
	GroupYoga:TimeT3	6.19	0.70	8.85	80	<0.001	



		Comparison of Model Fit:			X <sup>2</sup> (5)=97.02, p<0.001		
Baseline	(Intercept)	27.66	0.39	70.30	79	<0.001	
Model 5	(Intercept)	27.79	0.60	46.59	78	<0.001	
BSR (L)	Group (yoga vs control)	0.50	0.83	0.60	78	0.552	
	TimeT2	-1.49	0.49	-3.03	78	0.003	
	TimeT3	-3.28	0.59	-5.60	78	<0.001	
	GroupYoga:TimeT2	6.39	0.69	9.32	78	<0.001	
	GroupYoga:TimeT3	6.18	0.82	7.55	78	<0.001	
			Comparison of Model Fit:			X <sup>2</sup> (5)=104.53, p<0.001	
Baseline	(Intercept)	73.98	0.81	91.59	79	<0.001	
Model 6	(Intercept)	72.36	1.23	58.67	78	<0.001	
BASR IR (R)	Group (yoga vs control)	5.91	1.72	3.43	78	<0.001	
	TimeT2	-0.21	0.70	-0.29	78	0.769	
	TimeT3	-1.44	1.23	-1.17	78	0.247	
	GroupYoga:TimeT2	4.84	0.97	4.98	78	<0.001	
	GroupYoga:TimeT3	2.85	1.72	1.66	78	0.101	
			Comparison of Model Fit:			X <sup>2</sup> (5)=57.11, p<0.001	
Baseline	(Intercept)	75.41	0.85	88.20	78	<0.001	
Model 7	(Intercept)	73.16	1.33	54.82	77	<0.001	
BASR IR (L)	Group (yoga vs control)	6.31	1.83	3.45	77	<0.001	
	TimeT2	-1.70	0.71	-2.39	77	0.019	
	TimeT3	-1.86	0.86	-2.17	77	0.033	
	GroupYoga:TimeT2	6.46	0.98	6.61	77	<0.001	
	GroupYoga:TimeT3	4.72	1.18	4.00	77	<0.001	
			Comparison of Model Fit:			X <sup>2</sup> (5)=60.13, p<0.001	
Baseline	(Intercept)	93.46	0.65	143.17	79	<0.001	
Model 8	(Intercept)	92.92	0.95	97.97	78	<0.001	
BASR ER (R)	Group (yoga vs control)	1.69	1.32	1.27	78	0.207	
	TimeT2	-0.90	0.56	-1.60	78	0.113	
	TimeT3	-2.28	0.81	-2.82	78	0.006	
	GroupYoga:TimeT2	4.90	0.78	6.26	78	<0.001	
	GroupYoga:TimeT3	4.62	1.13	4.09	78	<0.001	
			Comparison of Model Fit:			X <sup>2</sup> (5)=60.13, p<0.001	

		Comparison of Model Fit:			$X^2(5)=53.82, p<0.001$		
Baseline	(Intercept)	94.22	0.70	134.56	78	<0.001	
Model 9	(Intercept)	92.92	0.96	96.83	77	<0.001	
BASR ER (L)	Group (yoga vs control)	3.64	1.33	2.73	77	0.008	
	TimeT2	-1.45	0.67	-2.16	77	0.034	
	TimeT3	-4.21	0.89	-4.75	77	<0.001	
	GroupYoga:TimeT2	6.59	0.93	7.10	77	<0.001	
	GroupYoga:TimeT3	6.58	1.23	5.34	77	<0.001	
			Comparison of Model Fit:			$X^2(5)=75.27, p<0.001$	
Baseline	(Intercept)	67.13	3.26	20.62	80	<0.001	
Model 10	(Intercept)	78.52	4.97	15.80	79	<0.001	
SB EO (R)	Group (yoga vs control)	-32.55	6.99	-4.66	79	<0.001	
	TimeT2	-10.82	5.33	-2.03	79	0.046	
	TimeT3	-18.75	4.85	-3.87	79	<0.001	
	GroupYoga:TimeT2	67.51	7.50	9.01	79	<0.001	
	GroupYoga:TimeT3	68.36	6.82	10.03	79	<0.001	
			Comparison of Model Fit:			$X^2(5)=90.27, p<0.001$	
Baseline	(Intercept)	69.68	3.19	21.82	79	<0.001	
Model 11	(Intercept)	76.21	4.72	16.16	78	<0.001	
SB EO (L)	Group (yoga vs control)	-21.42	6.59	-3.25	78	0.002	
	TimeT2	-10.77	6.77	-1.59	78	0.116	
	TimeT3	-17.85	5.59	-3.19	78	0.002	
	GroupYoga:TimeT2	71.09	9.46	7.52	78	<0.001	
	GroupYoga:TimeT3	69.99	7.81	8.96	78	<0.001	
			Comparison of Model Fit:			$X^2(5)=76.36, p<0.001$	
Baseline	(Intercept)	20.55	0.95	21.58	80	<0.001	
Model 12	(Intercept)	24.67	1.70	14.51	79	<0.001	
SB EC (R)	Group (yoga vs control)	-11.28	2.39	-4.72	79	<0.001	
	TimeT2	-3.82	1.59	-2.40	79	0.019	
	TimeT3	-7.52	1.86	-4.04	79	<0.001	
	GroupYoga:TimeT2	14.70	2.24	6.56	79	<0.001	
	GroupYoga:TimeT3	18.45	2.62	7.05	79	<0.001	

		Comparison of Model Fit:			$X^2(5)=55.48, p<0.001$		
Baseline	(Intercept)	21.12	1.05	20.19	78	<0.001	
Model 13	(Intercept)	25.51	1.92	13.30	77	<0.001	
SB EC (L)	Group (yoga vs control)	-9.94	2.70	-3.69	77	<0.001	
	TimeT2	-9.54	2.10	-4.53	77	<0.001	
	TimeT3	-11.49	2.35	-4.88	77	<0.001	
	GroupYoga:TimeT2	26.91	2.96	9.10	77	<0.001	
	GroupYoga:TimeT3	24.14	3.31	7.30	77	<0.001	
			Comparison of Model Fit:			$X^2(5)=71.62, p<0.001$	
Baseline	(Intercept)	64.98	1.55	41.96	81	<0.001	
Model 14	(Intercept)	67.85	2.46	27.61	80	<0.001	
YBT ANT (R)	Group (yoga vs control)	-15.49	3.43	-4.51	80	<0.001	
	TimeT2	-0.60	1.87	-0.32	80	0.749	
	TimeT3	-3.88	1.83	-2.12	80	0.037	
	GroupYoga:TimeT2	21.93	2.61	8.42	80	<0.001	
	GroupYoga:TimeT3	20.33	2.56	7.96	80	<0.001	
			Comparison of Model Fit:			$X^2(5)=90.25, p<0.001$	
Baseline	(Intercept)	63.44	1.46	43.49	81	<0.001	
Model 15	(Intercept)	65.48	2.53	25.85	80	<0.001	
YBT ANT (L)	Group (yoga vs control)	-13.05	3.54	-3.69	80	<0.001	
	TimeT2	-1.00	1.80	-0.56	80	0.579	
	TimeT3	-3.55	2.76	-1.29	80	0.202	
	GroupYoga:TimeT2	22.40	2.51	8.92	80	<0.001	
	GroupYoga:TimeT3	20.05	3.85	5.20	80	<0.001	
			Comparison of Model Fit:			$X^2(5)=86.94, p<0.001$	
Baseline	(Intercept)	63.85	1.56	40.94	81	<0.001	
Model 16	(Intercept)	66.20	2.56	25.84	80	<0.001	
YBT PM (R)	Group (yoga vs control)	-11.27	3.58	-3.15	80	0.002	
	TimeT2	-1.73	2.32	-0.74	80	0.459	
	TimeT3	-4.65	2.20	-2.12	80	0.037	
	GroupYoga:TimeT2	22.46	3.24	6.93	80	<0.001	
	GroupYoga:TimeT3	19.72	3.07	6.42	80	<0.001	

		Comparison of Model Fit:			$X^2(5)=66.1, p<0.001$		
Baseline	(Intercept)	66.72	1.50	44.45	81	<0.001	
Model 17	(Intercept)	70.60	2.46	28.75	80	<0.001	
YBT PM (L)	Group (yoga vs control)	-17.84	3.43	-5.20	80	<0.001	
	TimeT2	-2.72	2.05	-1.33	80	0.188	
	TimeT3	-5.97	2.13	-2.80	80	0.006	
	GroupYoga:TimeT2	25.06	2.87	8.74	80	<0.001	
	GroupYoga:TimeT3	24.14	2.98	8.10	80	<0.001	
		Comparison of Model Fit:			$X^2(5)=85.45, p<0.001$		
Baseline	(Intercept)	64.46	1.64	39.27	80	<0.001	
Model 18	(Intercept)	68.28	2.61	26.20	79	<0.001	
YBT PL (R)	Group (yoga vs control)	-14.71	3.62	-4.06	79	<0.001	
	TimeT2	-1.97	1.79	-1.11	79	0.272	
	TimeT3	-5.72	2.14	-2.67	79	0.009	
	GroupYoga:TimeT2	23.76	2.48	9.58	79	<0.001	
	GroupYoga:TimeT3	24.84	2.97	8.35	79	<0.001	
		Comparison of Model Fit:			$X^2(5)=98.67, p<0.001$		
Baseline	(Intercept)	64.28	1.68	38.32	81	<0.001	
Model 19	(Intercept)	67.92	2.46	27.64	80	<0.001	
YBT PL (L)	Group (yoga vs control)	-12.85	3.43	-3.74	80	<0.001	
	TimeT2	-2.50	1.83	-1.37	80	0.176	
	TimeT3	-7.00	2.03	-3.45	80	<0.001	
	GroupYoga:TimeT2	21.90	2.56	8.57	80	<0.001	
	GroupYoga:TimeT3	24.74	2.83	8.73	80	<0.001	
		Comparison of Model Fit:			$X^2(5)=92.49, p<0.001$		
Baseline	(Intercept)	66.88	1.54	43.31	81	<0.001	
Model 20	(Intercept)	70.09	2.46	28.49	80	<0.001	
YBT COMP (R)	Group (yoga vs control)	-14.37	3.44	-4.18	80	<0.001	
	TimeT2	-1.43	2.26	-0.63	80	0.529	
	TimeT3	-4.94	2.14	-2.31	80	0.024	
	GroupYoga:TimeT2	23.29	3.16	7.36	80	<0.001	
	GroupYoga:TimeT3	23.00	3.00	7.68	80	<0.001	

		Comparison of Model Fit:			$X^2(5)=75.32, p<0.001$		
Baseline	(Intercept)	68.39	1.51	45.24	80	<0.001	
Model 21	(Intercept)	72.66	2.38	30.48	79	<0.001	
YBT COMP (L)	Group (yoga vs control)	-16.72	3.31	-5.05	79	<0.001	
	TimeT2	-1.59	1.96	-0.81	79	0.421	
	TimeT3	-6.28	1.94	-3.23	79	0.002	
	GroupYoga:TimeT2	23.22	2.72	8.53	79	<0.001	
	GroupYoga:TimeT3	25.75	2.70	9.54	79	<0.001	
		Comparison of Model Fit:			$X^2(5)=98.18, p<0.001$		
Baseline	(Intercept)	2.97	0.26	11.33	76	<0.001	
Model 22	(Intercept)	4.23	0.57	7.44	75	<0.001	
YBT DELTA	Group (yoga vs control)	-1.29	0.80	-1.61	75	0.111	
	TimeT2	-0.84	0.63	-1.35	75	0.183	
	TimeT3	-0.97	0.63	-1.54	75	0.129	
	GroupYoga:TimeT2	0.49	0.88	0.55	75	0.582	
	GroupYoga:TimeT3	0.19	0.88	0.22	75	0.827	
		Comparison of Model Fit:			$X^2(5)=9.36, p=0.095$		
Baseline	(Intercept)	0.74	0.08	9.23	77	<0.001	
Model 23	(Intercept)	0.80	0.28	2.83	76	0.006	
POA10°D EO	Group (yoga vs control)	1.58	0.39	4.05	76	<0.001	
	TimeT2	-0.01	0.30	-0.03	76	0.979	
	TimeT3	-0.26	0.29	-0.92	76	0.359	
	GroupYoga:TimeT2	-1.88	0.41	-4.55	76	<0.001	
	GroupYoga:TimeT3	-1.14	0.40	-2.89	76	0.005	
		Comparison of Model Fit:			$X^2(5)=40.65, p<0.001$		
Baseline	(Intercept)	4.06	0.16	25.56	80	<0.001	
Model 24	(Intercept)	3.99	0.38	10.58	79	<0.001	
POA 10°D EC	Group (yoga vs control)	1.26	0.52	2.40	79	0.019	
	TimeT2	0.15	0.52	0.29	79	0.770	
	TimeT3	0.69	0.48	1.44	79	0.155	
	GroupYoga:TimeT2	-3.83	0.73	-5.25	79	<0.001	
	GroupYoga:TimeT3	-1.98	0.67	-2.97	79	0.004	

		Comparison of Model Fit:			$X^2(5)=47.92, p<0.001$		
Baseline	(Intercept)	0.81	0.08	9.89	78	<0.001	
Model 25	(Intercept)	0.83	0.25	3.32	77	<0.001	
POA 11°P EO	Group (yoga vs control)	0.71	0.35	2.05	77	0.044	
	TimeT2	0.56	0.40	1.42	77	0.159	
	TimeT3	-0.39	0.29	-1.35	77	0.183	
	GroupYoga:TimeT2	-1.72	0.55	-3.14	77	0.002	
	GroupYoga:TimeT3	-0.31	0.41	-0.77	77	0.445	
			Comparison of Model Fit:			$X^2(5)=20.93, p<0.001$	
Baseline	(Intercept)	3.25	0.13	24.39	78	<0.001	
Model 26	(Intercept)	3.95	0.54	7.35	77	<0.001	
POA 11°P EC	Group (yoga vs control)	1.41	0.75	1.89	77	0.062	
	TimeT2	-0.20	0.57	-0.35	77	0.729	
	TimeT3	-0.92	0.63	-1.46	77	0.147	
	GroupYoga:TimeT2	-3.84	0.80	-4.81	77	<0.001	
	GroupYoga:TimeT3	0.14	0.88	0.16	77	0.875	
			Comparison of Model Fit:			$X^2(5)=81.56, p<0.001$	
Baseline	(Intercept)	1.73	0.13	13.63	80	<0.001	
Model 27	(Intercept)	1.58	0.42	3.74	79	<0.001	
POA 25°P EO	Group (yoga vs control)	1.72	0.59	2.89	79	0.005	
	TimeT2	0.14	0.40	0.34	79	0.738	
	TimeT3	0.02	0.46	0.03	79	0.974	
	GroupYoga:TimeT2	-1.83	0.57	-3.23	79	0.002	
	GroupYoga:TimeT3	-1.42	0.65	-2.18	79	0.032	
			Comparison of Model Fit:			$X^2(5)=18.32, p=0.003$	
Baseline	(Intercept)	8.26	0.38	21.80	80	<0.001	
Model 28	(Intercept)	8.61	0.87	9.85	79	<0.001	
POA 25°P EC	Group (yoga vs control)	0.31	1.23	0.25	79	0.803	
	TimeT2	2.27	0.99	2.29	79	0.025	
	TimeT3	1.31	1.19	1.10	79	0.274	
	GroupYoga:TimeT2	-8.43	1.39	-6.06	79	<0.001	
	GroupYoga:TimeT3	-2.96	1.68	-1.76	79	0.081	

- DLL – Double leg lowering test
- SBT – Side bridge test
- BSR- Back saver sit and reach test
- BASR – Bi-lateral active shoulder rotation range of motion; IR – Internal rotation; ER – External rotation
- SB – Stork balance; EO – Eyes open; EC – Eyes closed
- YBT – Y Balance Test; Ant – Anterior; PM – Postero medial; PL – Postero lateral;
- POA – Proprioception of the ankle; 10°D – 10° dorsiflexio; 11°P – 11° plantar flexion; 25°P – 25° plantar flexion; EO – Eyes open; EC – Eyes closed
- T2 – Time 2, at the end of *yoga* intervention
- T3 – Time 3, at the end of follow-up period

#### 6.4 YOGA INTERVENTION - MINDFULNESS

Bartlett's test of sphericity was confirmed as significant ( $\chi^2(10)=321.070, p<0.001$ ). Cronbach's alpha coefficients indicated that the subscales observe - 0.672, describe - 0.742, acting with awareness - 0.729 and non-reacting - 0.731 were internally consistent, falling within acceptable range except non-judging with an alpha of 0.406. The intercorrelations presented in Table 10 show that all FFMQ subscales were significantly intercorrelated. Results of the regression analyses predicting each FFMQ facet from the other four facets combined revealed extremely significant models with observe - ( $F=(4,77)=39.608, p<0.001$ ) with an  $R^2$  of 0.656, describe - ( $F=(4,77)=71.556, p<0.001$ ) with an  $R^2$  of 0.777, act with awareness - ( $F=(4,77)=42.242, p<0.001$ ) with an  $R^2$  of 0.671, non-judging - ( $F=(4,77)=28.439, p<0.001$ ) with an  $R^2$  of 0.575, non-reactivity - ( $F=(4,77)=45.474, p<0.001$ ) with an  $R^2$  of 0.687, indicating that although intercorrelated, a substantial proportion of the variance in each facet is distinct from the other four facets and contributed independently towards the prediction of mindfulness (Baer et al., 2008; Cash, & Whittingham, 2010). For all the variables, there seemed no difference of significance and direction of association between the original, outlier removed model. Hence, the outlier-removed model was retained.

**Table 10: Inter-correlations between the facets of five-facet mindfulness questionnaire**

	OBS	D	AA	NJ
Observe				
Describe	.801			
Act-aware	.695	.777		
Non-judging	.594	.729	.715	
Non-reactivity	.736	.798	.753	.677

Note - All  $p < .001$

OBS - Observe, D - Describe, AA - Act-aware, NJ -Non-judging

### **Linear mixed-effect model**

As indicated by the comparison of the model fit there was a significant ( $p < 0.001$ ) difference between the model as compared to the baseline model among all the five facets. When including the interaction term in the model, there was no significant fixed effect ( $p > 0.05$ ) of time for all the facets at T2 and T3 as compared to the T1. Also, no significant fixed effect in group (*yoga* as compared to controls) can be noted for all the facets. However, significant interaction effect (group\*time interaction) at T2 can be found among all the facets except for the facet of act with awareness. There was no significant interaction effect (group\*time interaction) for all the facets at T3 as illustrated in Table 11.



**Table 11: Repeated measures results for the five-facets of mindfulness using linear mixed effects model**

		Value	Std.Error	t-value	DF	p-value
Baseline	(Intercept)	19.77	0.42	47.46	80	<0.001
Model 1	(Intercept)	18.44	0.71	26.12	79	<0.001
Observe	Group (yoga vs control)	0.23	0.98	0.24	79	0.814
	Time T2	0.38	0.74	0.52	79	0.603
	Time T3	-0.10	0.64	-0.16	79	0.872
	GroupYoga:TimeT2	9.04	1.02	8.85	79	<0.001
	GroupYoga:TimeT3	1.75	0.88	1.98	79	0.052
	Conditional R <sup>2</sup> : 0.661; Marginal R <sup>2</sup> : 0.416					
				Comparison of Model Fit:	X <sup>2</sup> (5)=119.16, p<0.001	
Baseline	(Intercept)	21.06	0.47	44.90	80	<0.001
Model 2	(Intercept)	19.79	0.81	24.47	79	<0.001
Describe	Group (yoga vs control)	0.06	1.12	0.06	79	0.956
	Time T2	-0.15	0.81	-0.19	79	0.850
	Time T3	-1.08	0.65	-1.66	79	0.101
	GroupYoga:TimeT2	10.08	1.13	8.95	79	<0.001
	GroupYoga:TimeT3	2.77	0.90	3.07	79	0.003
	Conditional R <sup>2</sup> : 0.669; Marginal R <sup>2</sup> : 0.414					
				Comparison of Model Fit:	X <sup>2</sup> (5)=128.49, p<0.001	
Baseline	(Intercept)	22.96	0.45	50.97	80	<0.001
Model 3	(Intercept)	20.31	0.83	24.47	79	<0.001
Act With Awareness	Group (yoga vs control)	0.86	1.15	0.75	79	0.458
	Time T2	2.46	0.94	2.61	79	0.011
	Time T3	0.36	0.63	0.57	79	0.573
	GroupYoga:TimeT2	6.78	1.31	5.18	79	<0.001
	GroupYoga:TimeT3	1.69	0.88	1.92	79	0.059
	Conditional R <sup>2</sup> : 0.589; Marginal R <sup>2</sup> : 0.347					
				Comparison of Model Fit:	X <sup>2</sup> (5)=96.38, p<0.001	

Baseline	(Intercept)	20.88	0.29	71.24	79	<0.001
Model 4	(Intercept)	20.28	0.57	35.70	78	<0.001
Non-Judging	Group (yoga vs control)	-0.70	0.79	-0.88	78	0.383
	Time T2	0.69	0.77	0.90	78	0.370
	Time T3	-0.41	0.52	-0.79	78	0.429
	GroupYoga:TimeT2	7.94	1.07	7.41	78	<0.001
	GroupYoga:TimeT3	1.68	0.72	2.33	78	0.023
	Conditional R <sup>2</sup> : 0.575; Marginal R <sup>2</sup> : 0.428					
Comparison of Model Fit:				X <sup>2</sup> (5)=94.73, p<0.001		
Baseline	(Intercept)	18.17	0.39	46.51	80	<0.001
Model 5	(Intercept)	16.63	0.70	23.79	79	<0.001
Non-Reactivity	Group (yoga vs control)	1.13	0.98	1.15	79	0.253
	Time T2	1.02	0.75	1.36	79	0.176
	Time T3	-0.73	0.60	-1.21	79	0.231
	GroupYoga:TimeT2	6.22	1.06	5.89	79	<0.001
	GroupYoga:TimeT3	1.92	0.84	2.28	79	0.026
	Conditional R <sup>2</sup> : 0.583; Marginal R <sup>2</sup> : 0.364					
Comparison of Model Fit:				X <sup>2</sup> (5)=105.26, p<0.001		

T2 – Time 2, at the end of *yoga* intervention; T3 – Time 3, at the end of follow-up period

All figures of the linear mixed effect model illustrating the comparison of the muscular functioning and five facet mindfulness variables between the groups at pre (T1), post (T2) and follow-up (T3) are given in the appendices (Appendix VIII).