Records identified through database searching (n = 1284)

Records screened (n = 1314)

Full-text articles assessed for eligibility (n = 216)

Records excluded (n = 209)*
- Not randomised design n=180
- Yoga programmes n=3
- Additional lifestyle intervention n=27

Studies included in quantitative synthesis (meta-analysis) (n = 8)

Records after duplicates removed (n = 327)

Additional records identified through other sources (n = 31)