Reviewer’s report

Title: Yoga for schizophrenia: A systematic review and meta-analysis

Version: 3 Date: 1 October 2012

Reviewer: Davy Vancampfort

Reviewer’s report:

This is a well-written and comprehensive meta-analysis on a clinically important topic. The authors conducted a systematic review and met-analysis to clarify the effects of yoga on symptoms of schizophrenia, well-being, function, and hospitalization in patients with schizophrenia.

This paper adds value to the current knowledge about the use of yoga in the treatment of patients with schizophrenia. To the best of my knowledge, it is also the first-meta-analysis on this topic.

The introduction is well written and builds upon the current knowledge base. The rationale for this study is clearly outlined. I only have one minor comment. I do believe that in daily clinical practice not all therapists do perceive breathing exercises and meditation as psycho-spiritual techniques but rather as body awareness related exercises. A minor discretionary revision could be to delete “psycho-spiritual techniques” in the text.

The methods used are clearly described and to the best of my knowledge appropriate as well. The data are sound.

The discussion and conclusions are well balanced and adequately supported by the data. Limitations of the work are clearly stated.

Level of interest: An article of outstanding merit and interest in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests.