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| **Table 4. Differences Between the Yoga Practitioner and Non-yoga Group in Symptoms and Physical Function** | | | | |
| **Variable (score range); Mean (SD)** | **Yoga Practitioner group** | **Non-yoga group** | **Yoga vs non-yoga t - Test statistic** | **Yoga vs non-yoga, Mean difference** |
| **(n = 35)** | **(n = 329)** | **(p-value)** | **(95% CI)** |
| **Pain (0-100)** | 28.2 (28.2) | 39.5 (29.2) | 2.2 (0.03)\* | 11.3 (1.2, 21.6)\* |
| **Fatigue (0-5)** | 2.2 (0.95) | 2.6 (1.2) | 1.95 (0.052) | 0.40 (-0.003, 0.81) |
| **PR - Depression (41-79.4)** | 47.6 (8.4) | 48.8 (8.9) | 0.75 (0.45) | 1.18 (-1.92, 4.29) |
| **PR - Sleep Quality (28.9-76.5)** | 49.9 (9.9) | 50.8 (11.1) | 0.48 (0.64) | 0.93 (-2.91, 4.76) |
| **PR - Physical Function (22.9-56.9)** | 29.6 (6.2) | 34.3 (8.1) | 3.29 (0.001)\*\* | 4.67 (1.86, 7.45)\*\* |
| **HAQ Disability Index (0-3)** | 0.89 (0.65) | 1.21 (0.77) | 2.35 (0.02)\* | 0.32 (0.05, 0.59)\* |
| n = number; SD = Standard Deviation; PR = PROMIS; HAQ = Health Assessment Questionnaire; \*= p<0.05, \*\* = p< 0.01, \*\*\* = p<0.001 | | | | |