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| **Table 5. Differences Between the Yoga and Non-yoga Group in Symptoms and Physical Function, Controlling for Age and Education Status** | | | | | |
| **Variable (score range)** | **R2** | **Adjusted F** | **p-value** | **significance of yoga on the overall model** | **95% CI for significance of contribution of yoga to the model** |
|  | **(df, error df)** | **t (p-value)** |
| Pain (0-100) | 0.082 | 11.8 (3, 358) | <0.001a | -1.81 (0.07) | (-19.51, 0.83) |
| Fatigue (0-5) | 0.028 | 4.47 (3, 360) | 0.004a | -1.70 (0.09) | (-0.77, 0.06) |
| PR - Depression (41.0-79.4) | 0.018 | 3.19 (3, 360) | 0.02a | -0.74 (0.46) | (-4.39, 1.98) |
| PR - Sleep Quality (28.9-76.5) | 0.003 | 1.34 (3,360) | 0.26 | -0.89 (0.38) | (-5.74, 2.17) |
| PR - Physical Function (22.9-56.9) | 0.072 | 10.33 (3, 360) | <0.001b | -2.18 (0.03\*) | (-5.94, -0.93) |
| HAQ Disability Index (0-3) | 0.052 | 7.68 (3, 360) | < 0.001c | -1.28 (0.20) | (-0.45, 0.10) |
| F and its associated p-value are results from the linear regression model controlling for age and education status. PR = PROMIS. HAQ = Health Assessment Questionnaire. df = degrees of freedom. CI = Confidence Interval. \* = p<0.05 | | | | | |
| a. only education contributed significantly to the model | | |  |  |  |
| b. Yoga practice, age and education all contributed significantly to the model | | | |  |  |
| c. Only age and education contributed significantly to the model | | |  |  |  |