

## Comparison 2: Yoga techniques compared with control (no yoga techniques)

Source:† Smith CA, Levett KM, Collins CT, Crowther CA. Relaxation techniques for pain management in labour. Cochrane Database Syst Rev. 2011;(12):CD009514.

| No. of studies                                 | Study design | Quality assessment   |               |              |                           |                      | No. of participants |               | Effect                 |  | Certainty (GRADE) | Importance |
|--|--------------|----------------------|---------------|--------------|---------------------------|----------------------|---------------------|---------------|------------------------|--|-------------------|------------|
|  |              | Risk of bias         | Inconsistency | Indirectness | Imprecision               | Other considerations | Yoga                | Control       | Relative (95% CI)      | Absolute (95% CI)                                  |                   |            |
| <b>Pain intensity</b>                          |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | serious <sup>b</sup>      | none                 | 33                  | 33            | -                      | MD 6.12 lower<br>(11.77 lower to 0.47 lower)       | ⊕⊕○○<br>LOW       | critical   |
| <b>Satisfaction with pain relief</b>           |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | serious <sup>b</sup>      | none                 | 33                  | 33            | -                      | MD 7.88 higher<br>(1.51 higher to 14.25 higher)    | ⊕⊕○○<br>LOW       | critical   |
| <b>Use of pharmacological pain relief</b>      |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | very serious <sup>c</sup> | none                 | 14/33 (42.4%)       | 17/33 (51.5%) | RR 0.82<br>(0.49-1.38) | 93 fewer per 1000<br>(from 196 more to 263 fewer)  | ⊕○○○<br>VERY LOW  | critical   |
| <b>Satisfaction with childbirth experience</b> |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | serious <sup>b</sup>      | none                 | 33                  | 33            | -                      | MD 6.34 higher<br>(0.26 higher to 12.42 higher)    | ⊕⊕○○<br>LOW       | critical   |
| <b>Length of labour - usual care</b>           |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | serious <sup>b</sup>      | none                 | 33                  | 33            | -                      | MD 139.91 lower<br>(252.5 lower to 27.32 lower)    | ⊕⊕○○<br>LOW       | critical   |
| <b>Augmentation with oxytocin</b>              |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | very serious <sup>c</sup> | none                 | 13/33 (39.4%)       | 17/33 (51.5%) | RR 0.76<br>(0.45-1.31) | 124 fewer per 1000<br>(from 160 more to 283 fewer) | ⊕○○○<br>VERY LOW  | critical   |
| <b>Apgar score &lt; 7 at 5 minutes</b>         |              |                      |               |              |                           |                      |                     |               |                        |  |                   |            |
| 1  | RCT          | serious <sup>a</sup> | not serious   | not serious  | very serious <sup>d</sup> | none                 | 0/33 (0.0%)         | 0/33 (0.0%)   | not estimable          |  | ⊕○○○<br>VERY LOW  | critical   |

CI: confidence interval; MD: mean difference; RCT: randomized controlled trial; RR: risk ratio.

<sup>a</sup> Effect estimate from single study with a moderate risk of bias.

<sup>b</sup> Small sample size.

<sup>c</sup> Wide confidence interval crossing the line of no effect and small sample size and/or few events.

<sup>d</sup> No events.

† Updated for the purpose of this guideline.