

Bibliographic Data	
Authors	Nambi GS, <u>Inbasekaran</u> D, ¹ <u>Khuman</u> R, et al.
Title	Changes in pain intensity and health related quality of life with Iyengar yoga in nonspecific chronic low back pain: A randomized controlled study
PMID	25035607
Citation	Int J Yoga. 2014 Jan-Jun; 7(1): 48–53.
Other information if relevant	Not registered.

Methods	
Aim of study	To compare the effect of Iyengar yoga therapy and conventional exercise therapy on pain intensity and health related quality of life (HRQOL) in nonspecific chronic low back pain.
Design	Randomized clinical trial

Reasons not to cite as evidence
<ul style="list-style-type: none"> - The Agency for Healthcare Research and Quality gave this RCT a quality assessment rating of “poor”. This article is of overall low quality and does not meet our criteria for evidence. - There is a major risk of bias imposed by the design of the study in that the groups were unbalanced in terms of time and attention of each intervention. Class instruction in the exercise group occurred 3 times a week for 4 weeks and only one hour per week for 4 weeks in the yoga group resulting in a potential risk of attention bias. These non-specific effects of added provider attention in the exercise group could have influenced the results in favor of the exercise group that would overestimate the treatment effect sizes. - There is no mention of allocation concealment and thus it is unclear if the allocation sequence was blinded to investigators involved in recruitment. There is the possibility of introducing selection bias. - The designation of a primary outcome is unclear. Several outcomes are discussed in the results. - The study does not appear to have been registered with clinicaltrials.gov making selective outcome reporting an unclear risk of bias

Additional references or comments if relevant
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