**Supplementary Table 1: Comparison of Socio-demographic and Clinical Profile among three randomized groups**

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| --- | --- | --- | --- | --- | --- |
| Demographic variables | Yoga Training  (N=50) | Meditation with Yoga Training (N=48) | Treatment as Usual  (N=47) | F2.133/χ2 | p-value |
| Age in years Mean±SD | 35.26±8.36 | 36.27±10.11 | 35.32±9.26 | 0.179 | 0.836 |
| School years Mean±SD | 10.70±4.26 | 11.98±2.92 | 10.27±4.40 | 2.213 | 0.114 |
| Gender Male/Female | 28/22 | 33/15 | 31/16 | 1.905 | 0.386 |
| Marital status  Ever married/ Never married | 29/21 | 25/23 | 25/22 | 0.585 | 0.746 |
| Present occupation\* | 0/2/4/39 | 0/1/7/38 | 0/2/4/32 | 1.511 | 0.825 |
| Head of Household Occupation\* | 2/10/11/22 | 3/5/17/17 | 1/5/13/17 | 4.719 | 0.580 |
| Age at onset | 24.13±7.33 | 26.16±9.51 | 25.46±7.12 | 0.731 | 0.484 |
| CGI score severity of illness (Baseline) | 4.00±0.91 | 4.30±0.71 | 4.18±1.05 | 1.961 | 0.298 |
| Past month GAF\*\* | 43.82±12.84 | 40.31±10.96 | 41.12±13.63 | 0.928 | 0.398 |

*\*Managerial/ Technical/ Service occupation/ Others and unemployed; there was some missing data on occupation \*\*Global Assessment of Functioning*