

Statistical Analysis Plan

Study Title: Investigation of the Effectiveness of Mindfulness-Based Yoga Training in Individuals With

Fibromyalgia: A Randomized Controlled Trial

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Statistical Analysis Plan

Sample size: Based on previous studies and power analysis, the study was planned with a 95% confidence level and 80% statistical power.

In this study, the effects of the experimental design on multiple variables were examined. Descriptive statistics were calculated at two time points (pre-test and post-test). Changes over time between the intervention and control groups were analyzed using a 2x2 mixed-design analysis of variance (mixed ANOVA), with group (intervention vs. control) as the between-subjects factor and time (baseline vs. Week 8) as the within-subjects factor. A significance level of $p < 0.05$ was adopted for all analyses.