



TELEYOGA FOR CHRONIC LOW BACK PAIN: A QUANTITATIVE AND QUALITATIVE STUDY

10/10/2025

Sample size, statistical methods, and power calculation

Sample size: Based on the prior studies of tele-yoga (Table 1 and 2), sample size range is from 10 – 212 participants. The primary focus of this study being a feasibility trial, we propose to include n=20/group. Assuming 20% drop out rate, we plan to enroll 40 participants. We will report descriptive statistics for all who consent (including those who drop out) and for both groups with mean \pm SD for continuous variable and frequency (%) for categorical variables.

For Aim 1, Acceptability will use a paired t-test would be used to measure AIM¹ and semi structured qualitative interviews.

For Aim 2, paired t-test would be used to measure VAS, ODI, and PROMIS from prior to intervention and at 2 weeks as well as prior to intervention and 4 weeks.

For Aim 3, paired t-test would be used to measure FM2016, BAI, BDI from prior to intervention and at 2 weeks as well as prior to intervention and 4 weeks.