

Supplementary material

Airways to Alteration (A2A): a randomised-controlled trial exploring effects of breathwork on conscious state

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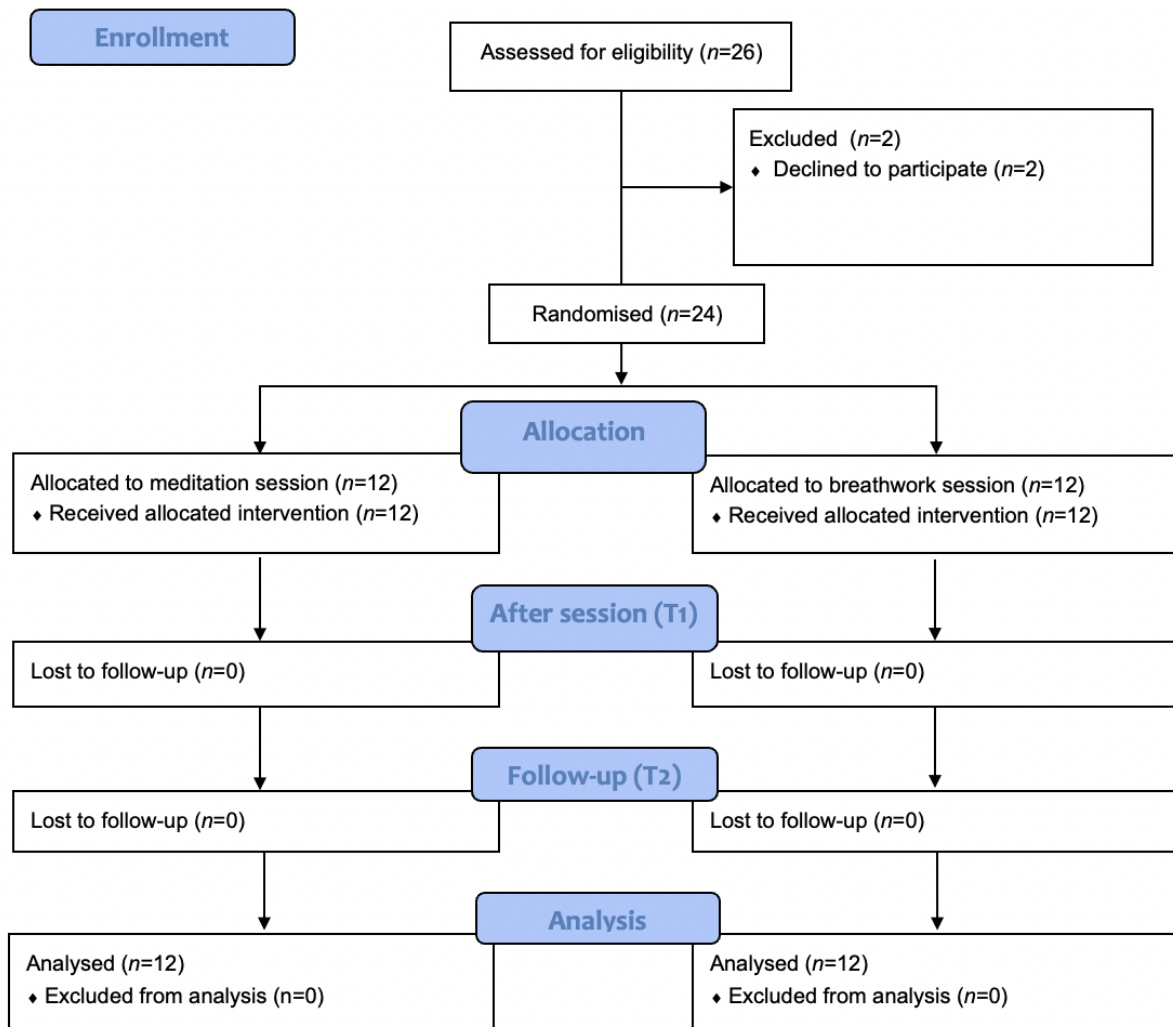
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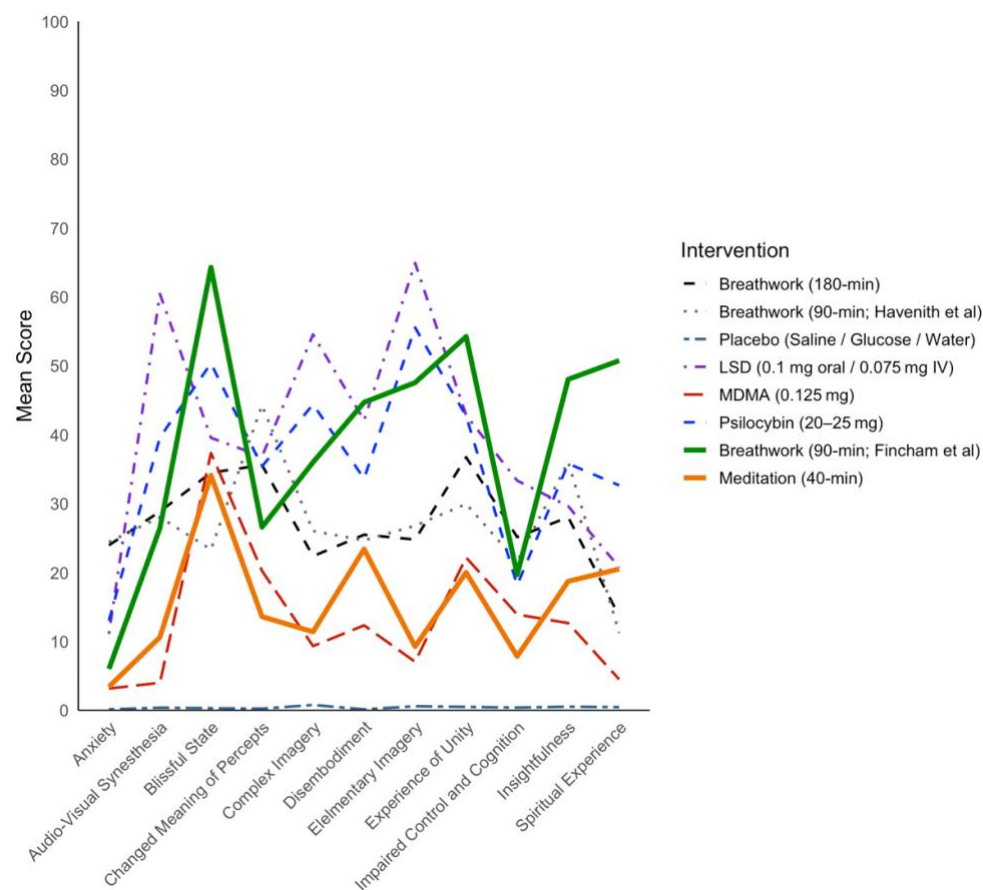
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Supplementary Figure 1. Study participant flow.



Supplementary Figure 2. Mean 11-Dimensions of Altered States of Consciousness Scale scores by intervention, with scores averaged across participants for each subscale. Adapted from Havenith et al.⁶ using their breathwork interventions (90-min and 180-min), along with data extracted by the authors from the Altered States Database¹²: Psilocybin oral (scores pooled across five relevant clinical studies), LSD oral/intravenous (pooled across six studies) and 0.125 mg MDMA oral (five studies), along with placebo treatments (three clinical studies). Green and orange thick solid lines highlight our current study's 90-min breathwork and 40-min meditation groups, respectively.



Supplementary Figure 3. Phenomenological profiles of breathwork and meditation compared to dose-dependent phenomenological profiles of psilocybin on 11-Dimensions of Altered States of Consciousness Scale mean scores. Adapted from Bahi et al.⁹ using data extracted by the authors from the Altered States Database¹², along with their 45-min breathwork intervention. Data from our current study are represented by green (90-min breathwork) and orange (40-min meditation) thick solid lines.

