

Mechanisms of Change Underlying Integrated Yoga and Psychological Interventions for Work-from-Home Professionals: A Scoping Review and Evidence-Based Conceptual Framework

Mrs. Chollangi Sri Sai Ratna¹, Dr. Sumana Pothugunta², Dr. Rupa Selvaraj³, Mr. Karanam Kanta Rao⁴, Swetha Mekalaturu⁵

¹Research Scholar, S-VYASA University, Bangalore.

²Principal, Sri Visweswara Yoga Research Institute, Tirupathi.

³Assistant professor, St.Joseph's College for Women (A). Visakhapatnam.

⁴Academy of Yoga consciousness, Bheemunipatnam, Visakhapatnam.

⁵M-Tech, Indian Institute of Technology, Hyderabad

ABSTRACT

The widespread adoption of work-from-home (WFH), remote, and hybrid working models has fundamentally transformed contemporary occupational environments and reshaped the nature of professional work. While these work arrangements have introduced greater flexibility and expanded opportunities for digital collaboration, they have also created significant challenges related to occupational health, psychological well-being, and the effective management of work-life boundaries. Professionals working in remote environments frequently encounter demands associated with maintaining productivity, balancing professional and personal responsibilities, adapting to digital workplaces, and sustaining psychological resilience. These emerging occupational challenges have increased interest in interventions capable of supporting both physical and psychological well-being within remote work settings. Integrated yoga and psychological interventions have increasingly been recognized as multidimensional approaches that combine mind-body practices with established psychological strategies. Within the context of the present review, integrated interventions encompass combinations of yoga, meditation, mindfulness, pranayama, cognitive behavioural therapy, positive psychology, stress management, emotional regulation, and behaviour change strategies. Rather than functioning as isolated therapeutic approaches, these components are considered complementary interventions that may influence occupational health through multiple interacting mechanisms. Despite growing interest in such interventions, the mechanisms through which they contribute to improvements in psychological well-being, work-life boundary management, and occupational functioning have not yet been systematically synthesized. The present study is designed as an analytical scoping review that aims to systematically map and synthesize the existing evidence regarding the mechanisms through which integrated yoga and psychological interventions influence occupational health, work-life boundary management, and psychological well-being among work-from-home professionals. The review follows the methodological guidance of the Joanna Briggs Institute (JBI) Manual for Evidence Synthesis and is reported according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR 2018). Since PROSPERO does not register scoping reviews, protocol registration may be undertaken through the Open Science Framework or through publication in a peer-reviewed journal. The review seeks to identify intervention characteristics, summarize reported outcomes, categorize biological, psychological, behavioural, and occupational mechanisms of change, identify methodological gaps within the existing literature, and develop an evidence-based conceptual framework. Rather than limiting the synthesis to intervention characteristics or reported outcomes, the review emphasizes the organization of evidence according to the mechanisms that explain how integrated interventions may contribute to occupational well-being. The proposed conceptual framework describes a sequential pathway in which integrated yoga and psychological interventions initiate biological regulation, facilitate psychological adaptation, promote behavioural change, improve work-life boundary management, and ultimately enhance occupational well-being. Through this analytical approach, the review provides a structured synthesis of current evidence while proposing an evidence-based conceptual framework that may inform future intervention research involving work-from-home professionals.

Keywords: Work-from-home, Remote work, Hybrid work, Integrated yoga, psychological intervention, Occupational well-being, Scoping review, Mechanisms of change, Work-life boundary management.

1. Introduction

The rapid expansion of work-from-home, remote, and hybrid work arrangements has substantially altered contemporary occupational settings and transformed the way professional activities are organized and performed (Kniffin et al., 2021; Messenger, 2017). Digital workplaces have become an increasingly common feature of modern employment, enabling professionals to perform their responsibilities beyond conventional office environments (Leonardi, 2020; Vial, 2019). Although these working arrangements provide greater flexibility and continuity of professional activities, they have

simultaneously introduced new occupational challenges that influence psychological well-being, occupational health, and the effective management of work-life boundaries(Allen et al., 2015; B. Wang et al., 2021). Consequently, understanding approaches that support employee well-being within these evolving work environments has become an important area of investigation(Joyce et al., 2016; Organization, 2022).

Within this changing occupational landscape, integrated yoga and psychological interventions have emerged as multidimensional approaches designed to address the diverse challenges experienced by professionals working remotely(Gard et al., 2014; Salmon et al., 2009). As outlined within the proposed review framework, these interventions include combinations of yoga, meditation, mindfulness, pranayama, cognitive behavioural therapy, positive psychology, stress management, emotional regulation, and behaviour change strategies(Hofmann et al., 2010; B. Wang et al., 2021). Rather than considering these approaches independently, the review conceptualizes them as integrated interventions that may collectively influence occupational health through multiple interconnected mechanisms(Craig et al., 2008; Michie et al., 2011). Their application within work-from-home, remote work, hybrid work, digital workplace, and broader occupational settings reflects an increasing emphasis on comprehensive approaches capable of addressing both psychological and occupational functioning(Grant et al., 2013; Shanafelt & Noseworthy, 2017).

Despite the growing implementation of integrated yoga and psychological interventions across occupational populations, existing evidence has primarily focused on intervention characteristics and reported outcomes rather than examining the mechanisms through which these interventions produce change(Cramer et al., 2013; Pascoe, Thompson, & Ski, 2017). Understanding whether an intervention is associated with improved stress management, emotional regulation, resilience, work-life balance, productivity, or occupational well-being represents only one dimension of the available evidence(Bloom et al., 2015; Robertson et al., 2015). Equally important is understanding how these improvements occur and identifying the biological, psychological, behavioural, and occupational processes that contribute to these outcomes(Kazdin, 2007; Nielsen & Randall, 2013). Without a systematic synthesis of these mechanisms, it remains difficult to develop a comprehensive explanation of the pathways through which integrated interventions influence occupational functioning among work-from-home professionals(Arksey & O'malley, 2005; Tricco et al., 2018).

The present analytical scoping review addresses this need by systematically mapping and synthesizing the available evidence regarding the mechanisms underlying integrated yoga and psychological interventions for work-from-home professionals(Levac et al., 2010; M. D. Peters et al., 2021). Unlike reviews that focus exclusively on intervention effectiveness, the present review emphasizes the identification and organization of mechanisms of change across multiple domains(Moore et al., 2015). This analytical perspective enables the available literature to be examined through an evidence-mapping approach that extends beyond descriptive summaries and contributes to the development of a coherent conceptual understanding of intervention processes(M. Peters et al., 2023).

Accordingly, the review seeks to identify the characteristics of integrated interventions, summarize reported outcomes, categorize mechanisms of change into biological, psychological, behavioural, and occupational domains, identify methodological gaps within the existing literature, and develop an evidence-based conceptual framework. The proposed framework provides an organized representation of the sequential processes through which integrated yoga and psychological interventions may contribute to occupational health, work-life boundary management, and psychological well-being among professionals working in remote occupational environments.

An important feature of this review is its analytical orientation(Greenhalgh, 2020; Pascoe, Thompson, & Ski, 2017). Rather than limiting the synthesis to describing interventions or cataloguing study findings, the review aims to organize existing evidence according to the mechanisms that explain intervention-related change. By classifying evidence into distinct yet interconnected domains and integrating these domains within a unified conceptual framework, the review seeks to provide a structured scholarly synthesis that can inform future intervention research. In doing so, the review contributes not only to the understanding of integrated yoga and psychological interventions but also to the broader development of conceptual models capable of guiding future investigations involving work-from-home professionals.

2. Aim, Research Questions and Objectives

2.1 Aim

The aim of this scoping review is to systematically map and synthesize the existing evidence on the mechanisms through which integrated yoga and psychological interventions influence occupational health, work-life boundary management, and psychological well-being among work-from-home professionals. In addition, the review aims to develop an evidence-based conceptual framework that explains the mechanisms of change underlying these interventions.

2.2 Research Questions

The review is guided by one primary research question and several secondary research questions.

Primary Research Question

What evidence exists regarding the mechanisms of integrated yoga and psychological interventions for work-from-home professionals?

Secondary Research Questions

The review further seeks to determine:

- ☐ What biological mechanisms have been reported?
- ☐ What psychological mechanisms have been identified?
- ☐ What behavioural mechanisms contribute to intervention outcomes?
- ☐ Which occupational outcomes are most frequently reported?
- ☐ Which intervention components appear most influential?
- ☐ What methodological gaps exist in the literature?
- ☐ What conceptual framework can explain the mechanisms of change?

2.3 Objectives

Primary Objective

To map the available evidence regarding the mechanisms underlying integrated yoga and psychological interventions for work-from-home professionals.

Secondary Objectives

The review has the following secondary objectives:

- ☐ To identify intervention characteristics.
- ☐ To summarize reported outcomes.
- ☐ To categorize biological mechanisms.
- ☐ To categorize psychological mechanisms.
- ☐ To categorize behavioural mechanisms.
- ☐ To categorize occupational mechanisms.
- ☐ To identify research gaps.
- ☐ To develop an evidence-based conceptual framework.
- ☐ To recommend priorities for future intervention research.

The achievement of these objectives will provide a structured synthesis of the available evidence while establishing an analytical framework that organizes mechanisms of change across multiple domains relevant to occupational health and psychological well-being.

3. Methodology

This analytical scoping review employed a systematic and transparent methodology to identify, map, and synthesize the available evidence on the mechanisms underlying integrated yoga and psychological interventions for work-from-home professionals. The methodology was designed to ensure a comprehensive examination of the existing literature while supporting the development of an evidence-based conceptual framework. The review process included a clearly defined study design, eligibility criteria, literature search strategy, study selection, data extraction, and evidence synthesis, following established methodological guidance for scoping reviews.

3.1 Study Design

The present study adopts a scoping review methodology to systematically identify, map, and synthesize the available evidence relating to the mechanisms underlying integrated yoga and psychological interventions for work-from-home professionals. A scoping review is considered appropriate because the primary purpose of the investigation is not to estimate pooled intervention effects but to comprehensively examine the breadth, characteristics, and organization of the existing evidence. Accordingly, the review focuses on describing and classifying the available literature while identifying patterns, gaps, and conceptual relationships among the reported mechanisms of change.

The review is positioned as an analytical scoping review rather than a traditional descriptive scoping review. Whereas descriptive reviews primarily summarize intervention characteristics and reported outcomes, the present review extends the synthesis by organizing evidence according to the mechanisms through which integrated interventions may influence occupational health, work-life boundary management, and psychological well-being. This analytical orientation provides the basis for developing an evidence-based conceptual framework that integrates findings across multiple mechanism domains.

3.2 Reporting Guidelines

To ensure methodological rigor and transparent reporting, the review follows the guidance provided in the Joanna Briggs Institute (JBI) Manual for Evidence Synthesis and is reported according to the Preferred Reporting Items for Systematic

Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR 2018)(Institute & others, 2020). The use of these reporting standards provides a consistent methodological framework for planning, conducting, and presenting the review while facilitating transparency throughout each stage of the review process(Aromataris et al., 2022).

Because PROSPERO does not currently register scoping reviews, the review protocol may be registered through the Open Science Framework (OSF) or disseminated through publication in a peer-reviewed journal. Adherence to these methodological recommendations further strengthens the transparency and reproducibility of the review(Moher et al., 2009).

3.3 Population–Concept–Context Framework

The eligibility criteria for this review are organized according to the Population–Concept–Context (PCC) framework recommended by the Joanna Briggs Institute. This framework provides a systematic approach for defining the scope of the review and ensuring consistency during study selection.

Population

Within the population component, the review focuses on professionals working in remote occupational environments. These populations include work-from-home professionals, remote employees, hybrid employees, and office workers performing their responsibilities remotely. The emphasis on these occupational groups reflects the changing nature of contemporary workplaces and the increasing relevance of interventions designed to support employee well-being within digitally connected work environments.

Concept

The concept of the review centres on integrated yoga and psychological interventions. These interventions are defined as combinations of yoga and psychological approaches intended to improve occupational health and psychological well-being. The intervention components include yoga, meditation, mindfulness, pranayama, cognitive behavioural therapy, positive psychology, stress management, emotional regulation, and behaviour change strategies. Rather than being examined individually, these components are considered collectively as integrated approaches capable of influencing multiple mechanisms of change.

Context

The contextual component encompasses occupational environments in which professional activities are undertaken through work-from-home, remote work, hybrid work, digital workplace, and related occupational settings. Restricting the review to these contexts ensures that the evidence remains directly relevant to the changing nature of contemporary employment and the occupational challenges associated with remote working arrangements.

3.4 Eligibility Criteria

The eligibility criteria for this analytical scoping review have been established to ensure that the included studies are directly relevant to the review objectives while maintaining consistency throughout the evidence identification and selection process. These criteria are aligned with the Population–Concept–Context framework and are intended to capture studies that investigate the mechanisms underlying integrated yoga and psychological interventions within contemporary occupational settings.

Population

The review includes studies involving adults aged 18 years and above who are engaged in professional work within remote occupational environments. Eligible populations comprise work-from-home professionals, remote workers, hybrid employees, knowledge workers, corporate employees, healthcare workers, and academic professionals. These occupational groups represent individuals whose professional responsibilities are performed either fully or partially through remote working arrangements and therefore constitute the primary populations relevant to the review. Restricting the review to adult professionals ensures that the synthesized evidence specifically reflects occupational contexts rather than educational or paediatric settings.

Intervention

Regarding the interventions, the review considers studies examining integrated yoga and psychological interventions, including yoga combined with psychological approaches, mind-body interventions, and multicomponent intervention programmes. Within these interventions, components such as yoga, meditation, mindfulness, pranayama, cognitive behavioural therapy, positive psychology, stress management, emotional regulation, and behaviour change strategies are regarded as integral elements of the intervention framework. By adopting this broad definition, the review captures the diversity of integrated approaches while maintaining a consistent conceptual focus on interventions that combine physical, psychological, and behavioural components.

Outcomes

Studies are considered eligible if they report outcomes relevant to occupational health and psychological well-being. These outcomes include stress, burnout, sleep, anxiety, depression, work-life balance, boundary management, job satisfaction, productivity, resilience, emotional regulation, self-regulation, and quality of life. Collectively, these outcomes provide a comprehensive representation of the areas through which integrated yoga and psychological interventions may influence professionals working within remote occupational environments.

Study Designs

To ensure that evidence is drawn from a broad range of methodological approaches, the review includes randomized controlled trials, quasi-experimental studies, pilot studies, mixed-methods studies, qualitative investigations, observational studies, implementation studies, and feasibility studies. Including multiple study designs is consistent with the objectives of a scoping review, which seeks to map the breadth of available evidence rather than restrict synthesis to a single research methodology.

Exclusion Criteria

Studies are excluded if they involve children, students, or animal populations, as these groups fall outside the intended occupational focus of the review. In addition, case reports, conference abstracts, editorials, letters, commentaries, and study protocols are excluded because they do not provide complete empirical evidence suitable for evidence mapping. Where language restrictions are applied, non-English publications are also excluded in accordance with the review protocol.

3.5 Information Sources

A comprehensive literature search will be undertaken using several major electronic databases to ensure broad coverage of the available evidence. The primary databases include Scopus, Web of Science, PubMed, PsycINFO, Embase, CINAHL, and SPORTDiscus. These databases collectively provide access to literature relating to occupational health, psychology, behavioural sciences, medicine, and interdisciplinary health research, thereby supporting the identification of studies relevant to the objectives of the review.

To enhance the comprehensiveness of the search process, Google Scholar will also be used as a supplementary source for identifying potentially relevant publications. The inclusion of multiple information sources is intended to maximise the likelihood of capturing all eligible studies addressing integrated yoga and psychological interventions among work-from-home professionals and related occupational populations.

3.6 Search Strategy

The literature search will be conducted according to the three-step search strategy recommended by the Joanna Briggs Institute. This structured approach is designed to ensure that the search process is systematic, transparent, and sufficiently comprehensive to identify the available evidence relevant to the review objectives.

Step One

The first stage involves conducting an initial limited search in PubMed and Scopus. This preliminary search is undertaken to identify commonly used keywords and index terms associated with integrated yoga and psychological interventions within work-from-home and related occupational settings. Information obtained during this initial stage informs the development of a comprehensive search strategy for subsequent database searches.

Step Two

During the second stage, the identified keywords and index terms are used to construct detailed database-specific search strategies for each selected electronic database. Adapting the search strategy to the indexing systems and search functions of individual databases enhances the sensitivity and specificity of the literature search while maintaining consistency across information sources.

Step Three

The third stage involves screening the reference lists of all studies included in the review. This additional search process enables the identification of potentially relevant publications that may not have been retrieved during the electronic database searches, thereby improving the completeness of the evidence base.

3.7 Study Selection Process

The study selection process follows a systematic sequence of screening procedures designed to ensure that only studies meeting the predefined eligibility criteria are included in the review. Initially, duplicate records identified through searches of multiple databases are removed to establish a unique set of publications for screening.

Following duplicate removal, titles are examined to determine their potential relevance to the review objectives. Publications that satisfy the title screening criteria subsequently undergo abstract screening, during which additional assessment is undertaken to determine their suitability for full-text review. Studies appearing to satisfy the eligibility criteria following abstract assessment are retrieved for full-text evaluation.

The final stage of the selection process involves detailed assessment of the complete articles against the predefined inclusion and exclusion criteria. Only studies meeting all eligibility requirements are included in the final evidence synthesis. The entire study selection procedure will be documented using the PRISMA Extension for Scoping Reviews flow diagram to ensure transparency and reproducibility throughout the review process.

3.8 Data Extraction

Following study selection, data will be extracted using a standardized data extraction form specifically developed for the review. The use of a standardized extraction process promotes consistency across reviewers and facilitates systematic comparison of study characteristics and findings.

Information extracted from each eligible study will include bibliographic details such as author, publication year, and country, together with methodological information including study design, participant characteristics, sample size, intervention characteristics, psychological components, yoga components, intervention duration, and reported outcome measures. Additional information concerning mechanisms of change, principal findings, and study limitations will also be extracted to support evidence mapping and conceptual framework development.

The standardized extraction process ensures that all relevant aspects of the included studies are captured in a consistent manner, thereby providing a comprehensive foundation for subsequent evidence synthesis and mechanism mapping.

3.9 Data Synthesis

The synthesis of evidence is designed to reflect the objectives of an analytical scoping review, which emphasises the systematic mapping and organization of available evidence rather than quantitative pooling of intervention effects. Consequently, the review employs several complementary approaches to evidence synthesis that collectively facilitate comprehensive examination of the literature.

Initially, descriptive numerical summaries will be used to characterise the overall body of evidence, including the distribution of studies according to design, population, intervention characteristics, and reported outcomes. These summaries will be complemented by narrative synthesis, allowing findings from individual studies to be integrated into a coherent description of the available evidence (Siddaway et al., 2019).

Evidence mapping and mechanism mapping constitute central components of the analytical synthesis (Michie et al., 2011). These approaches enable the organization of findings according to biological, psychological, behavioural, and occupational domains while highlighting relationships among intervention components and reported mechanisms of change. Thematic analysis will further support the identification of recurring concepts and patterns across the included literature.

The final stage of synthesis involves the development of an evidence-based conceptual framework that integrates the identified mechanisms into a unified explanatory model. Gap analysis will also be undertaken to identify areas where evidence is well established, where findings remain limited, and where additional research is required. Consistent with the purpose of a scoping review, no meta-analysis will be performed because the objective is to map the breadth and characteristics of the available evidence rather than estimate pooled intervention effects (Munn et al., 2018).

4. Proposed Mechanisms of Change

A distinguishing feature of the present analytical scoping review is its emphasis on understanding the mechanisms through which integrated yoga and psychological interventions influence occupational health and psychological well-being among work-from-home professionals. Rather than merely summarizing intervention characteristics or reported outcomes, the review seeks to explain the processes that may account for observed changes following these interventions. To achieve this objective, the available evidence is organized into four interrelated mechanism domains: biological, psychological, behavioural, and occupational. These domains are not viewed as isolated categories but as sequential and interconnected processes that collectively contribute to occupational well-being. Organizing the evidence in this manner enables a more systematic interpretation of how integrated interventions may influence professionals working within remote occupational settings and provides the conceptual basis for the evidence-based framework proposed in this review.

4.1 Biological Mechanisms

The biological domain represents the physiological processes through which integrated yoga and psychological interventions may influence health and functioning (Streeter et al., 2012). The proposed review identifies five principal biological mechanisms.

Autonomic Nervous System Regulation

Autonomic nervous system regulation represents one of the primary biological pathways through which integrated interventions may exert their effects (Tyagi & Cohen, 2016). This mechanism reflects physiological regulation associated with occupational health and psychological well-being.

Cortisol Regulation

Cortisol regulation is identified as another important biological mechanism (Riley & Park, 2015). As a physiological indicator included within the proposed mechanism domains, it contributes to understanding the biological responses associated with integrated interventions.

Neuroendocrine Function

The review also categorizes neuroendocrine function as a biological mechanism. Mapping this mechanism contributes to explaining how integrated interventions influence physiological regulation.

Inflammation

Inflammation is included among the biological pathways identified within the proposed framework (Black & Slavich, 2016; Bower & Irwin, 2016). Its inclusion enables the review to organize evidence concerning physiological mechanisms associated with occupational health outcomes.

Sleep Physiology

Sleep physiology represents the final biological mechanism identified within the review framework (Halpern et al., 2014; F. Wang et al., 2016). Mapping evidence relating to sleep physiology contributes to understanding biological adaptation following integrated interventions.

Collectively, these biological mechanisms constitute the first level of the proposed pathway through which integrated yoga and psychological interventions influence subsequent psychological and behavioural changes.

4.2 Psychological Mechanisms

The second mechanism domain focuses on psychological adaptation. Following biological regulation, integrated interventions are proposed to influence several psychological processes that contribute to improved occupational functioning and well-being.

Emotional Regulation

Emotional regulation is identified as a core psychological mechanism. Evidence concerning this process will be mapped to understand its contribution to intervention outcomes (Chambers et al., 2009; Gross, 2015).

Self-Regulation

Self-regulation represents another major psychological mechanism. The review categorizes available evidence describing changes in self-regulatory processes associated with integrated interventions (Baumeister & Vohs, 2007; Karoly, 1993).

Cognitive Flexibility

Cognitive flexibility is included within the proposed psychological domain. Evidence relating to this mechanism will be synthesized to understand its contribution to adaptive functioning (Diamond, 2013; Ionescu, 2012).

Stress Appraisal

Stress appraisal forms another psychological mechanism through which interventions may influence psychological well-being and occupational functioning (Folkman, 2020).

Mindfulness

Mindfulness is identified as a key psychological process within integrated yoga and psychological interventions. Evidence relating to mindfulness will be categorized as part of the psychological mechanism domain (Kabat-Zinn, 2003).

Psychological Resilience

Psychological resilience represents the final mechanism within this domain. Mapping evidence concerning resilience contributes to understanding adaptive psychological responses associated with integrated interventions (Fletcher & Sarkar, 2013; Joyce et al., 2018).

Together, these psychological mechanisms represent the second stage of the proposed conceptual pathway, linking biological regulation with behavioural adaptation.

4.3 Behavioural Mechanisms

Behavioural mechanisms describe the observable behavioural changes that emerge following biological regulation and psychological adaptation. These mechanisms explain how integrated interventions translate psychological changes into behaviours that support occupational health.

Time Management

Time management is identified as an important behavioural mechanism. Evidence relating to improvements in time management will be synthesized within this domain (Aeon & Aguinis, 2017).

Healthy Routines

Healthy routines represent behavioural patterns that are mapped as mechanisms contributing to intervention outcomes (Gardner et al., 2012; Lally et al., 2010).

Physical Activity

Physical activity is included among the behavioural mechanisms within the proposed framework. Relevant evidence will be categorized accordingly (Organization, 2020; Warburton & Bredin, 2017).

Digital Hygiene

Digital hygiene is identified as another behavioural mechanism relevant to work-from-home environments. Evidence concerning digital hygiene contributes to understanding adaptive work-related behaviours (Oakman et al., 2022).

Work-Life Boundary Management

Work-life boundary management represents the final behavioural mechanism. This mechanism provides an important link between behavioural adaptation and occupational outcomes (Clark, 2000; Kossek et al., 2012).

Collectively, these behavioural mechanisms explain how integrated interventions promote adaptive behaviours that support occupational well-being within remote working environments.

4.4 Occupational Mechanisms

The final mechanism domain focuses on occupational outcomes that reflect successful adaptation following integrated yoga and psychological interventions (Montano et al., 2014).

Productivity

Productivity is identified as one of the principal occupational mechanisms through which intervention outcomes may be understood.

Job Satisfaction

Job satisfaction represents another occupational outcome included within the proposed mechanism framework (Judge et al., 2001; Spector, 1997).

Work Engagement

Work engagement is categorized as an occupational mechanism reflecting positive involvement within occupational settings (Bakker, 2008; Schaufeli et al., 2002).

Burnout Prevention

Burnout prevention constitutes an important occupational mechanism relevant to work-from-home professionals (Maslach & Leiter, 2016).

Occupational Well-being

Occupational well-being represents the final outcome within the proposed occupational domain and serves as the ultimate endpoint of the conceptual framework.

Together, these occupational mechanisms describe the work-related outcomes through which integrated interventions may influence professional functioning.

5. Evidence-Based Conceptual Framework

The evidence synthesized within this analytical scoping review culminates in the development of an evidence-based conceptual framework that integrates the four mechanism domains into a single explanatory pathway. The framework proposes that integrated yoga and psychological interventions initiate a process of biological regulation, which subsequently facilitates psychological adaptation. These psychological changes promote behavioural adaptation, particularly improvements in work-life boundary management, which ultimately contribute to enhanced occupational

well-being. By organizing the available evidence according to this sequential progression, the framework provides a coherent explanation of the mechanisms through which integrated interventions may influence professionals working in remote occupational environments.

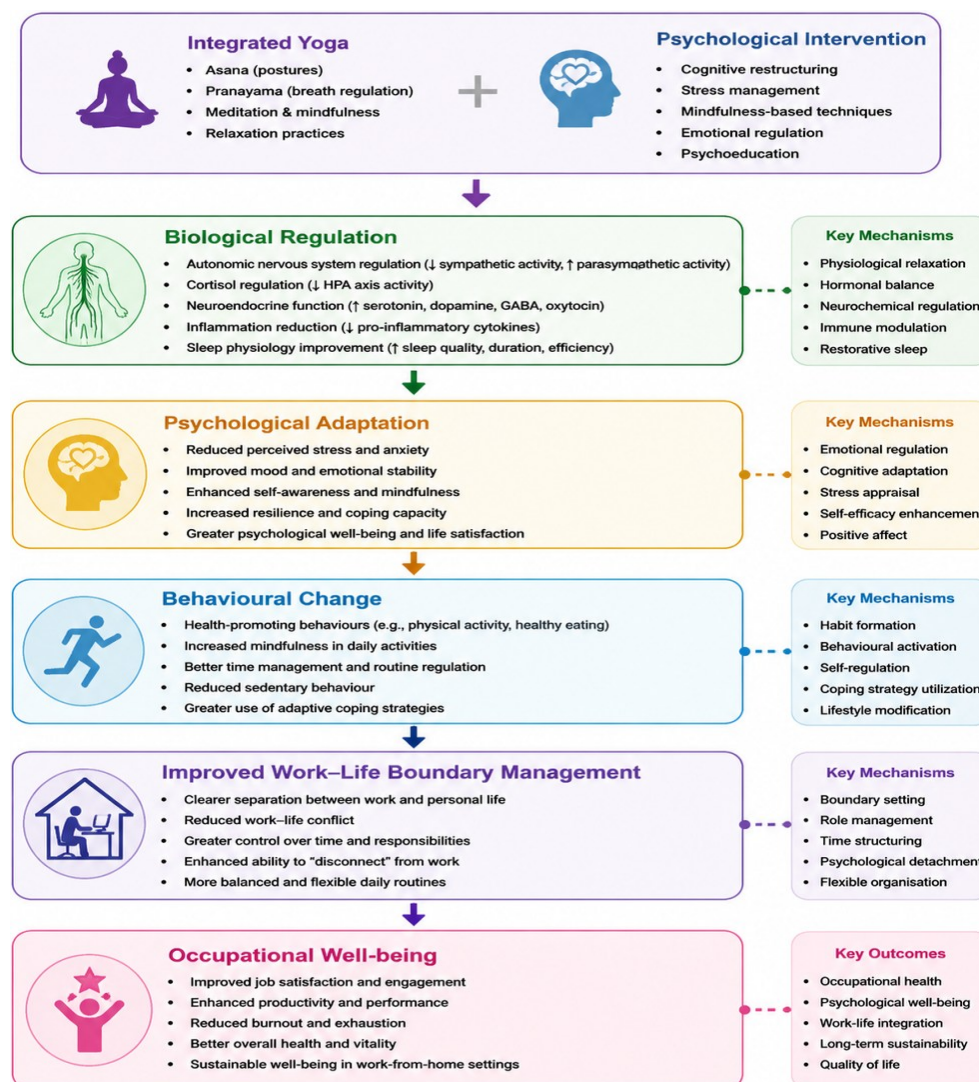


Figure 1: Conceptual Framework

The conceptual framework also distinguishes the present review from a traditional descriptive scoping review. Rather than limiting the synthesis to reporting intervention characteristics and outcomes, it organizes the available evidence according to mechanisms of change and demonstrates the relationships among biological, psychological, behavioural, and occupational domains. In doing so, the framework provides a structured model that may serve as the basis for future intervention research and empirical investigation of integrated yoga and psychological interventions for work-from-home professionals.

6. Strengths of the Review

The analytical scoping review possesses several important strengths arising from both its methodological approach and its conceptual orientation. First, the review systematically maps the mechanisms underlying integrated yoga and psychological interventions instead of limiting the synthesis to intervention characteristics or reported outcomes. This analytical perspective provides a deeper understanding of the processes through which integrated interventions may influence occupational health and psychological well-being. Second, the review organizes evidence into four clearly defined mechanism domains—biological, psychological, behavioural, and occupational—which together provide a comprehensive framework for interpreting the available literature. Third, the review develops an evidence-based conceptual framework that integrates these domains into a sequential explanatory pathway. Finally, by identifying methodological gaps and highlighting areas where evidence is strong, weak, or absent, the review establishes priorities

that may guide future intervention research and support continued development of integrated approaches for professionals working within remote occupational environments.

7. Future Research Priorities

The analytical approach adopted in this review highlights several priorities for future investigation. Continued research is required to further examine the biological mechanisms associated with integrated yoga and psychological interventions, while additional evidence is also needed to improve understanding of psychological mechanisms that contribute to occupational health. Future investigations should continue examining behavioural mechanisms that support work-life boundary management and occupational adaptation, as well as occupational mechanisms including productivity, job satisfaction, work engagement, burnout prevention, and occupational well-being. Another important priority is the empirical examination of the evidence-based conceptual framework proposed in this review. Testing the relationships among biological regulation, psychological adaptation, behavioural change, work-life boundary management, and occupational well-being may contribute to the refinement of future intervention models. In addition, addressing methodological gaps identified through evidence mapping and gap analysis will strengthen the available evidence and facilitate continued advancement of integrated yoga and psychological interventions for work-from-home professionals.

8. Reporting Framework

The present analytical scoping review was conducted using internationally recognised methodological guidance to ensure transparency, methodological rigour, and reproducibility throughout the review process. The review methodology follows the recommendations of the Joanna Briggs Institute (JBI) Manual for Evidence Synthesis and is reported in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR 2018). The literature search was designed using the JBI Three-Step Search Strategy, which supports a comprehensive and systematic identification of relevant studies across multiple electronic databases. Since PROSPERO does not currently register scoping reviews, protocol registration is recommended through the Open Science Framework (OSF) or through publication in a peer-reviewed journal.

To facilitate efficient management of the review process, reference management software such as EndNote, Zotero, or Mendeley may be used for organizing citations and removing duplicate records. The screening of eligible studies may be undertaken using dedicated systematic review platforms such as Rayyan or Covidence, thereby ensuring a transparent and reproducible study selection process. Consistent with established guidance for scoping reviews, formal quality appraisal is not considered mandatory. However, where quality assessment is undertaken, the selected appraisal tool should be clearly justified and reported. Evidence synthesis within the review is based on narrative synthesis, evidence mapping, thematic synthesis, and the development of an evidence-based conceptual framework, enabling a comprehensive interpretation of the available literature.

Component	Guideline
Scoping Review Methodology	Joanna Briggs Institute (JBI) Manual for Evidence Synthesis
Reporting Guideline	PRISMA Extension for Scoping Reviews (PRISMA-ScR 2018)
Search Strategy	JBI Three-Step Search Strategy
Protocol Registration	Open Science Framework (OSF) (recommended)
Reference Management	EndNote, Zotero, or Mendeley
Screening Software	Rayyan or Covidence
Quality Appraisal	Not mandatory for scoping reviews; if undertaken, clearly justify and report the selected tool
Evidence Synthesis	Narrative synthesis, evidence mapping, thematic synthesis, and conceptual framework development

9. Scholarly Contribution of the Analytical Scoping Review

The present manuscript is intentionally positioned as an analytical scoping review rather than a conventional descriptive scoping review. While traditional scoping reviews primarily identify, describe, and summarize existing studies, the current review extends this approach by systematically examining the mechanisms through which integrated yoga and psychological interventions may influence occupational health, work-life boundary management, and psychological well-being among work-from-home professionals. This analytical orientation enables the review to provide a deeper understanding of intervention processes rather than limiting the synthesis to descriptions of intervention characteristics and reported outcomes.

A key contribution of this review is the systematic mapping of mechanisms of change, allowing the available evidence to be interpreted through interconnected biological, psychological, behavioural, and occupational domains. Organising the literature in this manner provides a structured understanding of how integrated interventions may contribute to improvements in occupational functioning and well-being. In addition, the review identifies areas where evidence is well established, where findings remain limited, and where important knowledge gaps continue to exist. This gap analysis provides valuable direction for future research and supports the continued refinement of intervention strategies for remote occupational settings.

Another significant contribution is the development of an evidence-based conceptual framework that integrates the identified mechanism domains into a sequential pathway linking integrated yoga and psychological interventions with biological regulation, psychological adaptation, behavioural change, work-life boundary management, and occupational well-being. By proposing a conceptual model that can be examined and refined through future empirical research, the review moves beyond descriptive evidence mapping and offers an original theoretical contribution to the field. Consequently, the analytical approach adopted in this review strengthens its scholarly value and enhances its relevance for researchers, practitioners, and policymakers interested in occupational health and well-being within contemporary work-from-home environments.

10. Discussion

The present analytical scoping review was designed to systematically map and synthesize the mechanisms through which integrated yoga and psychological interventions may influence occupational health, work-life boundary management, and psychological well-being among work-from-home professionals (Büssing et al., 2012; Khalid et al., 2024). Unlike traditional scoping reviews that primarily catalogue interventions and summarize reported outcomes, the present review adopts an analytical perspective by organizing the available evidence according to the mechanisms of change that underlie intervention effects. This approach enables a more comprehensive understanding of how integrated interventions may contribute to occupational functioning within contemporary remote work environments and provides a structured synthesis that extends beyond descriptive reporting.

The analytical framework developed in this review demonstrates that the available evidence can be organized into four interconnected mechanism domains, namely biological, psychological, behavioural, and occupational mechanisms (Schmalzl et al., 2015). Rather than functioning independently, these domains collectively describe a sequential pathway through which integrated yoga and psychological interventions may influence professionals working in remote occupational settings. The framework therefore provides an organized representation of the relationships among intervention components, mechanisms of change, and occupational outcomes, allowing the evidence to be interpreted within a coherent conceptual structure rather than as isolated findings from individual studies (Glasgow et al., 1999; Hawe et al., 2009).

The biological domain forms the initial stage of the proposed pathway and establishes the physiological basis for subsequent adaptation (Cahn et al., 2017; Tolahunase et al., 2017). The review identifies autonomic nervous system regulation, cortisol regulation, neuroendocrine function, inflammation, and sleep physiology as the principal biological mechanisms described within the proposed framework (Irwin & Opp, 2017; Pascoe, Thompson, Jenkins, et al., 2017). These physiological mechanisms collectively represent the first stage through which integrated yoga and psychological interventions may influence occupational health and psychological well-being. Organizing the evidence according to these biological mechanisms provides a systematic understanding of how physiological regulation may precede psychological and behavioural adaptation within remote working environments (Riley & Park, 2015; Streeter et al., 2012).

Building upon biological regulation, the psychological domain represents the second stage of the conceptual pathway. Emotional regulation, self-regulation, cognitive flexibility, stress appraisal, mindfulness, and psychological resilience are identified as the principal psychological mechanisms associated with integrated interventions. Together, these mechanisms describe the psychological adaptation that follows physiological regulation and provides the foundation for behavioural change. The organization of evidence within this domain highlights the importance of considering multiple psychological processes simultaneously rather than examining individual outcomes in isolation (Hayes et al., 2020; Lindsay & Creswell, 2017).

Behavioural adaptation constitutes the third stage within the conceptual framework and illustrates how biological and psychological changes may be translated into observable behaviours relevant to occupational functioning. The review identifies time management, healthy routines, physical activity, digital hygiene, and work-life boundary management as the principal behavioural mechanisms. These mechanisms collectively explain how integrated interventions may influence

day-to-day occupational behaviours that support professional functioning within work-from-home environments (Oakman et al., 2020; F. Wang et al., 2016). In particular, work-life boundary management serves as an important transitional mechanism connecting behavioural adaptation with occupational outcomes, thereby emphasizing its central position within the overall conceptual framework.

The final stage of the framework focuses on occupational mechanisms and represents the ultimate outcomes associated with successful biological, psychological, and behavioural adaptation (Bakker, 2008; Demerouti et al., 2009). Productivity, job satisfaction, work engagement, burnout prevention, and occupational well-being collectively describe the occupational domain identified within the review. Rather than representing independent endpoints, these outcomes are conceptualized as interconnected indicators of successful occupational adaptation. Organizing evidence within this domain enables the review to explain how integrated interventions may ultimately contribute to improvements in professional functioning among work-from-home professionals.

An important contribution of the present review lies in the development of an evidence-based conceptual framework that integrates these four mechanism domains into a unified explanatory model. The proposed framework illustrates a sequential progression beginning with integrated yoga and psychological interventions, followed by biological regulation, psychological adaptation, behavioural change, improved work-life boundary management, and finally occupational well-being. This framework not only synthesizes the available evidence but also provides a conceptual model capable of guiding future intervention research. By emphasizing mechanisms of change rather than simply documenting intervention characteristics, the review contributes an analytical perspective that strengthens understanding of integrated interventions within occupational settings (Hayes et al., 2020; Hofmann et al., 2010).

Another significant contribution of the review is the identification of methodological gaps within the available literature (Pollock et al., 2021; Tricco et al., 2022). Through evidence mapping and gap analysis, the review seeks to identify areas where evidence is well established, where findings remain limited, and where additional investigation is required (Bragge et al., 2011; Tricco et al., 2022). Recognizing these gaps is essential for directing future intervention research and ensuring that subsequent studies continue to strengthen the evidence base concerning integrated yoga and psychological interventions for work-from-home professionals (Joyce et al., 2016; Skivington et al., 2021).

11. Conclusion

This analytical scoping review provides a comprehensive and systematic synthesis of the mechanisms underlying integrated yoga and psychological interventions for work-from-home professionals by organizing the available evidence into four interconnected domains: biological, psychological, behavioural, and occupational. The review adopts an analytical perspective that extends beyond the traditional descriptive mapping of interventions and outcomes, with the objective of explaining the mechanisms through which integrated interventions may contribute to occupational health, work-life boundary management, and psychological well-being within contemporary remote work environments. By classifying the available evidence according to these mechanism domains, the review offers a structured understanding of the complex and multidimensional processes that underpin intervention-related changes among professionals working in work-from-home, remote, and hybrid occupational settings. Guided by the methodological recommendations of the Joanna Briggs Institute (JBI) Manual for Evidence Synthesis and reported in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR), the review follows a transparent and systematic approach to evidence identification, selection, extraction, and synthesis. The application of these internationally recognised methodological frameworks enhances the rigour, transparency, and reproducibility of the review while ensuring that the synthesis is conducted using established standards for scoping review methodology. Furthermore, the analytical approach adopted in this review enables a more comprehensive interpretation of the available literature by emphasizing the mechanisms of change rather than limiting the synthesis to intervention characteristics or reported outcomes alone. A major contribution of the review is the development of an evidence-based conceptual framework that integrates biological regulation, psychological adaptation, behavioural change, work-life boundary management, and occupational well-being into a sequential pathway of change. This conceptual framework provides a coherent representation of the relationships among the identified mechanism domains and illustrates how integrated yoga and psychological interventions may influence multiple dimensions of occupational functioning through interconnected physiological, psychological, behavioural, and occupational processes. By presenting these relationships within a unified explanatory model, the framework contributes to a clearer conceptual understanding of the pathways through which integrated interventions may support professionals working in remote occupational environments. In addition to synthesizing the available evidence, the review also identifies methodological gaps and areas requiring further investigation, thereby highlighting important priorities for future research. Mapping the existing evidence and identifying areas where knowledge remains limited provides valuable direction for researchers seeking to design more robust intervention studies and further examine the mechanisms underlying integrated yoga and psychological interventions. The proposed conceptual framework may also serve as a foundation for future empirical investigations aimed at testing, refining, and validating the relationships among the identified mechanism domains within diverse occupational populations. Overall, this analytical scoping review contributes to the growing body of knowledge on occupational health and psychological well-being by providing a structured synthesis of the mechanisms underlying integrated yoga and

psychological interventions for work-from-home professionals. By moving beyond descriptive evidence mapping and adopting a mechanism-based analytical approach, the review offers an original conceptual contribution that enhances understanding of intervention processes while establishing a theoretical foundation for future research. Consequently, the findings and conceptual framework presented in this review may support the continued development, implementation, and evaluation of integrated yoga and psychological interventions designed to promote occupational health, effective work-life boundary management, and psychological well-being in contemporary work-from-home and remote occupational settings.

References

1. Aeon, B., & Aguinis, H. (2017). It's about time: New perspectives and insights on time management. *Academy of Management Perspectives*, 31(4), 309–330.
2. Allen, T. D., Golden, T. D., & Shockley, K. M. (2015). How effective is telecommuting? Assessing the status of our scientific findings. *Psychological Science in the Public Interest*, 16(2), 40–68.
3. Arksey, H., & O'malley, L. (2005). Scoping studies: Towards a methodological framework. *International Journal of Social Research Methodology*, 8(1), 19–32.
4. Aromataris, E., Stern, C., Lockwood, C., Barker, T. H., Klugar, M., Jadotte, Y., Evans, C., Ross-White, A., Lizarondo, L., Stephenson, M., & others. (2022). JBI series paper 2: Tailored evidence synthesis approaches are required to answer diverse questions: A pragmatic evidence synthesis toolkit from JBI. *Journal of Clinical Epidemiology*, 150, 196–202.
5. Bakker, A. B. (2008). Towards a model of work engagement. *Career Development International*, 13(3), 209–223.
6. Baumeister, R. F., & Vohs, K. D. (2007). Self-Regulation, ego depletion, and motivation. *Social and Personality Psychology Compass*, 1(1), 115–128.
7. Black, D. S., & Slavich, G. M. (2016). Mindfulness meditation and the immune system: A systematic review of randomized controlled trials. *Annals of the New York Academy of Sciences*, 1373(1), 13–24.
8. Bloom, N., Liang, J., Roberts, J., & Ying, Z. J. (2015). Does working from home work? Evidence from a Chinese experiment. *The Quarterly Journal of Economics*, 130(1), 165–218.
9. Bower, J. E., & Irwin, M. R. (2016). Mind-body therapies and control of inflammatory biology: A descriptive review. *Brain, Behavior, and Immunity*, 51, 1–11.
10. Bragge, P., Clavisi, O., Turner, T., Tavender, E., Collie, A., & Gruen, R. L. (2011). The global evidence mapping initiative: Scoping research in broad topic areas. *BMC Medical Research Methodology*, 11(1), 92.
11. Brown, R. P., & Gerbarg, P. L. (2005). Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: Part I—neurophysiologic model. *The Journal of Alternative and Complementary Medicine: Paradigm, Practice, and Policy Advancing Integrative Health*, 11(1), 189–201.
12. Büssing, A., Michalsen, A., Khalsa, S. B. S., Telles, S., & Sherman, K. J. (2012). Effects of yoga on mental and physical health: A short summary of reviews. *Evidence-Based Complementary and Alternative Medicine*, 2012(1), 165410.
13. Cahn, B. R., Goodman, M. S., Peterson, C. T., Maturi, R., & Mills, P. J. (2017). Yoga, meditation and mind-body health: Increased BDNF, cortisol awakening response, and altered inflammatory marker expression after a 3-month yoga and meditation retreat. *Frontiers in Human Neuroscience*, 11, 315.
14. Chambers, R., Gullone, E., & Allen, N. B. (2009). Mindful emotion regulation: An integrative review. *Clinical Psychology Review*, 29(6), 560–572.
15. Clark, S. C. (2000). Work/family border theory: A new theory of work/family balance. *Human Relations*, 53(6), 747–770.
16. Craig, P., Dieppe, P., Macintyre, S., Michie, S., Nazareth, I., & Petticrew, M. (2008). Developing and evaluating complex interventions: The new Medical Research Council guidance. *Bmj*, 337.
17. Cramer, H., Lauche, R., Langhorst, J., & Dobos, G. (2013). Yoga for depression: A systematic review and meta-analysis. *Depression and Anxiety*, 30(11), 1068–1083.
18. Demerouti, E., Bakker, A. B., Geurts, S. A., & Taris, T. W. (2009). Daily recovery from work-related effort during non-work time.
19. Diamond, A. (2013). Executive functions. *Annual Review of Psychology*, 64(1), 135–168.
20. Fletcher, D., & Sarkar, M. (2013). Psychological resilience. *European Psychologist*.
21. Folkman, S. (2020). Stress: Appraisal and coping. In *Encyclopedia of behavioral medicine* (pp. 2177–2179). Springer.
22. Gard, T., Noggle, J. J., Park, C. L., Vago, D. R., & Wilson, A. (2014). Potential self-regulatory mechanisms of yoga for psychological health. *Frontiers in Human Neuroscience*, 8, 770.
23. Gardner, B., Lally, P., & Wardle, J. (2012). Making health habitual: The psychology of 'habit-formation' and general practice. *The British Journal of General Practice*, 62(605), 664.

24. Glasgow, R. E., Vogt, T. M., & Boles, S. M. (1999). Evaluating the public health impact of health promotion interventions: The RE-AIM framework. *American Journal of Public Health*, 89(9), 1322–1327.
25. Grant, C. A., Wallace, L. M., & Spurgeon, P. C. (2013). An exploration of the psychological factors affecting remote e-worker's job effectiveness, well-being and work-life balance. *Employee Relations*, 35(5), 527–546.
26. Greenhalgh, T. (2020). Will COVID-19 be evidence-based medicine's nemesis? In *PLoS medicine* (Vol. 17, Issue 6, p. e1003266). Public Library of Science San Francisco, CA USA.
27. Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry*, 26(1), 1–26.
28. Halpern, J., Cohen, M., Kennedy, G., Reece, J., Cahan, C., Baharav, A., & others. (2014). Yoga for improving sleep quality and quality of life for older adults. *Altern Ther Health Med*, 20(3), 37–46.
29. Hawe, P., Shiell, A., & Riley, T. (2009). Theorising interventions as events in systems. *American Journal of Community Psychology*, 43(3), 267–276.
30. Hayes, S. C., Hofmann, S. G., & Ciarrochi, J. (2020). A process-based approach to psychological diagnosis and treatment: The conceptual and treatment utility of an extended evolutionary meta model. *Clinical Psychology Review*, 82, 101908.
31. Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169.
32. Institute, J. B. & others. (2020). JBI manual for evidence synthesis. Chapter 11–scoping reviews. JBI, Adelaide.
33. Ionescu, T. (2012). Exploring the nature of cognitive flexibility. *New Ideas in Psychology*, 30(2), 190–200.
34. Irwin, M. R., & Opp, M. R. (2017). Sleep health: Reciprocal regulation of sleep and innate immunity. *Neuropsychopharmacology*, 42(1), 129–155.
35. Joyce, S., Modini, M., Christensen, H., Mykletun, A., Bryant, R., Mitchell, P. B., & Harvey, S. B. (2016). Workplace interventions for common mental disorders: A systematic meta-review. *Psychological Medicine*, 46(4), 683–697.
36. Joyce, S., Shand, F., Bryant, R. A., Lal, T. J., & Harvey, S. B. (2018). Mindfulness-based resilience training in the workplace: Pilot study of the internet-based resilience@ work (RAW) mindfulness program. *Journal of Medical Internet Research*, 20(9), e10326.
37. Judge, T. A., Thoresen, C. J., Bono, J. E., & Patton, G. K. (2001). The job satisfaction–job performance relationship: A qualitative and quantitative review. *Psychological Bulletin*, 127(3), 376.
38. Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future.
39. Karoly, P. (1993). Mechanisms of self-regulation: A view. *Annu Rev Psychol*, 44(1), 23–52.
40. Kazdin, A. E. (2007). Mediators and mechanisms of change in psychotherapy research. *Annu. Rev. Clin. Psychol.*, 3, 1–27.
41. Kniffin, K. M., Narayanan, J., Anseel, F., Antonakis, J., Ashford, S. P., Bakker, A. B., Bamberger, P., Bapuji, H., Bhawe, D. P., Choi, V. K., & others. (2021). COVID-19 and the workplace: Implications, issues, and insights for future research and action. *American Psychologist*, 76(1), 63.
42. Kossek, E. E., Ruderman, M. N., Braddy, P. W., & Hannum, K. M. (2012). Work–nonwork boundary management profiles: A person-centered approach. *Journal of Vocational Behavior*, 81(1), 112–128.
43. Lally, P., Van Jaarsveld, C. H., Potts, H. W., & Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6), 998–1009.
44. Leonardi, P. M. (2020). COVID-19 and the new technologies of organizing: Digital exhaust, digital footprints, and artificial intelligence in the wake of remote work. *Journal of Management Studies*, 58(1), 249.
45. Levac, D., Colquhoun, H., & O'Brien, K. K. (2010). Scoping studies: Advancing the methodology. *Implementation Science*, 5(1), 69.
46. Lindsay, E. K., & Creswell, J. D. (2017). Mechanisms of mindfulness training: Monitor and Acceptance Theory (MAT). *Clinical Psychology Review*, 51, 48–59.
47. Maslach, C., & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry*, 15(2), 103–111.
48. Messenger, J. C. (2017). Working anytime, anywhere: The evolution of telework and its effects on the world of work. *IUSLabor*, (3).
49. Mlake-Lye, I. M., Hempel, S., Shanman, R., & Shekelle, P. G. (2016). What is an evidence map? A systematic review of published evidence maps and their definitions, methods, and products. *Systematic Reviews*, 5(1), 28.
50. Michie, S., Van Stralen, M. M., & West, R. (2011). The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Science*, 6(1), 42.
51. Moher, D., Liberati, A., Tetzlaff, J., Altman, D. G., & PRISMA Group*, t. (2009). Preferred reporting items for systematic reviews and meta-analyses: The PRISMA statement. *Annals of Internal Medicine*, 151(4), 264–269.
52. Montano, D., Hoven, H., & Siegrist, J. (2014). Effects of organisational-level interventions at work on employees' health: A systematic review. *BMC Public Health*, 14(1), 135.

53. Moore, G. F., Audrey, S., Barker, M., Bond, L., Bonell, C., Hardeman, W., Moore, L., O'Cathain, A., Tinati, T., Wight, D., & others. (2015). Process evaluation of complex interventions: Medical Research Council guidance. *Bmj*, 350.
54. Munn, Z., Peters, M. D., Stern, C., Tufanaru, C., McArthur, A., & Aromataris, E. (2018). Systematic review or scoping review? Guidance for authors when choosing between a systematic or scoping review approach. *BMC Medical Research Methodology*, 18(1), 143.
55. Nielsen, K., & Randall, R. (2013). Opening the black box: Presenting a model for evaluating organizational-level interventions. *European Journal of Work and Organizational Psychology*, 22(5), 601–617.
56. Oakman, J., Kinsman, N., Lambert, K., Stuckey, R., Graham, M., & Weale, V. (2022). Working from home in Australia during the COVID-19 pandemic: Cross-sectional results from the Employees Working From Home (EWFH) study. *BMJ Open*, 12(4), e052733.
57. Oakman, J., Kinsman, N., Stuckey, R., Graham, M., & Weale, V. (2020). A rapid review of mental and physical health effects of working at home: How do we optimise health? *BMC Public Health*, 20(1), 1825.
58. Organization, W. H. (2020). WHO guidelines on physical activity and sedentary behaviour. World Health Organization.
59. Organization, W. H. (2022). WHO guidelines on mental health at work. World Health Organization.
60. Pascoe, M. C., Thompson, D. R., Jenkins, Z. M., & Ski, C. F. (2017). Mindfulness mediates the physiological markers of stress: Systematic review and meta-analysis. *Journal of Psychiatric Research*, 95, 156–178.
61. Pascoe, M. C., Thompson, D. R., & Ski, C. F. (2017). Yoga, mindfulness-based stress reduction and stress-related physiological measures: A meta-analysis. *Psychoneuroendocrinology*, 86, 152–168.
62. Pawson, R., Greenhalgh, T., Harvey, G., & Walshe, K. (2005). Realist review-a new method of systematic review designed for complex policy interventions. *Journal of Health Services Research & Policy*, 10(1_suppl), 21–34.
63. Peters, M. D., Marnie, C., Tricco, A. C., Pollock, D., Munn, Z., Alexander, L., McInerney, P., Godfrey, C. M., & Khalil, H. (2021). Updated methodological guidance for the conduct of scoping reviews. *JBMI Evidence Implementation*, 19(1), 3–10.
64. Peters, M., Godfrey, C., McInerney, P., Munn, Z., Tricco, A., Khalil, H., & others. (2023). Chapter 11: Scoping reviews. *JBMI Manual for evidence synthesis*. 2020. URL.
65. Pollock, D., Davies, E. L., Peters, M. D., Tricco, A. C., Alexander, L., McInerney, P., Godfrey, C. M., Khalil, H., & Munn, Z. (2021). Undertaking a scoping review: A practical guide for nursing and midwifery students, clinicians, researchers, and academics. *Journal of Advanced Nursing*, 77(4), 2102–2113.
66. Riley, K. E., & Park, C. L. (2015). How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. *Health Psychology Review*, 9(3), 379–396.
67. Robertson, I. T., Cooper, C. L., Sarkar, M., & Curran, T. (2015). Resilience training in the workplace from 2003 to 2014: A systematic review. *Journal of Occupational and Organizational Psychology*, 88(3), 533–562.
68. Rycroft-Malone, J., McCormack, B., Hutchinson, A. M., DeCorby, K., Bucknall, T. K., Kent, B., Schultz, A., Snelgrove-Clarke, E., Stetler, C. B., Titler, M., & others. (2012). Realist synthesis: Illustrating the method for implementation research. *Implementation Science*, 7(1), 33.
69. Salmon, P., Lush, E., Jablonski, M., & Sephton, S. E. (2009). Yoga and mindfulness: Clinical aspects of an ancient mind/body practice. *Cognitive and Behavioral Practice*, 16(1), 59–72.
70. Schaufeli, W. B., Salanova, M., González-Romá, V., & Bakker, A. B. (2002). The measurement of engagement and burnout: A two sample confirmatory factor analytic approach. *Journal of Happiness Studies*, 3(1), 71–92.
71. Schmalzl, L., Powers, C., & Henje Blom, E. (2015). Neurophysiological and neurocognitive mechanisms underlying the effects of yoga-based practices: Towards a comprehensive theoretical framework. *Frontiers in Human Neuroscience*, 9, 235.
72. Shanafelt, T. D., & Noseworthy, J. H. (2017). Executive leadership and physician well-being: Nine organizational strategies to promote engagement and reduce burnout. *Mayo Clinic Proceedings*, 92(1), 129–146.
73. Siddaway, A. P., Wood, A. M., & Hedges, L. V. (2019). How to do a systematic review: A best practice guide for conducting and reporting narrative reviews, meta-analyses, and meta-syntheses. *Annual Review of Psychology*, 70(1), 747–770.
74. Skivington, K., Matthews, L., Simpson, S. A., Craig, P., Baird, J., Blazeby, J. M., Boyd, K. A., Craig, N., French, D. P., McIntosh, E., & others. (2021). A new framework for developing and evaluating complex interventions: Update of Medical Research Council guidance. *Bmj*, 374.
75. Spector, P. E. (1997). *Job satisfaction: Application, assessment, causes, and consequences* (Vol. 3). Sage.
76. Streeter, C. C., Gerbarg, P. L., Saper, R. B., Ciraulo, D. A., & Brown, R. P. (2012). Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. *Medical Hypotheses*, 78(5), 571–579.

77. Tolahunase, M., Sagar, R., & Dada, R. (2017). Impact of yoga and meditation on cellular aging in apparently healthy individuals: A prospective, open-label single-arm exploratory study. *Oxidative Medicine and Cellular Longevity*, 2017(1), 7928981.
78. Tricco, A. C., Khalil, H., Holly, C., Feyissa, G., Godfrey, C., Evans, C., Sawchuck, D., Sudhakar, M., Asahngwa, C., Stannard, D., & others. (2022). Rapid reviews and the methodological rigor of evidence synthesis: A JBI position statement. *JB Evidence Synthesis*, 20(4), 944–949.
79. Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K. K., Colquhoun, H., Levac, D., Moher, D., Peters, M. D., Horsley, T., Weeks, L., & others. (2018). PRISMA extension for scoping reviews (PRISMA-ScR): Checklist and explanation. *Annals of Internal Medicine*, 169(7), 467–473.
80. Tyagi, A., & Cohen, M. (2016). Yoga and heart rate variability: A comprehensive review of the literature. *International Journal of Yoga*, 9(2), 97.
81. Vial, G. (2019). Understanding digital transformation: A review and a research agenda. *The Journal of Strategic Information Systems*, 28(2), 118–144.
82. Wang, B., Liu, Y., Qian, J., & Parker, S. K. (2021). Achieving effective remote working during the COVID-19 pandemic: A work design perspective. *Applied Psychology*, 70(1), 16–59.
83. Wang, F., Lee, O. E.-K., Feng, F., Vitiello, M. V., Wang, W., Benson, H., Fricchione, G. L., & Denninger, J. W. (2016). The effect of meditative movement on sleep quality: A systematic review. *Sleep Medicine Reviews*, 30, 43–52.
84. Warburton, D. E., & Bredin, S. S. (2017). Health benefits of physical activity: A systematic review of current systematic reviews. *Current Opinion in Cardiology*, 32(5), 541–556.
85. Woodyard, C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International Journal of Yoga*, 4(2), 49.