Meditation, yoga, MBSR, MBCT: effects on depression and stress

**Paper details:**

Hi, I need some help with writing the introductory part of my thesis (psychology graduate level). I want to explain the concepts of depression, stress, meditation, mindfulness, MBSR, and MBCT. Of course with references and sources in APA-style (within the text and as a bibliography). Then I would like to present evidence (clinical studies, etc.) that supports the following claims: a) Yoga is effective at reducing depressive symptoms (and maybe more effective than traditional CBT or pharmacological treatment) b) Yoga is effective at improving stress (and maybe more effective than traditional CBT) c) Meditation is effective at reducing depressive symptoms (and maybe more effective than traditional CBT or pharmacological treatment) d) Meditation is effective at improving stress (and maybe more effective than traditional CBT) e) MBSR is effective at reducing depressive symptoms (and maybe more effective than traditional CBT or pharmacological treatment) f) MBSR is effective at improving stress (and maybe more effective than traditional CBT) g) MBCT is effective at reducing depressive symptoms (and maybe more effective than traditional CBT or pharmacological treatment) h) MBCT is effective at improving stress (and maybe more effective than traditional CBT) Of course, I would also need the referenced studies in APA-style that support the mentioned claims. I put 50 sources but that's an estimated number, each concept would need a couple of sources and of course the claims I made about the interventions would each need at least three or four supporting studies/sources. Use UK spelling