

Table S4 Methodological quality of included studies (Risk of bias)

TRANSCENDENTAL MEDITATION						
Study	Domain 1	Domain 2	Domain 3	Domain 4	Domain 5	Overall risk of bias
Alexander (1989)	SC	High	Low	Low	SC	High
Bellehsen (2021)	Low	SC	Low	Low	SC	SC
<i>Hetero-reported measure</i>	Low	SC	Low	High	SC	High
<i>Self-reported measure</i>						
Bokhari (2019)	SC	High	High	High	Low	High
Brooks (1985)	SC	High	Low	SC	SC	High
Chhatre (2013)	SC	SC	Low	SC	SC	High
Dillbeck (1977)	SC	High	Low	SC	SC	High
Elder (2014)	Low	SC	High	High	SC	High
Heffner (2016)	SC	High	High	High	SC	High
<i>Hetero-reported measure</i>	SC	High	High	High	SC	High
<i>Self-reported measure</i>						
Jayadevappa (2007)	Low	SC	Low	SC	SC	High
Jong (2019)	SC	SC	Low	SC	Low	High
Leach (2015)	Low	SC	Low	Low	Low	SC
Nidich (2009a)	Low	High	High	High	SC	High
Nidich (2009b)	Low	High	SC	High	SC	High
Nidich (2016)	SC	SC	Low	High	SC	High
Nidich (2017)	SC	SC	Low	High	SC	High
Nidich (2018)	SC	SC	SC	Low	SC	High
<i>Hetero-reported measure</i>	SC	SC	SC	SC	SC	High
<i>Self-reported measure</i>						
Ottens (1975)	SC	SC	Low	SC	SC	High
Raskin (1980)	SC	SC	High	SC	SC	High
Rees (2013)	High	SC	Low	High	SC	High
Schneider (2012)	Low	SC	SC	SC	SC	High
Sheppard (1997)	SC	High	Low	SC	SC	High
So (2001)						
<i>Substudy 1</i>	SC	High	SC	SC		High
<i>Substudy 2</i>	SC	High	SC	SC	SC	High
<i>Substudy 3</i>	SC	High	Low	SC	SC	High

Tuab (1994)	SC	High	Low	SC	SC	High
Travis (2018)	SC	High	Low	Low	SC	SC
Zuroff (1978)						
<i>Hetero-reported measure</i>	SC	SC	Low	SC	SC	High
<i>Self-reported measure</i>	SC	SC	Low	SC	SC	High
MANTRAS-BASED MEDITATIONS						
Domain RoB						
Study	Domain 1	Domain 2	Domain 3	Domain 4	Domain 5	Overall risk of bias
Anderson (1999)	SC	High	High	High	SC	High
Bormann (2006)	SC	High	Low	SC	SC	High
Bormann (2008)	SC	SC				
<i>Hetero-reported measure</i>	SC	SC	Low	Low	SC	High
<i>Self-reported measure</i>			Low	SC	SC	High
Bormann (2013)						
<i>Hetero-reported measure</i>	Low	SC	Low	Low	Low	SC
<i>Self-reported measure</i>	Low	SC	Low	High	Low	High
Bormann (2018)						
<i>Hetero-reported measure</i>	Low	SC	Low	Low	Low	SC
<i>Self-reported measure</i>	Low	SC	Low	SC	Low	SC
Boswell (1979)	SC	High	High	SC	SC	High
Dunne (2019)	SC	SC	Low	Low	Low	SC
Heide (1980)	SC	High	High	High	SC	High
Jeitler (2015)	Low	SC	Low	SC	Low	SC
Kirkland (1980)	SC	High	SC	SC	SC	High
Kirsch (1979)	SC	High	High	High	SC	High
Lehrer (1983)	SC	High	High	SC	SC	High
Manocha (2011)	Low	SC	SC	SC	SC	High
Michalsen (2016))	Low	SC	Low	SC	Low	SC
Murphy (1986)	SC	High	High	SC	SC	High
Oman (2006)	Low	SC	Low	High	SC	High
Parker (1978)	SC	High	High	SC	SC	High
Puryear (1976)	SC	High	High	High	SC	High
Severtsen (1986)	High	High	Low	SC	SC	High
Vaccarino (2013)	Low	Low	Low	Low	SC	SC
Vasudev (2016)						
Ionson (2019)	Low	SC	Low	High	Low	High
Wachholtz (2005)	SC	SC	Low	SC	SC	High

Wachholtz (2008)	Low	SC	High	SC	SC	High
Wolf (2003)	SC	High	SC	SC	SC	High

MIXED MEDITATIONS

Study	Domain RoB					Overall risk of bias
	Domain 1	Domain 2	Domain 3	Domain 4	Domain 5	
Milbury (2013)	SC	SC	Low	High	Low	High
Wu (2019)	Low	SC	Low	High	SC	High

SC: Some concerns
 RoB: Risk of bias
 Domain 1: Risk of bias arising from the randomization process
 Domain 2: Risk of bias due to deviations from the intended interventions
 Domain 3: Risk of bias due to missing outcome data
 Domain 4: Risk of bias in measurement of the outcome
 Domain 5: Risk of bias in selection of the reported result