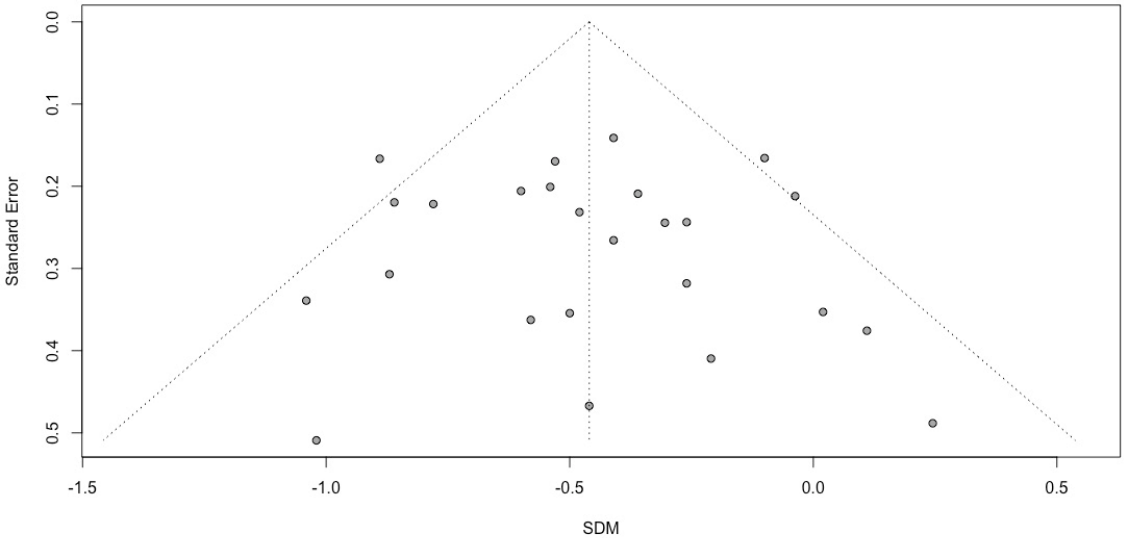
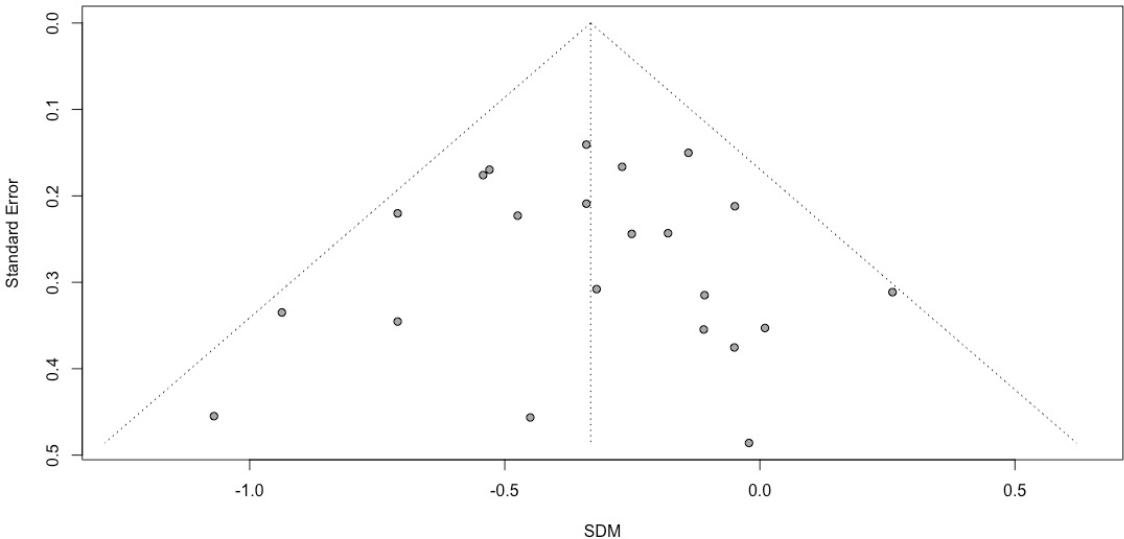


**Risk of publication Bias**

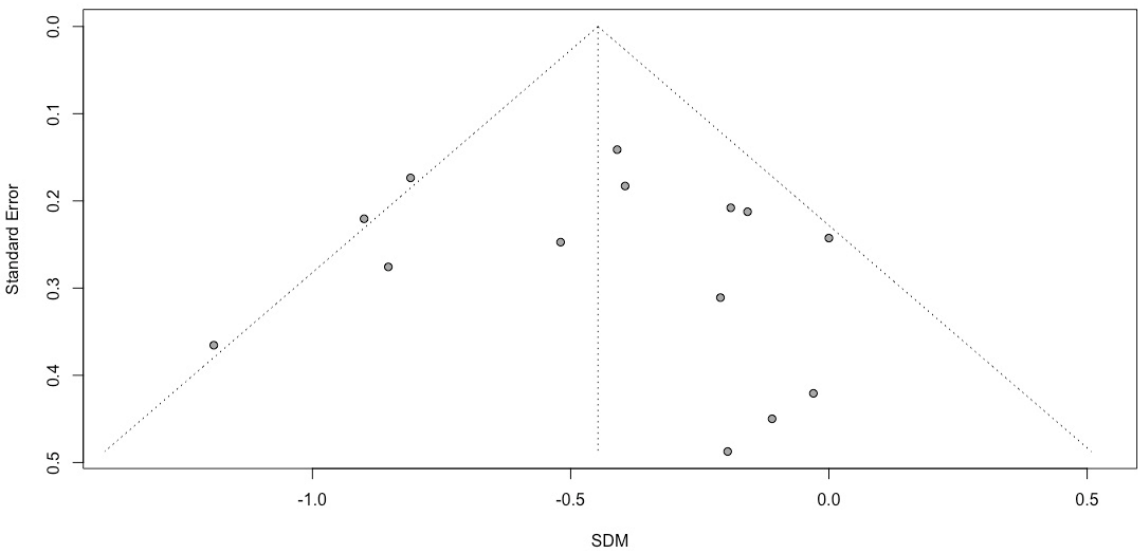
*Figure S1: Anxiety – Meditation vs control*



*Figure S2: Depression – Meditation vs control*



*Figure S3: Stress – Meditation vs control*



**Figure S4: Mental quality of life – Meditation vs control**

