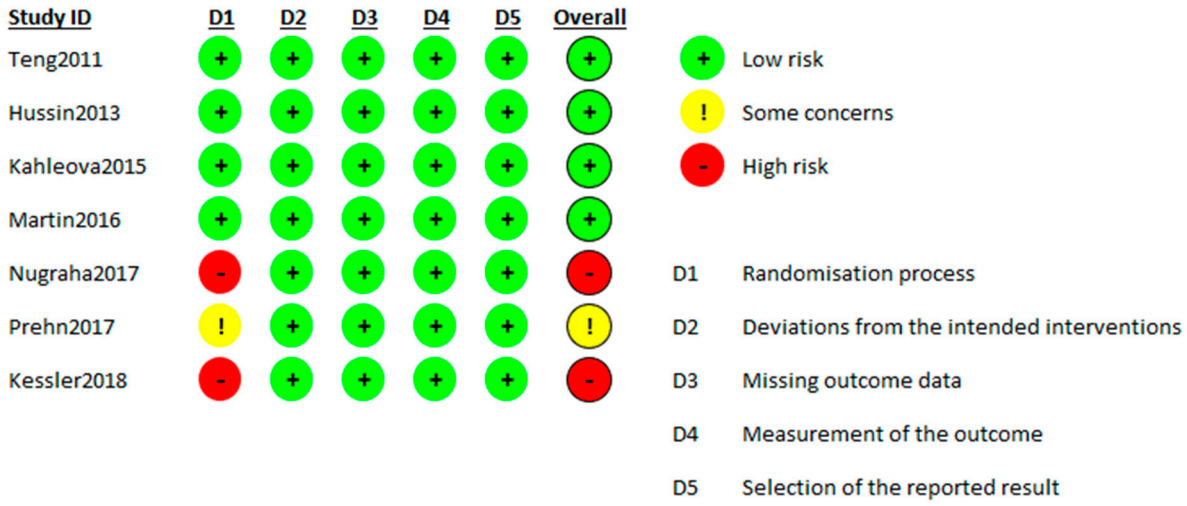
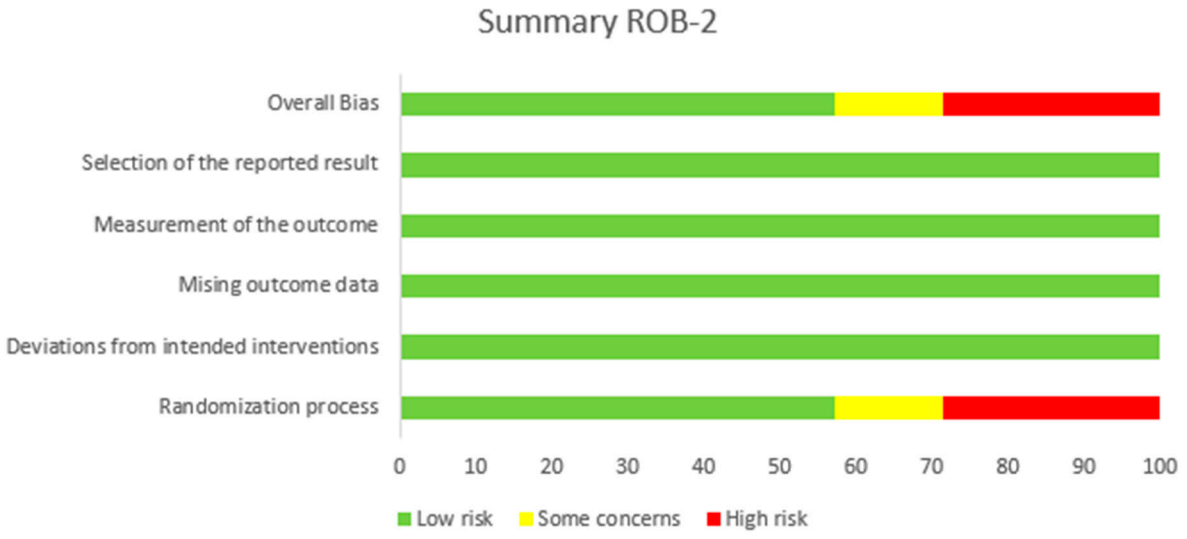
Supplementary Table S1. Quality assessment of Ramadan studies.

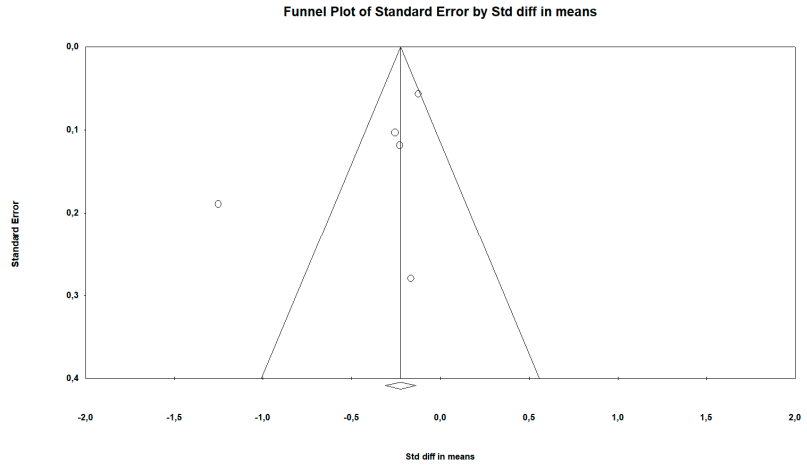
Supplementary Table S2. Quality assessment of controlled trials.



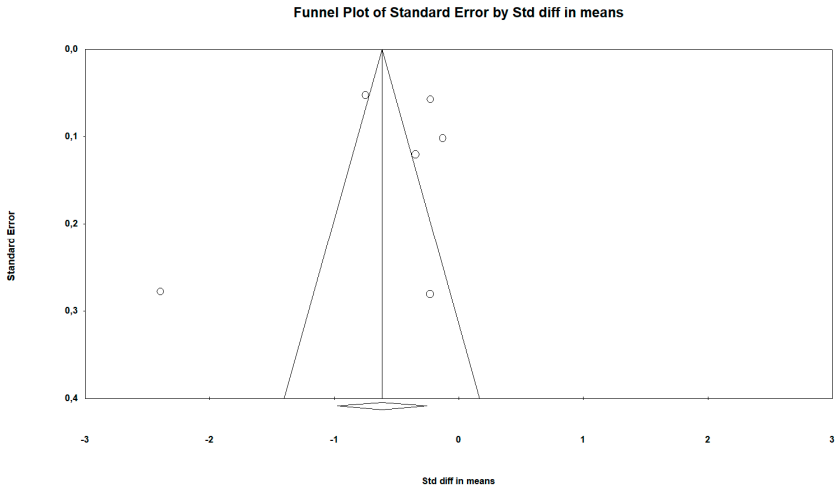


Supplementary Figure S1. Funnel plots of Ramadan studies.

Anxiety

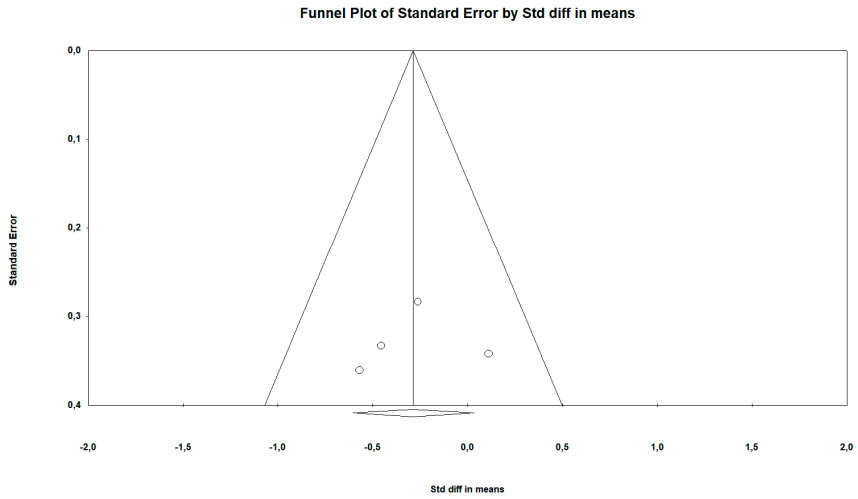


Depression



Supplementary Figure S2. Funnel plots of fasting controlled trials.

Anxiety



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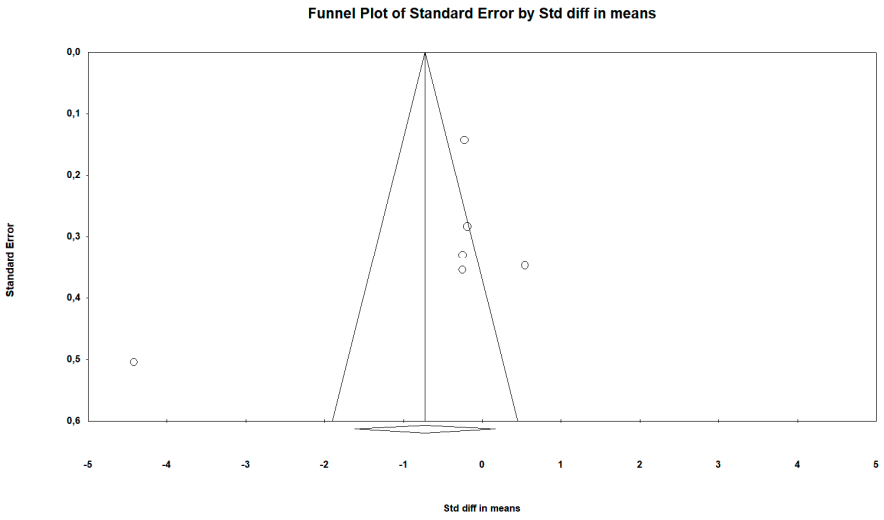
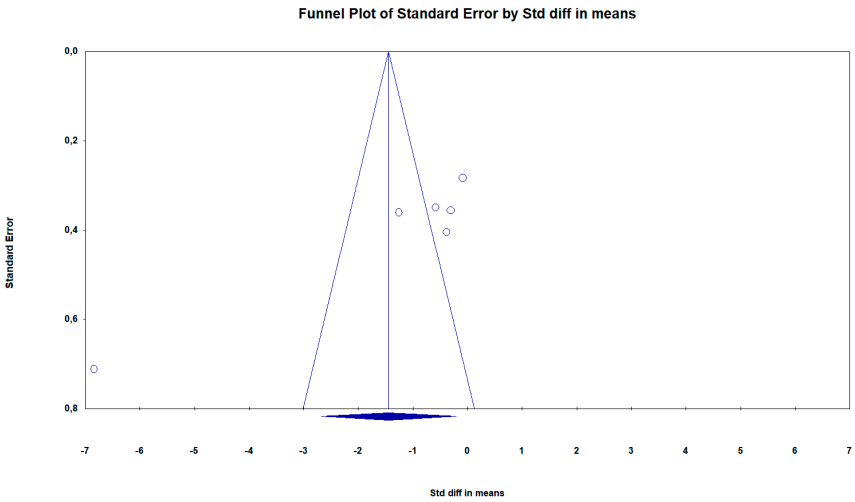


Body Mass Index


Funnel Plot of Standard Error by Std diff in means
Standard Error
0,0
0,2
0,4
0,6
0,8
-7
-6
-5
-4
-3
-2
-1
0
1
2
3
4
5
6
7
Std diff in means