

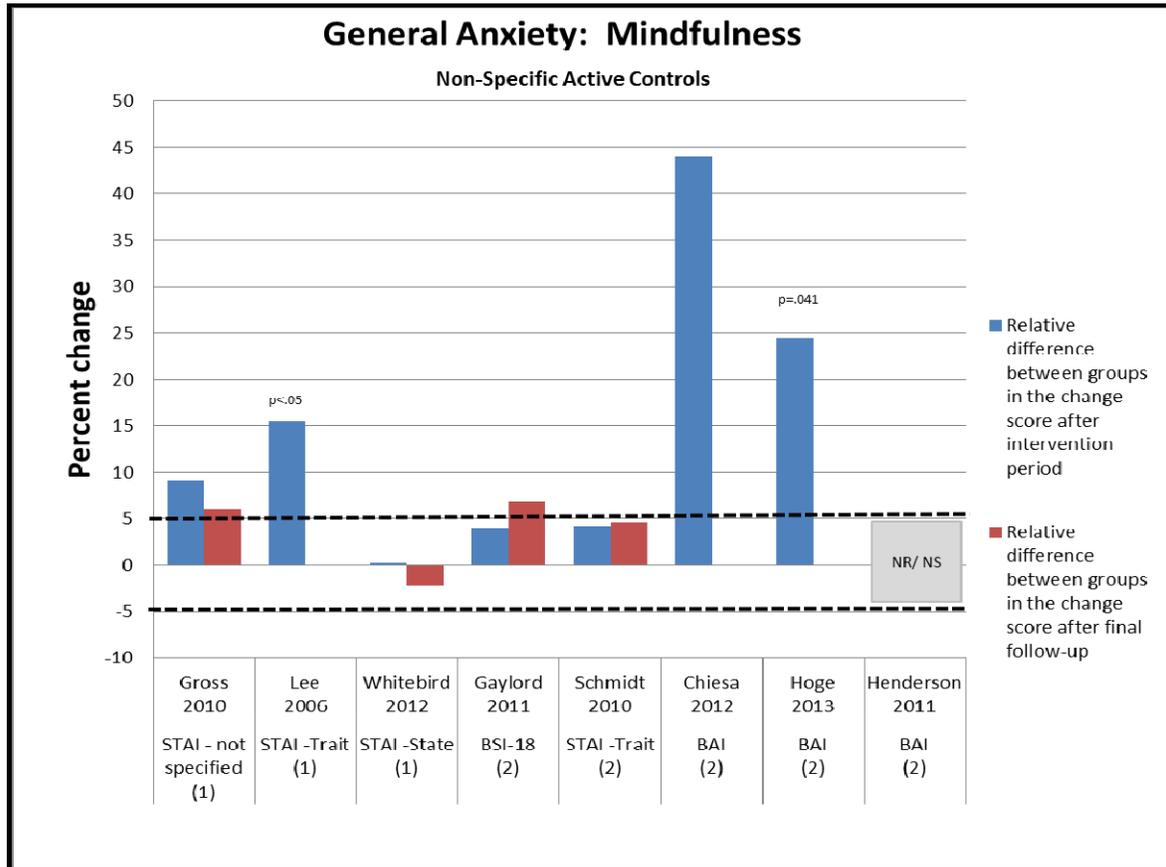
Supplementary Online Content

Goyal M, Singh S, Sibinga EMS, et al. Meditation programs for psychological stress and well-being: a systematic review and meta-analysis. *JAMA Intern Med*. Published online January 6, 2014.
doi:10.1001/jamainternmed.2013.13018.

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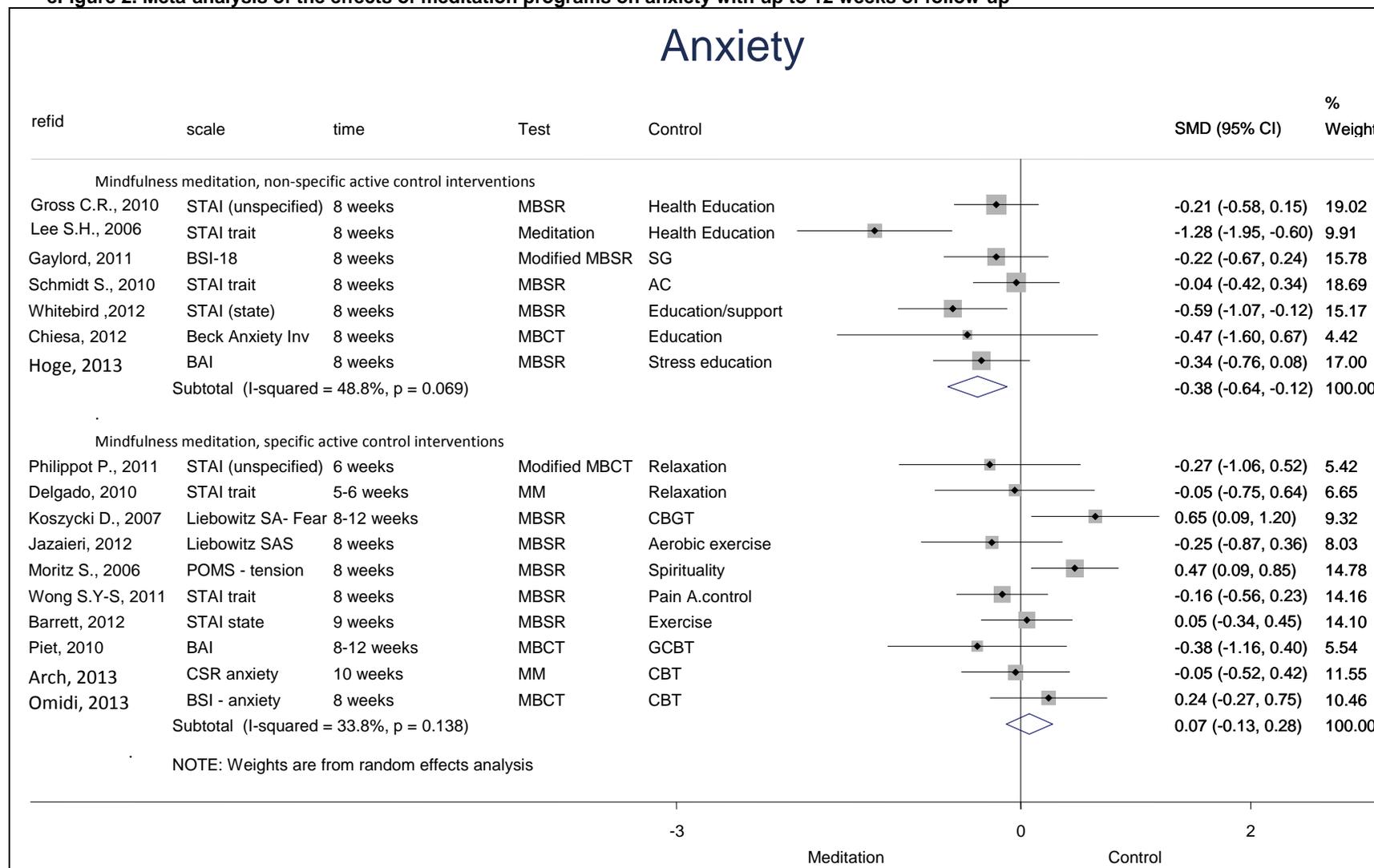
This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure 1. Relative difference between groups in the changes in measures of general anxiety in the mindfulness vs nonspecific active control studies



- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- BSI-18= Brief Symptom Inventory 18, Anxiety subscale; STAI = State Trait Anxiety Inventory; BAI = Beck Anxiety Inventory; SCL90 = Symptom Checklist 90, anxiety subscale

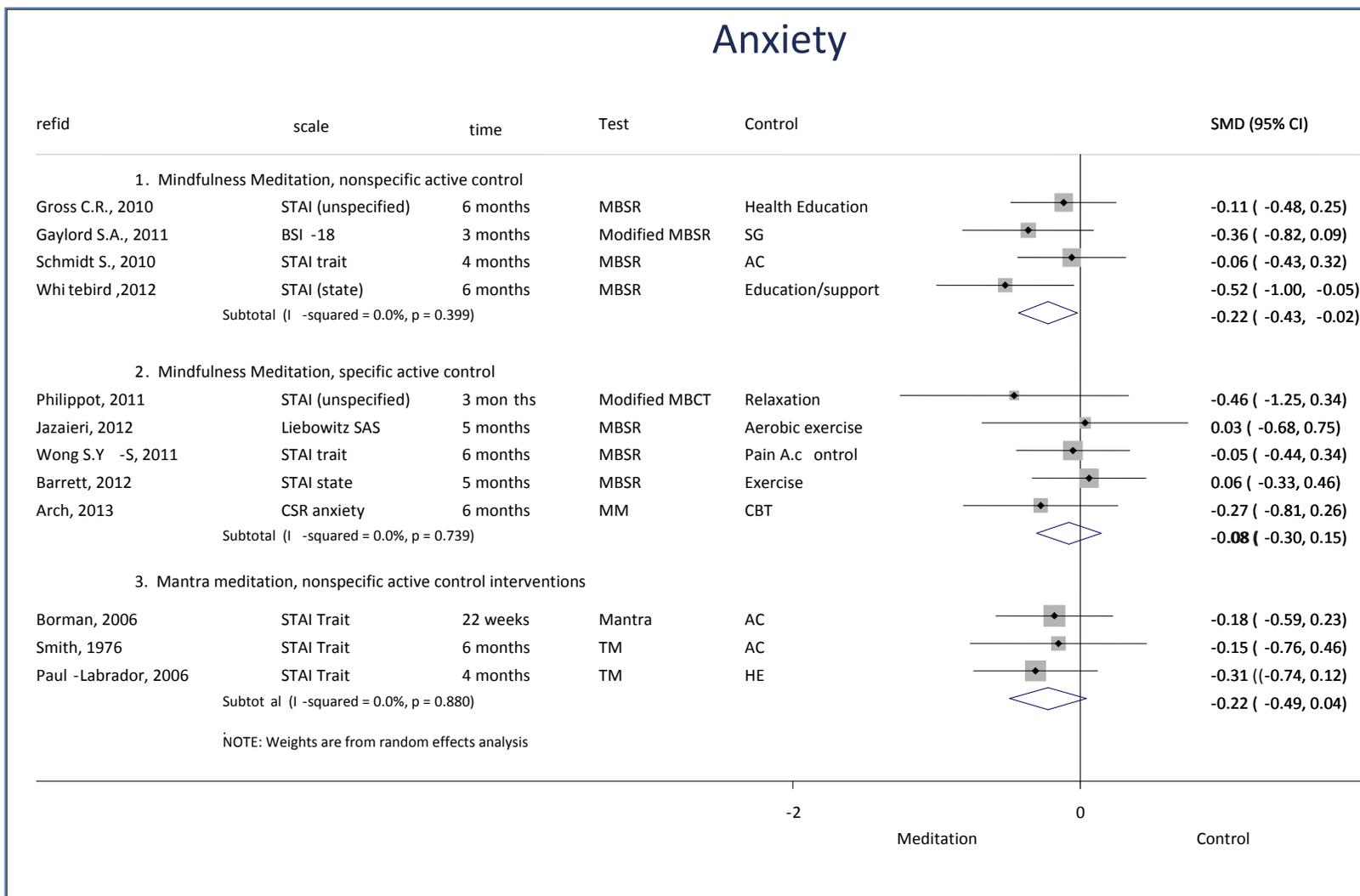
eFigure 2. Meta-analysis of the effects of meditation programs on anxiety with up to 12 weeks of follow-up



AC = Active Control; BAI = Beck Anxiety Inventory; BSI = Brief Symptom Inventory; CBGT = Cognitive Behavioral Group Therapy; CI = confidence interval; HE=Health Education; MM = Mindfulness Meditation; MBSR = Mindfulness Based Stress Reduction; MBCT = Mindfulness-based Cognitive Therapy; POMS = Profile of Mood States; SCL = Symptom Checklist; SG = Support Group; STAI = State Trait Anxiety Inventory; SMD = standardized mean differences ; wks = weeks.

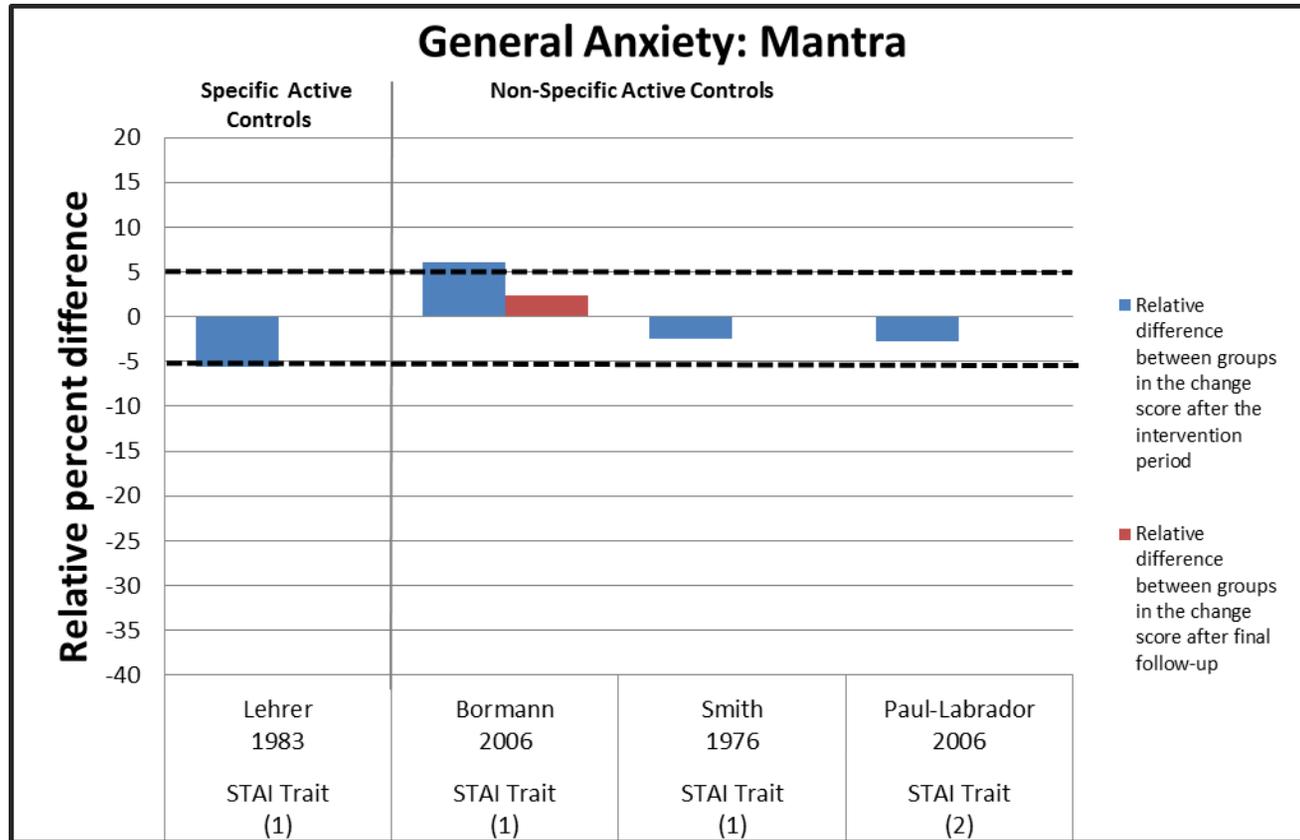
Text describing results for comparisons with specific active controls for anxiety starts on page 86 of the AHRQ report

eFigure 3. Meta-analysis of the effects of meditation programs on anxiety after 3 to 6 months of follow-up



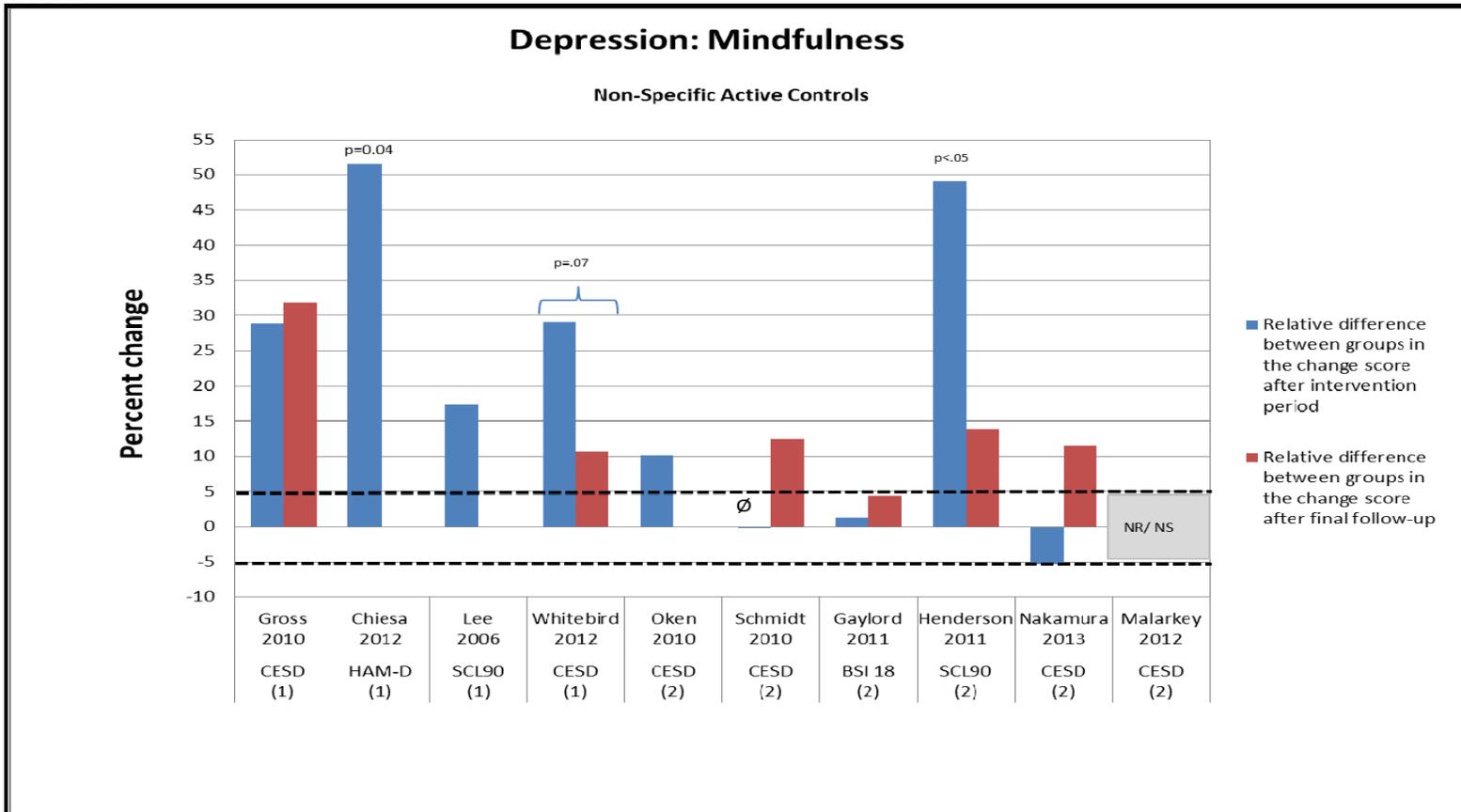
AC = Active Control; BSI = Brief Symptom Inventory; CSM = Clinically Standardized; CI = confidence interval; HE = Health Education; MBCT=Mindfulness-based Cognitive Therapy; MBSR = Mindfulness Based Stress Reduction; mos = months; SG = Support Group; STAI = State Trait Anxiety Inventory; TM = Transcendental Meditation; SMD = standardized mean differences; wks = weeks; Text describing results for comparisons with **specific** active controls for anxiety starts on page 86 of the AHRQ report

eFigure 4. Relative difference between groups in the changes in measures of general anxiety in the mantra vs nonspecific active control/ specific active control studies



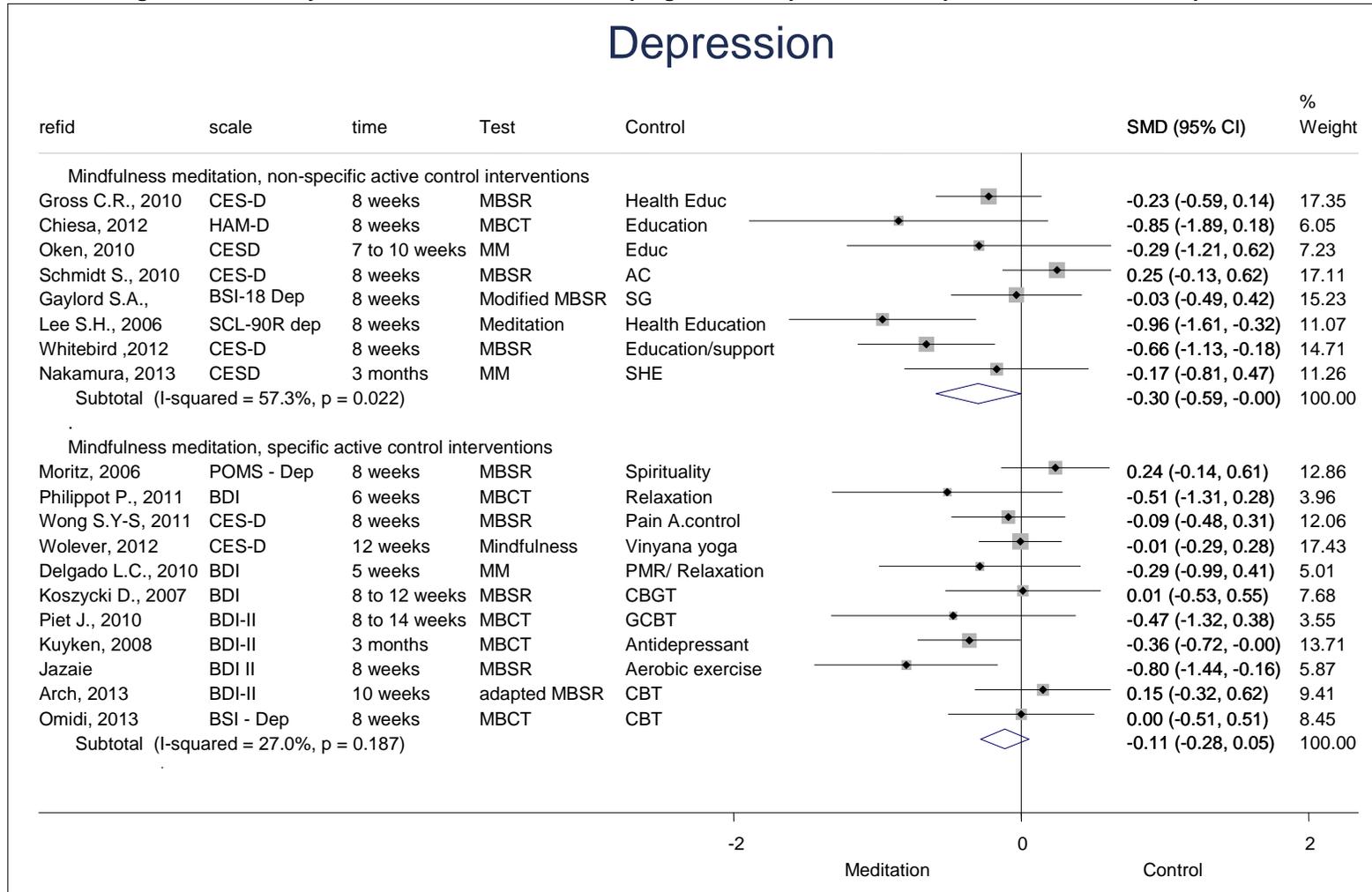
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- STAI = State Trait Anxiety Inventory.

eFigure 5. Relative difference between groups in the changes in measures of depression in the mindfulness vs nonspecific active control studies



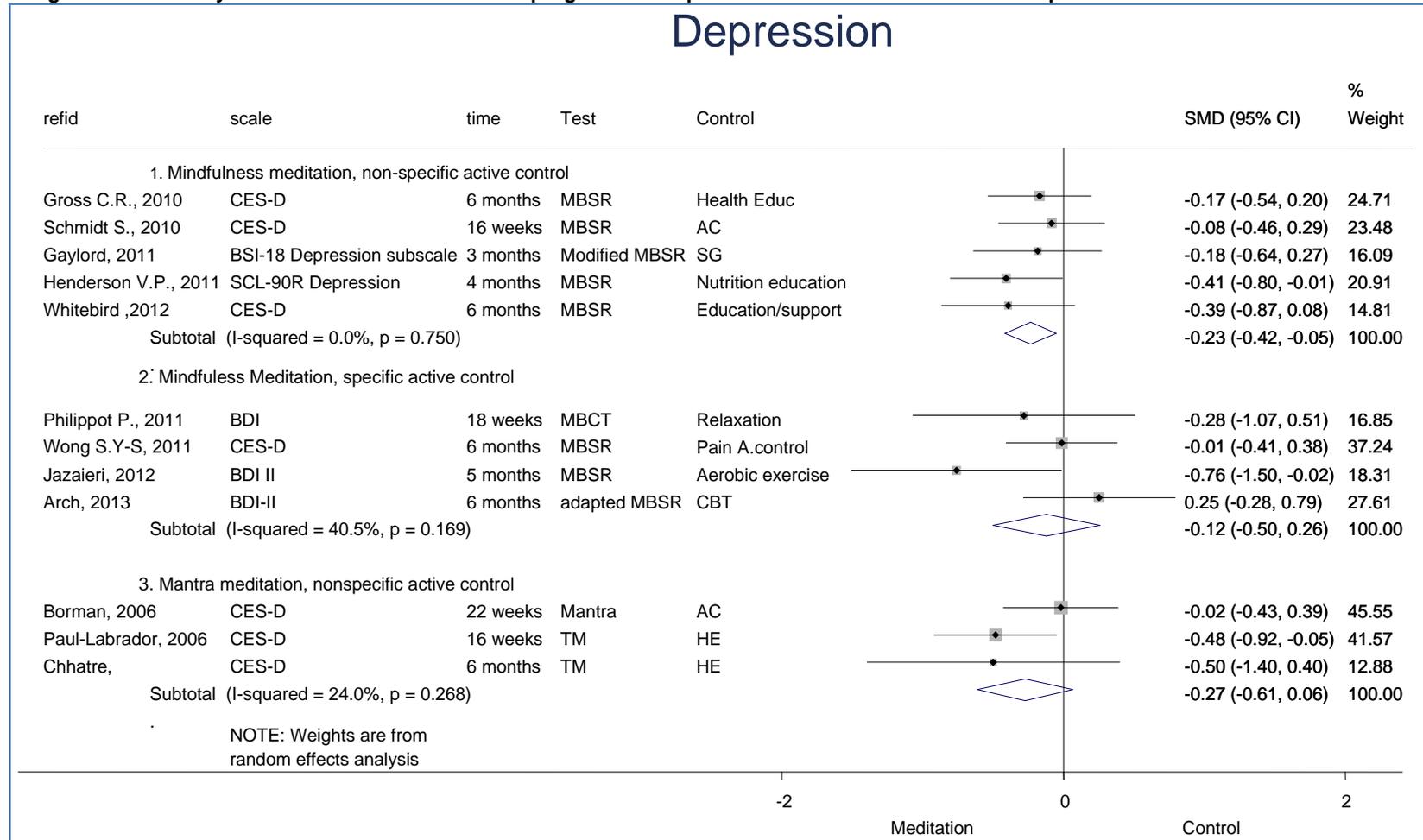
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $((19-10)-(16-11))/10 \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- BSI-18= Brief Symptom Inventory 18, Anxiety subscale; CES-D=Center for Epidemiologic Studies Depression Scale; HAM-D=Hamilton Psychiatric Rating Scale for depression; SCL90 = Symptom Checklist 90, anxiety subscale

eFigure 6. Meta-analysis of the effects of meditation programs on depression with up to 3 months of follow-up



AC = Active Control; BDI = Beck Depression Inventory; BSI = Beck Stress Inventory; CES-D = Center for Epidemiological Studies Depression Scale; CBGT = Cognitive Behavioral Group Therapy; CI = confidence interval; HE = Health Education; MBCT= Mindfulness-based Cognitive Therapy; MBSR = Mindfulness Based Stress Reduction; mos = Months; POMS = Profile of Mood States; SG = Support Group; SCL= Symptom Checklist; STAI = State Trait Anxiety Inventory; SMD = standardized mean differences TM = Transcendental Meditation; wks = weeks; Text describing results for comparisons with **specific** active controls for depression starts on page 90 of the AHRQ report

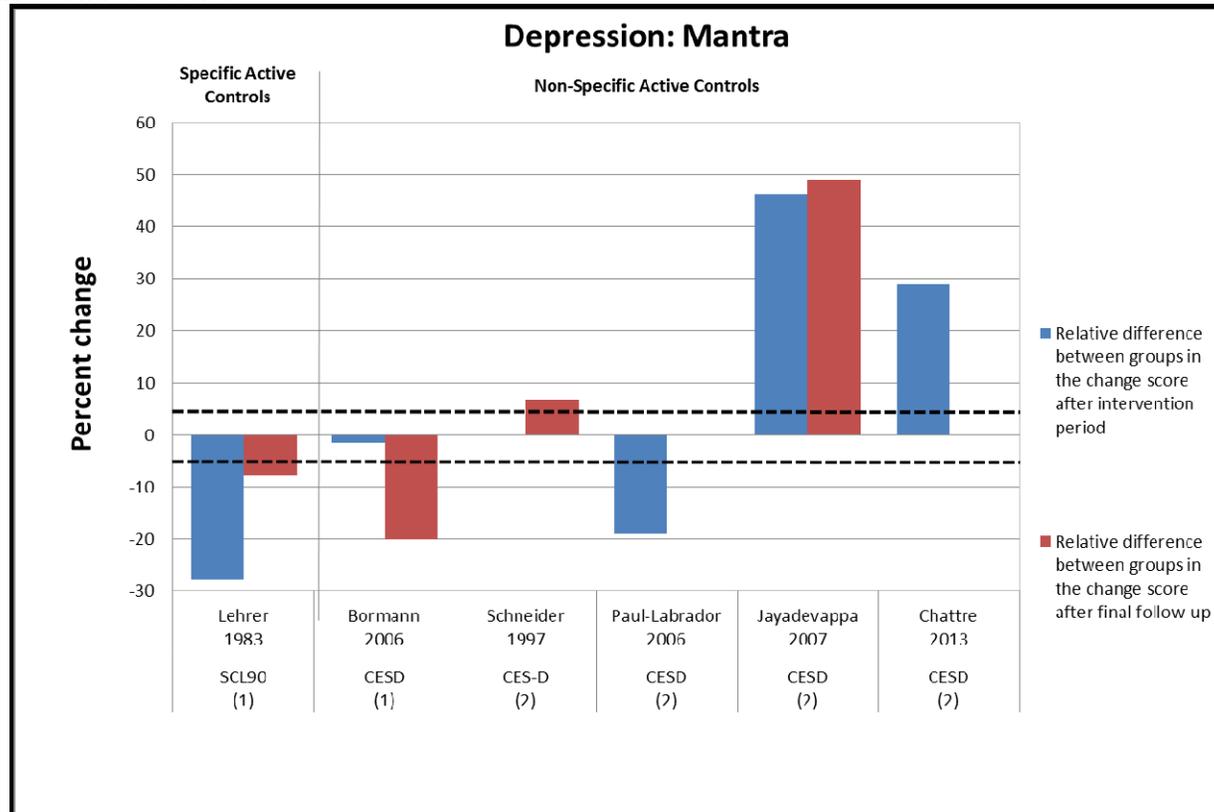
eFigure 7. Meta-analysis of the effects of meditation programs on depression after 3-6 months of follow-up



AC = Active Control; BDI = Beck Depression Inventory; BSI = Beck Stress Inventory; CES-D = Center for Epidemiological Studies Depression Scale; CI = confidence interval; HE = Health Education; MBSR = Mindfulness Based Stress Reduction; mos = months; POMS = Profile of Mood States; SCL= Symptom Checklist; SG = Support Group; SMD = standardized mean differences TM = Transcendental Meditation; wks = weeks;

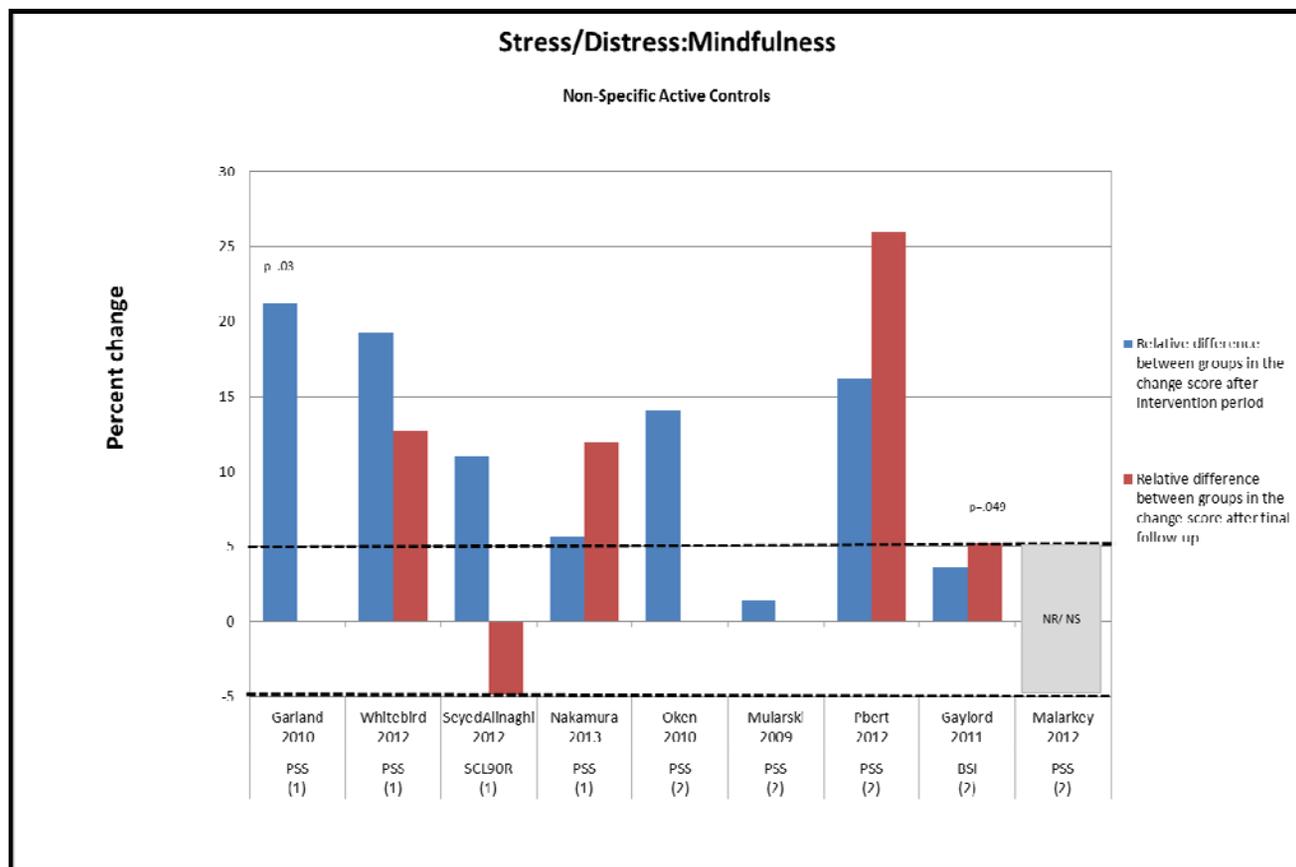
Text describing results for comparisons with **specific** active controls for depression starts on page 90 of the AHRQ report

eFigure 8. Relative difference between groups in the changes in measures of depression in the mantra vs nonspecific active control/specific active control studies



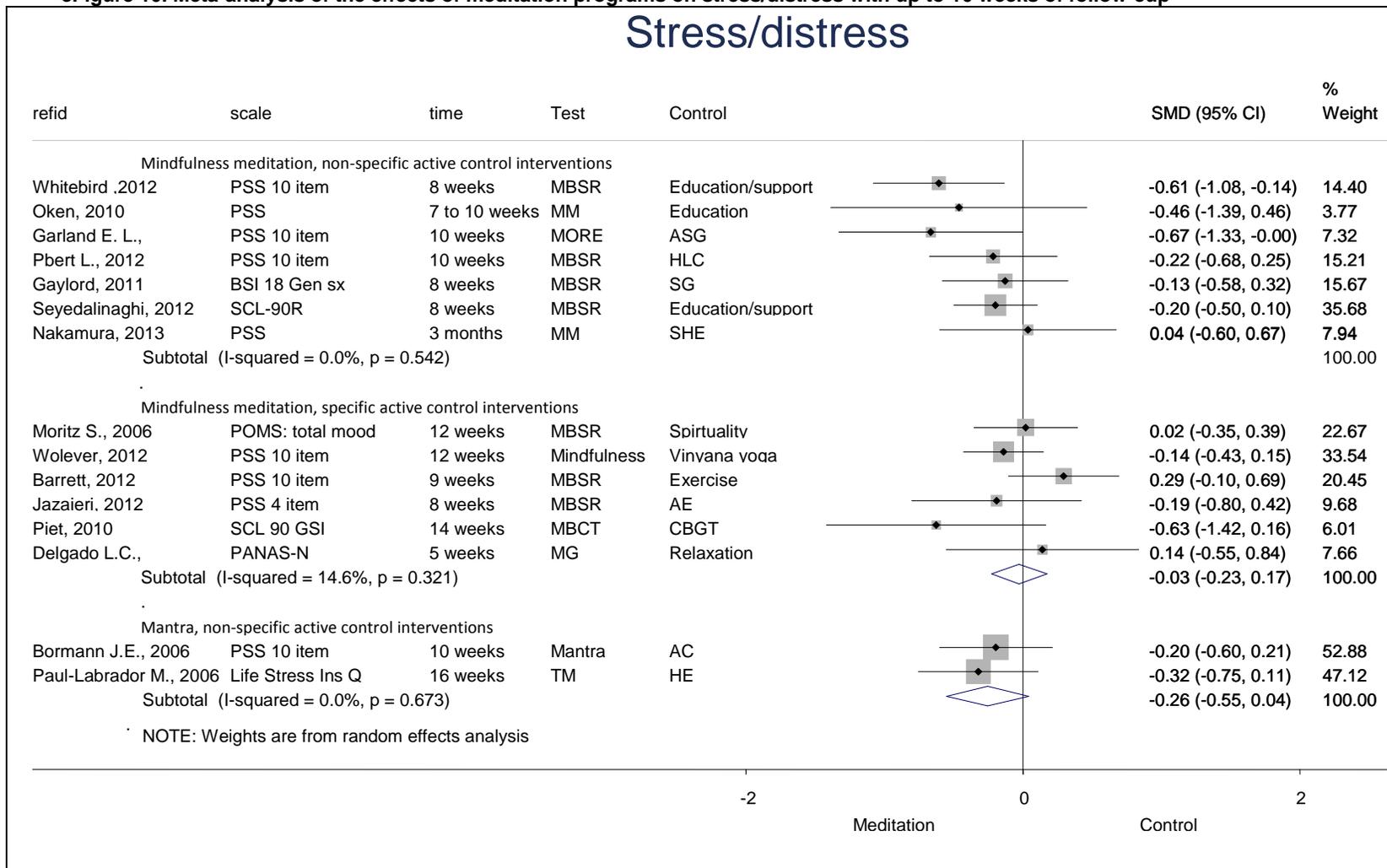
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group.
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- CES-D=Center for Epidemiologic Studies Depression Scale; SCL90 = Symptom Checklist 90, anxiety subscale

eFigure 9. Relative difference between groups in the changes in measures of stress/distress in the mindfulness vs nonspecific active control studies



- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- BSI = Beck Stress Inventory; PSS = Perceived Stress Scale; SCL = Symptom Checklist-90 Depression Subscale.

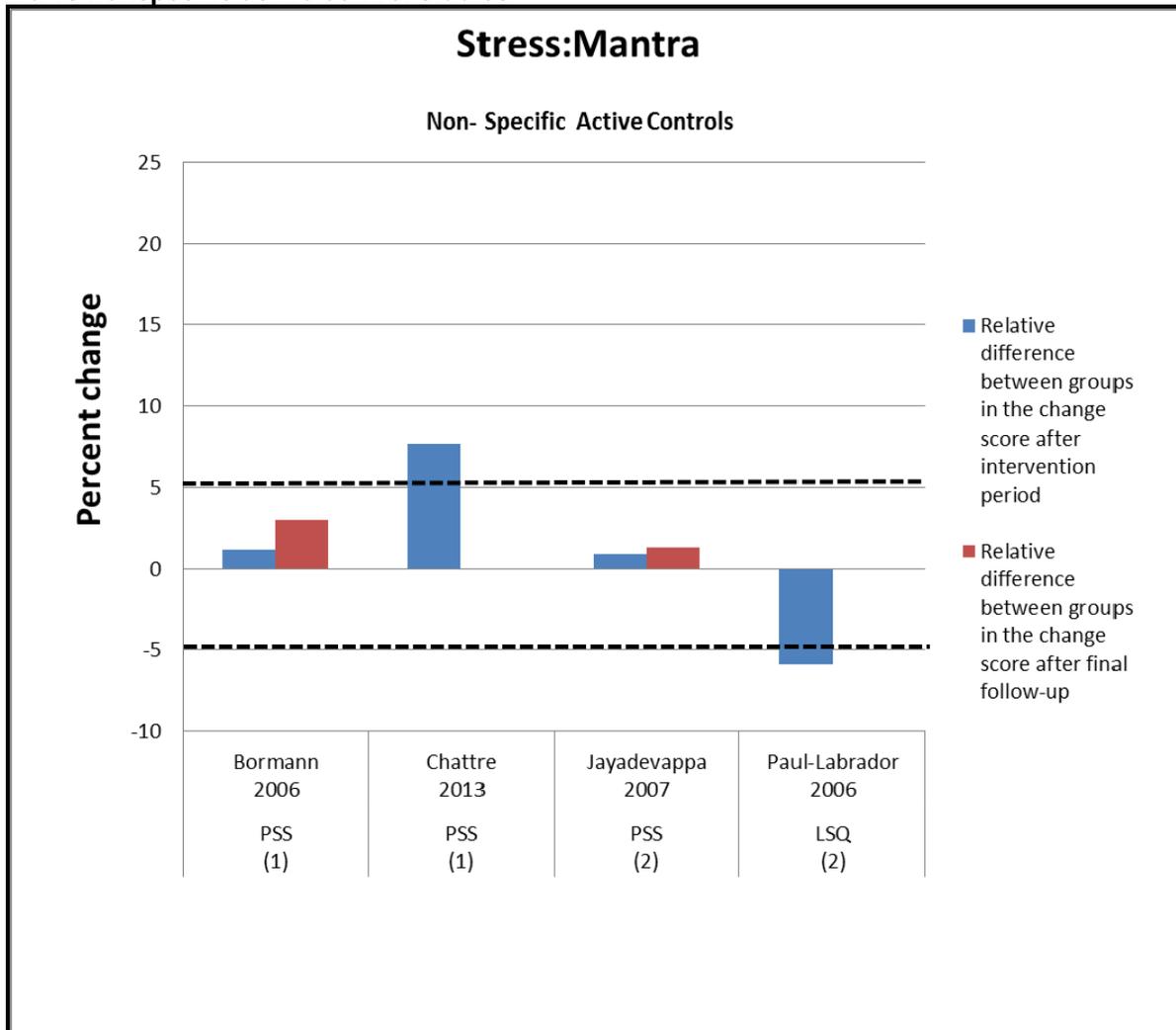
eFigure 10. Meta-analysis of the effects of meditation programs on stress/distress with up to 16 weeks of follow-up



AC = Active Control; AE = Aerobic Exercise; ASG = Alcohol Dependence Support Group; BSI = Beck Stress Inventory; CBGT = Cognitive Behavioral Group Therapy; CI = confidence interval; HE = Health Education; HLC = Healthy Living Course; MBSR = Mindfulness-based Stress Reduction; MBCT = Mindfulness-based Cognitive Therapy; MM = Mindfulness Meditation; MORE = Mindfulness-oriented Recovery Enhancement; PANAS-N = Positive and Negative Affect Scale - Negative mood; POMS = Profile of Mood States; PSS = Perceived Stress Scale; SCL = Symptom Checklist; SG = Support Group; SMD = standardized mean differences; TM = Transcendental Meditation.

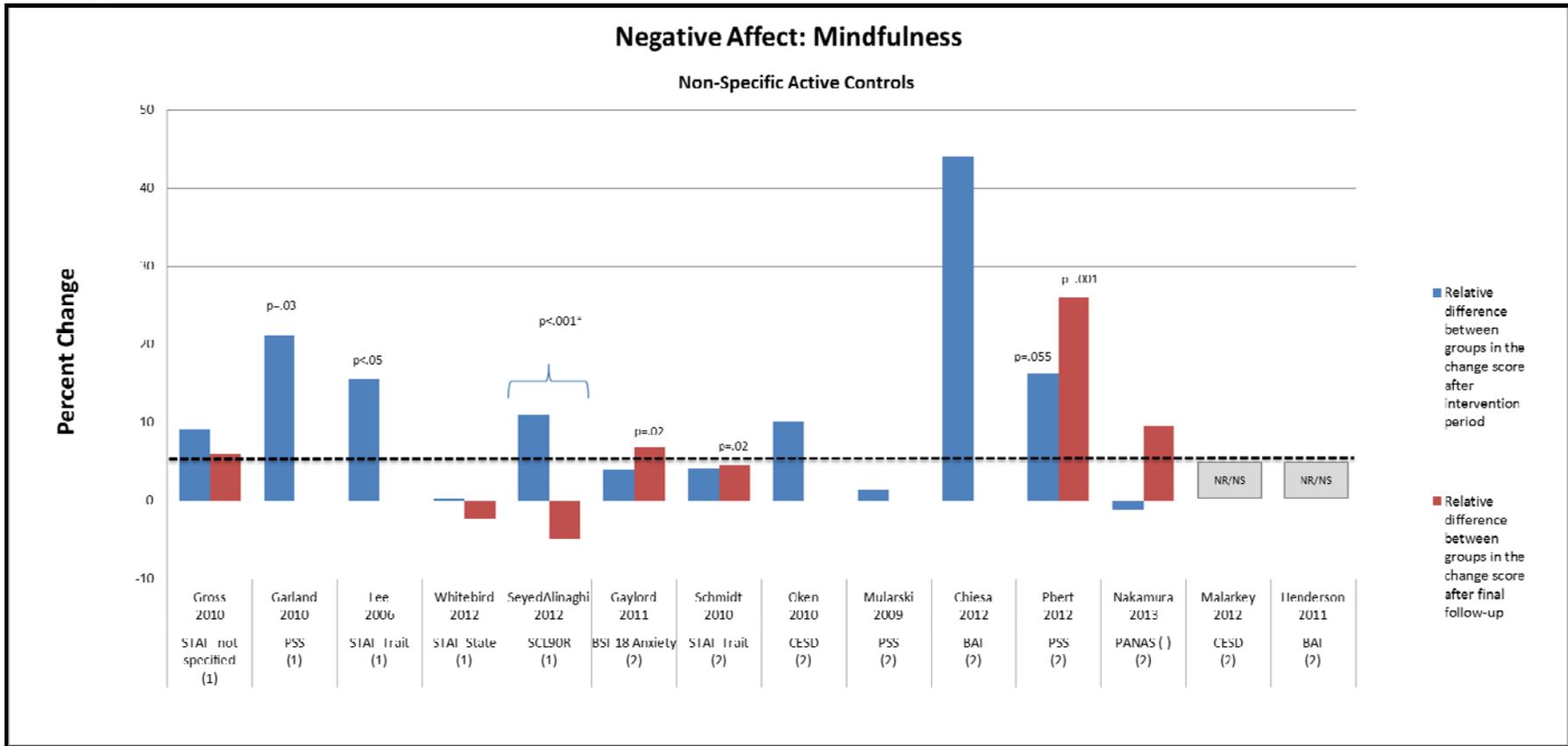
Text describing results for comparisons with **specific** active controls for stress/distress starts on page 94 of the AHRQ report

eFigure 11. Relative difference between groups in the changes in measures of stress in the mantra vs nonspecific active control studies



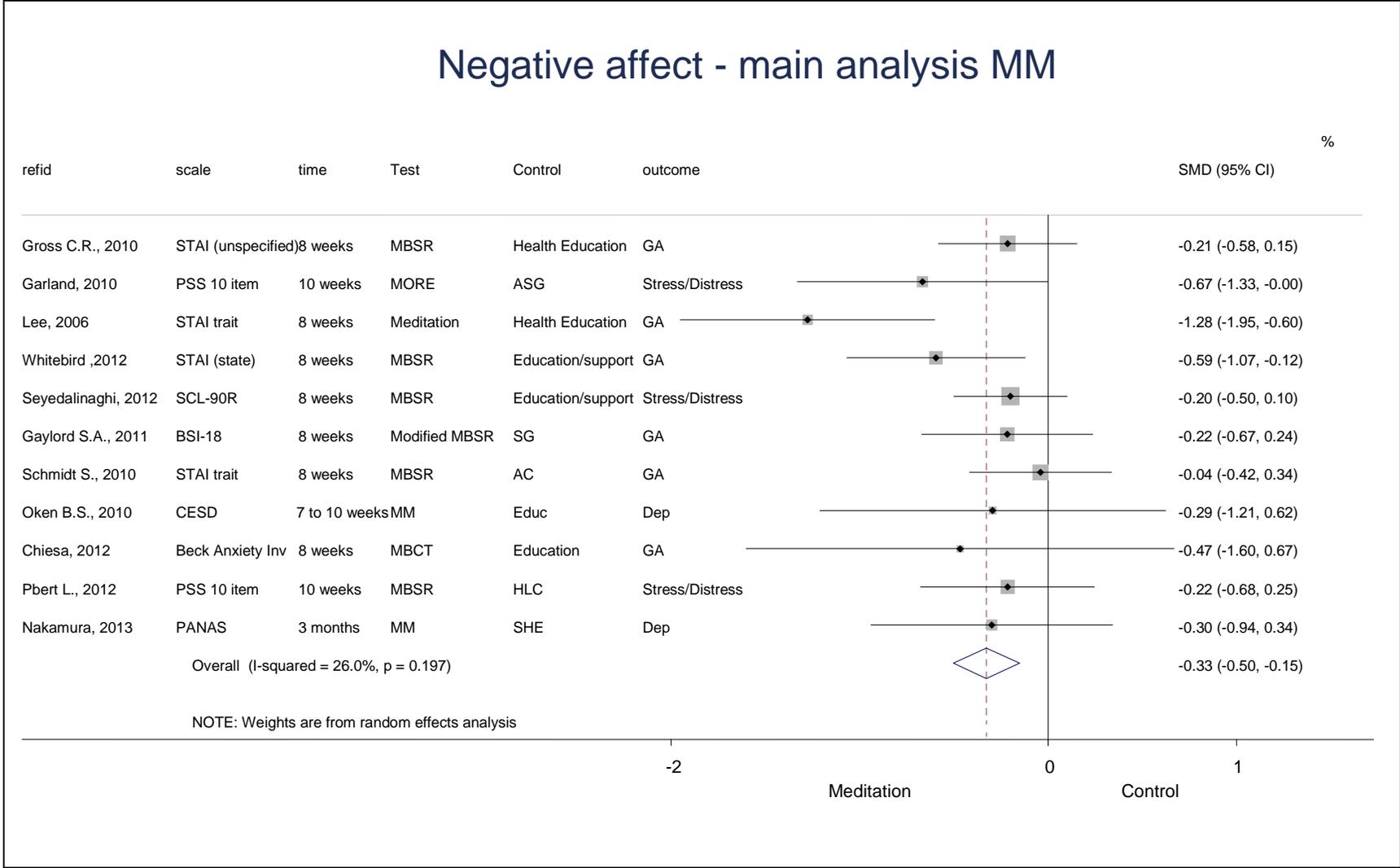
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- PSS = Perceived Stress Scale (PSS); LSQ = Life Stress Ins Q

eFigure 12. Relative difference between groups in the changes in negative affect in the mindfulness vs nonspecific active control studies



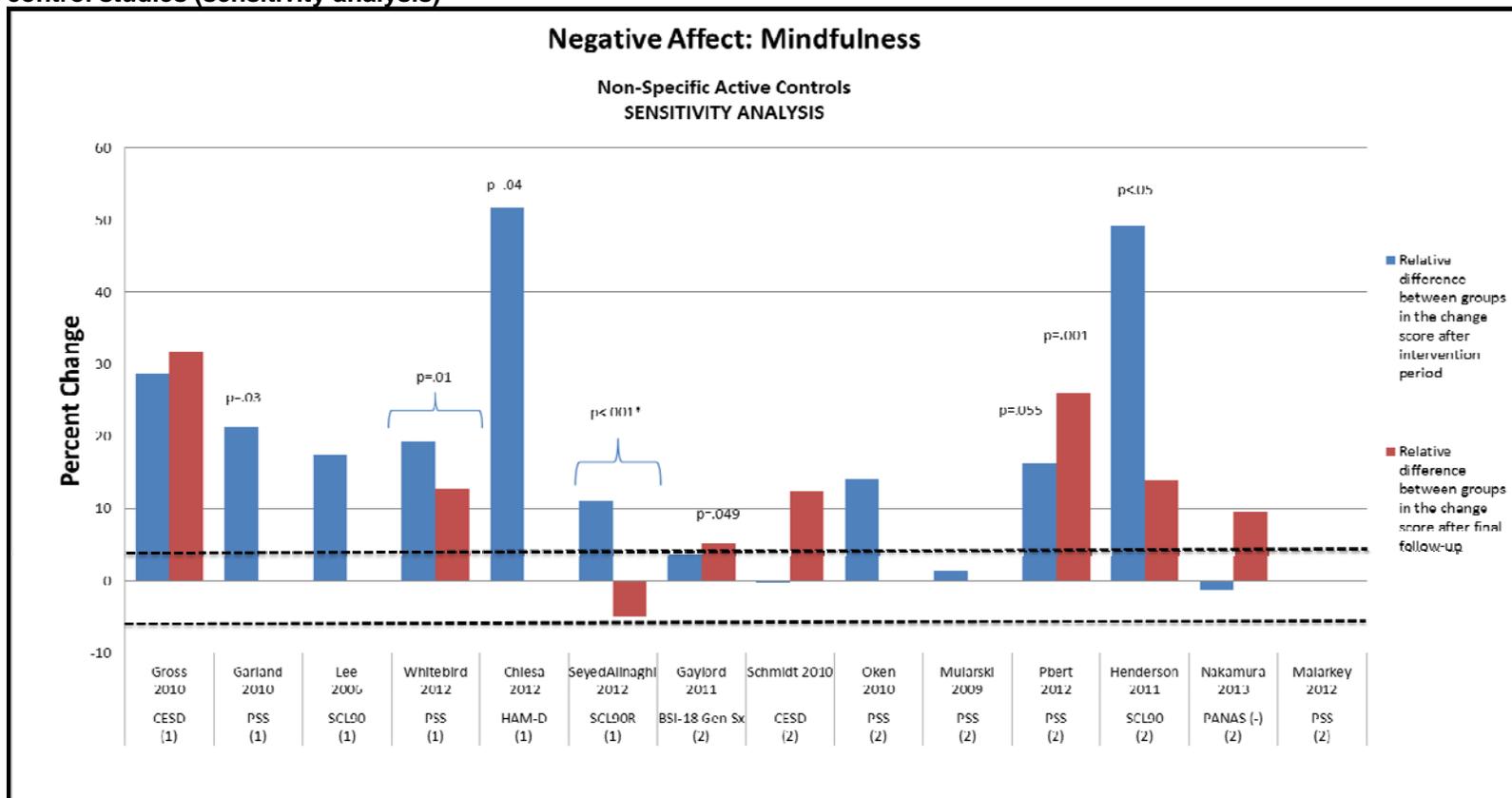
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- BAI=Beck Anxiety inventory; BSI-18: Brief Symptom Inventory; CESD = Center for Epidemiologic Studies Depression Scale; STAI = State Trait Anxiety Inventory; PSS = Perceived Stress Scale; SCL90: Symptom Checklist-90.

eFigure 13. Meta-analysis of the effects of meditation programs on negative affect-main analysis (mindfulness meditation vs nonspecific active control interventions)



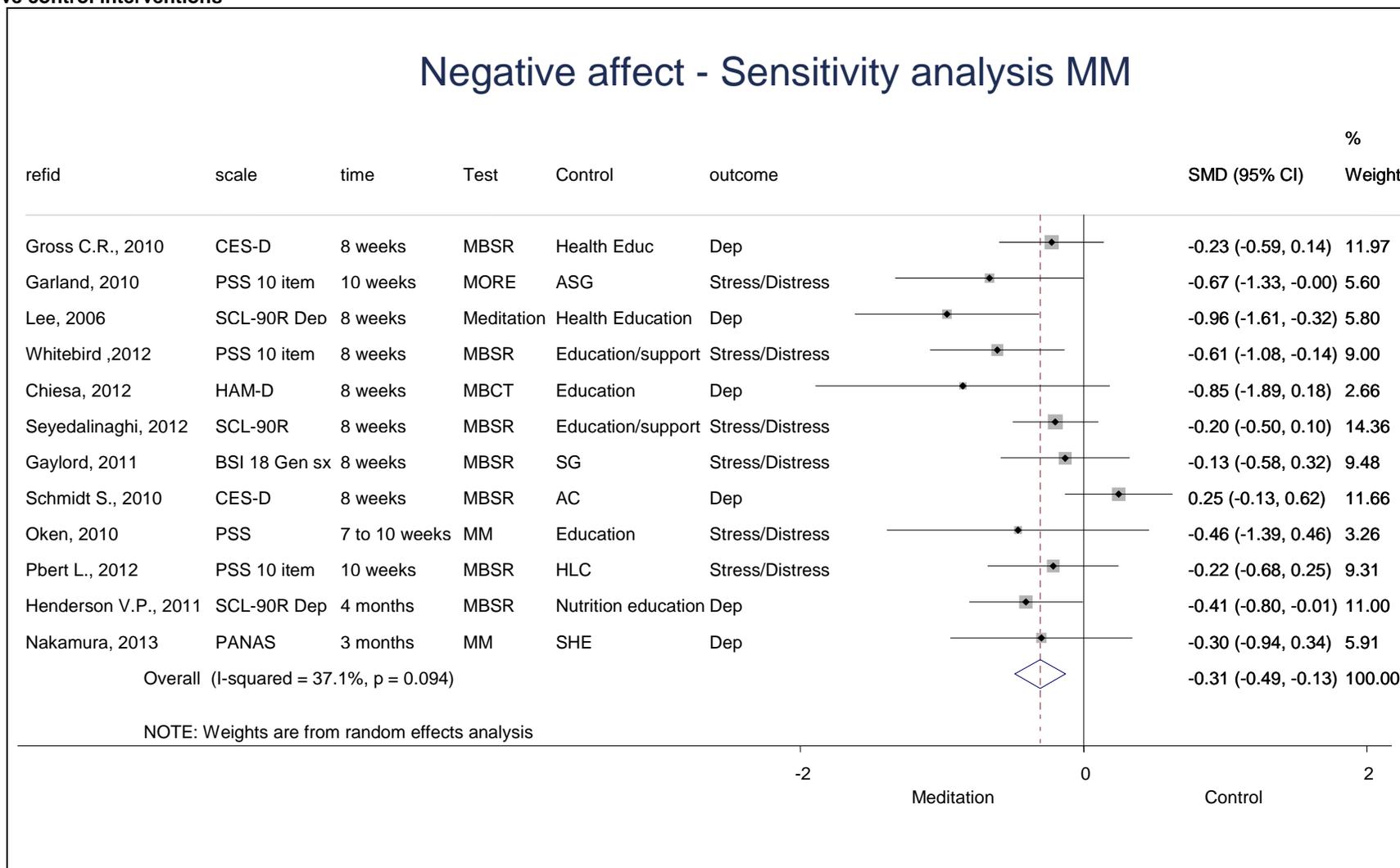
AC = Active Control; ASG = Alcohol Dependence Support Group; BAI=Beck Anxiety Inventory; BSI = Beck Stress Inventory; CESD = Center for Epidemiologic Studies Depression Scale; CI = confidence interval; GA = General Anxiety; HE = Health Education; HLC = Healthy Living Course; MBSR = Mindfulness-based Stress Reduction; MBCT = Mindfulness-based Cognitive Therapy; MM = Mindfulness Meditation; MORE = Mindfulness-oriented Recovery Enhancement; PSS = Perceived Stress Scale; SCL = Symptom Checklist; SG = Support Group; STAI = State Trait Anxiety Inventory; SMD = standardized mean differences PSS = Perceived Stress Scale; wks=weeks.

eFigure 14. Relative difference between groups in the changes in measures of negative affect in the mindfulness vs nonspecific active control studies (sensitivity analysis)



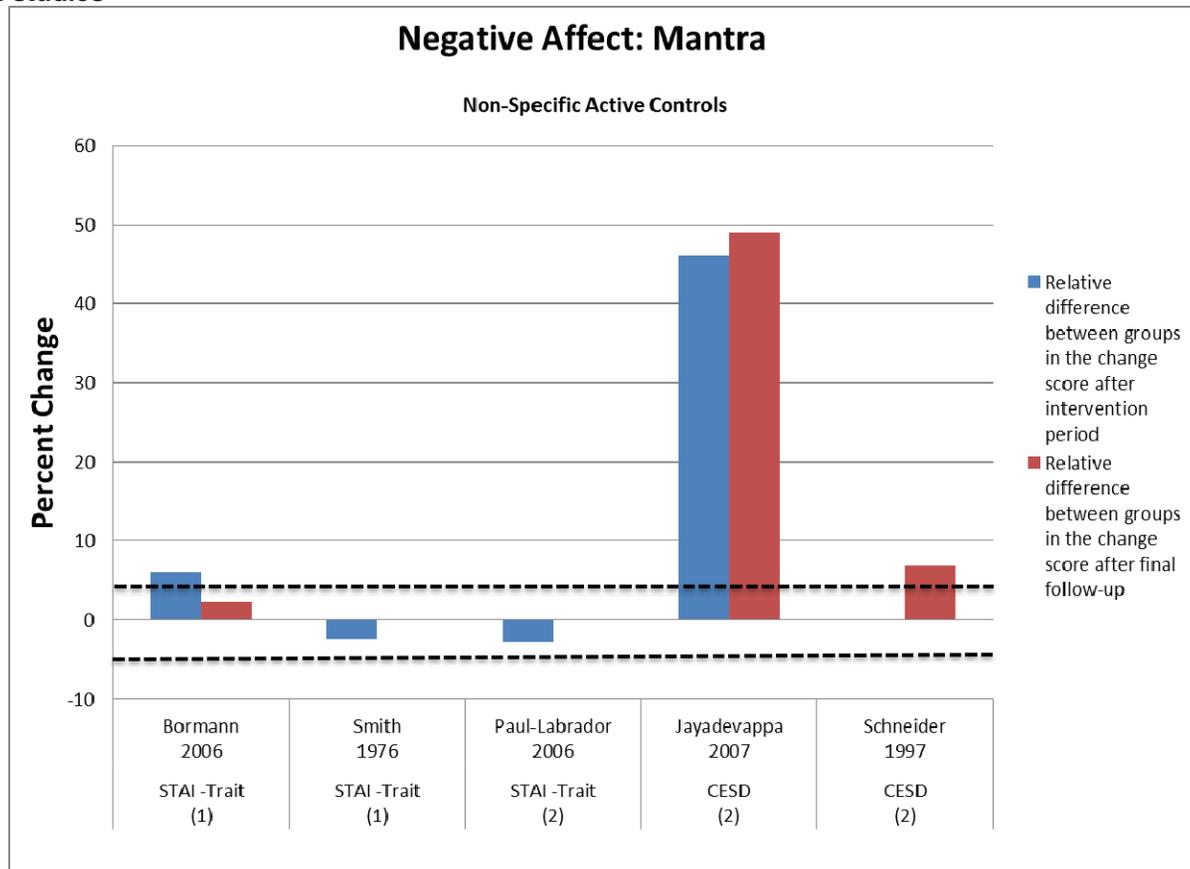
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eFigure 15. Meta-analysis of the effects of meditation programs on negative affect-sensitivity analysis (mindfulness meditation vs nonspecific active control interventions)



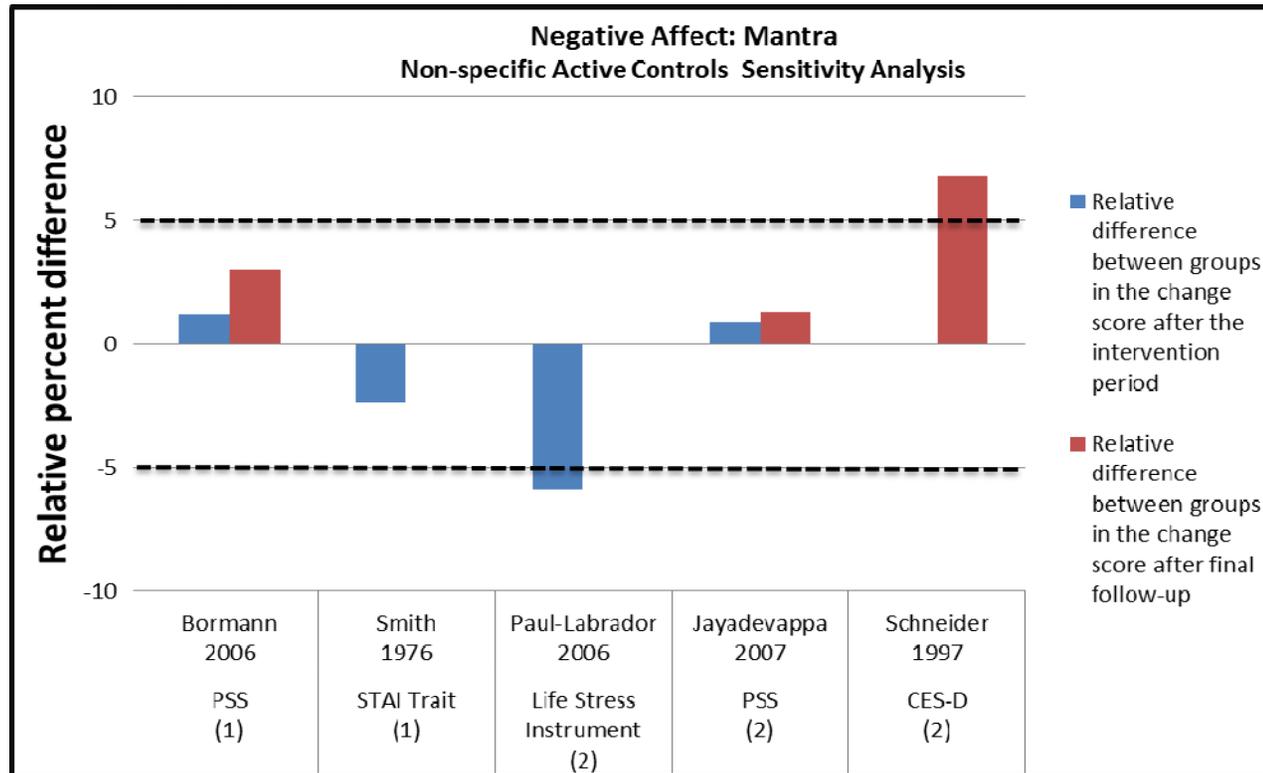
AC = Active Control; ASG = Alcohol Dependence Support Group; BSI = Beck Stress Inventory; CES-D = Center for Epidemiologic Studies Depression Scale; CI = confidence interval ; HE = Health Education; HLC = Healthy Living Course; HAM-D = Hamilton Psychiatric Rating Scale for depression; MBSR = Mindfulness-based Stress Reduction; MBCT = Mindfulness-based Cognitive Therapy; MM = Mindfulness Meditation; MORE = Mindfulness-oriented Recovery Enhancement; mos=Months; POMS = Profile of Mood States; PSS = Perceived Stress Scale; SCL = Symptom Checklist; SG = Support Group; SMD = standardized mean differences wks = weeks.

eFigure 16. Relative difference between groups in the changes in measures of negative affect in the mantra vs nonspecific active control studies



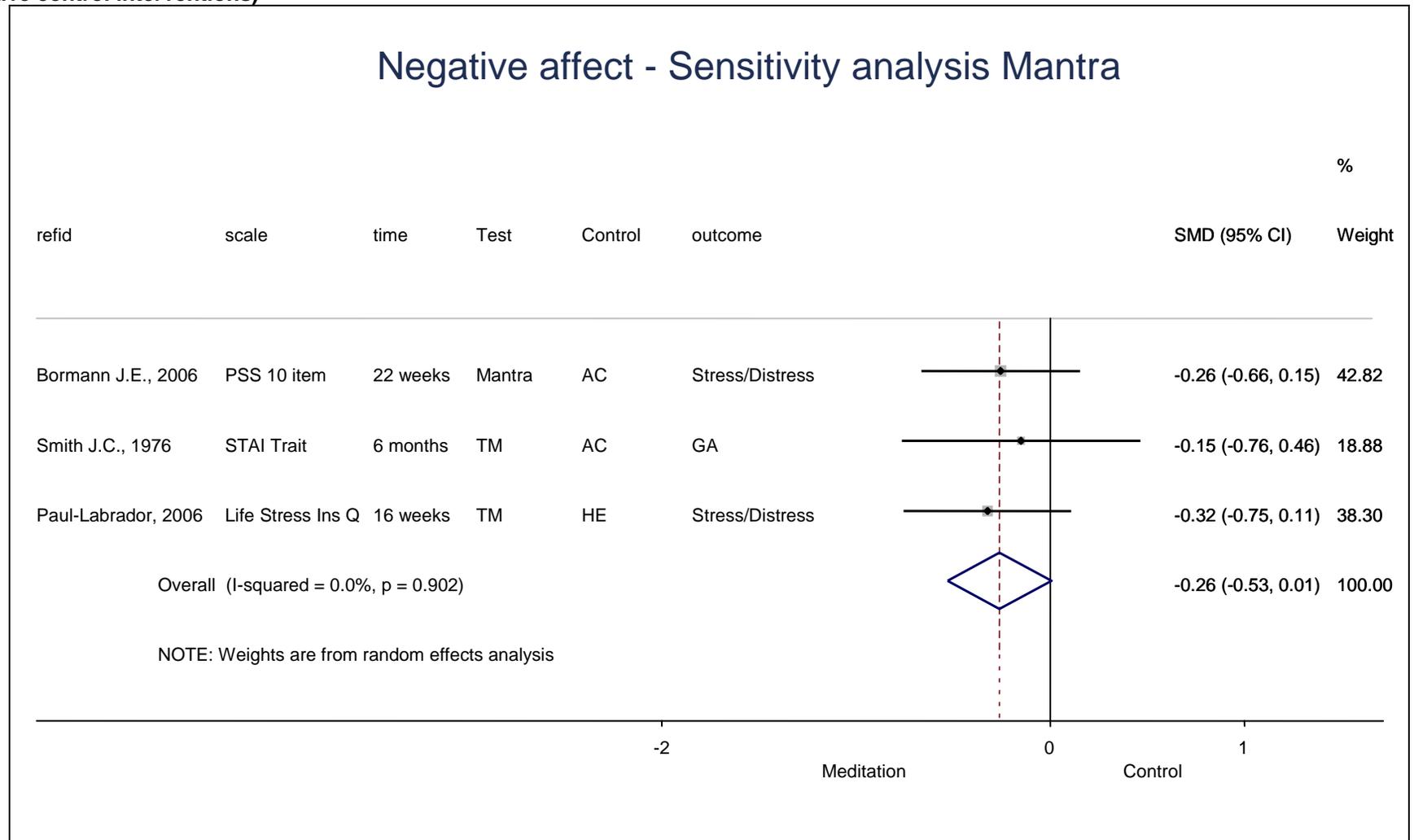
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eFigure 17. Relative difference between groups in the changes in measures negative affect in the mantra vs nonspecific active control studies (sensitivity analysis)



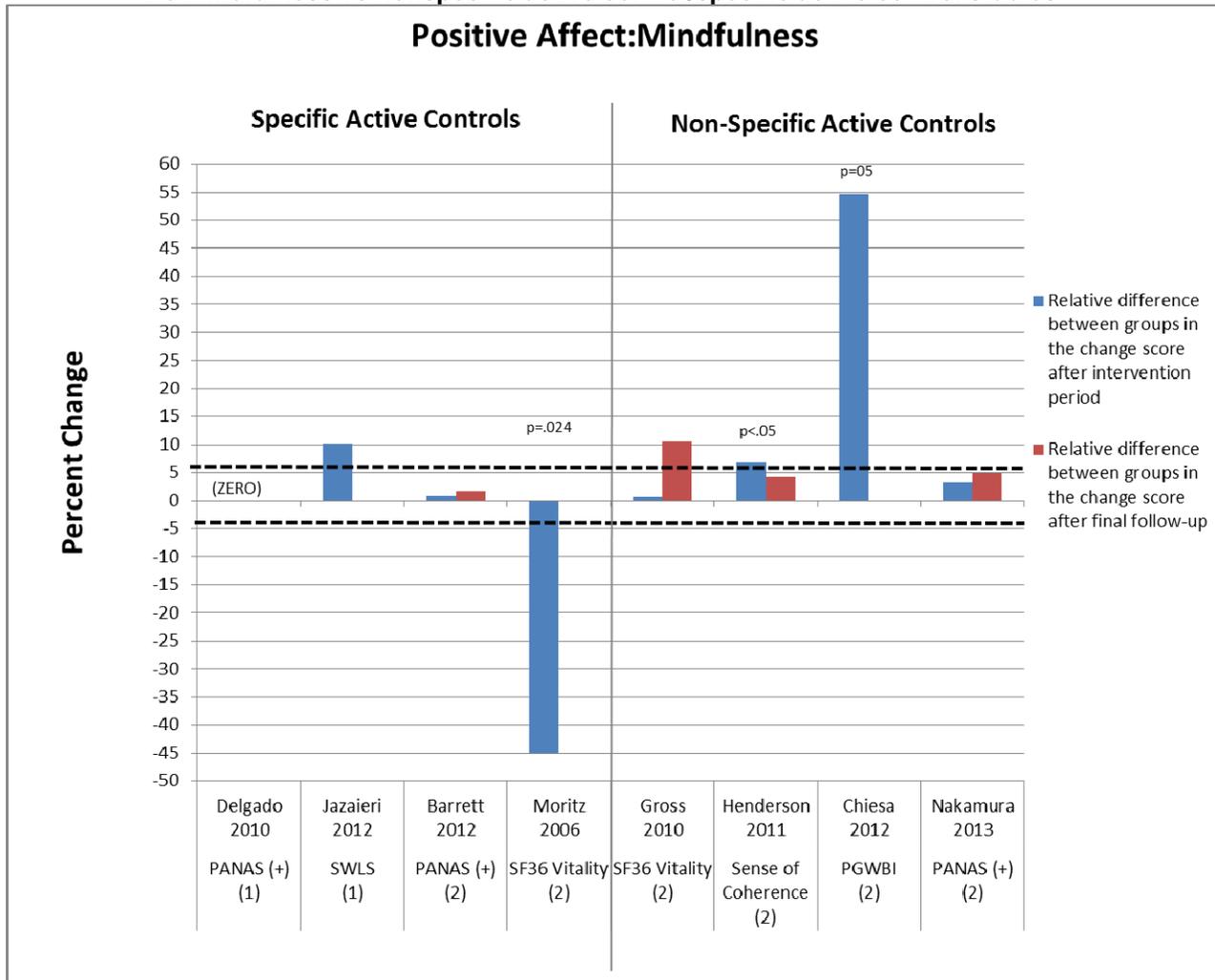
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eFigure 18. Meta-analysis of the effects of mantra meditation programs on negative affect-sensitivity analysis (mantra vs nonspecific active control interventions)



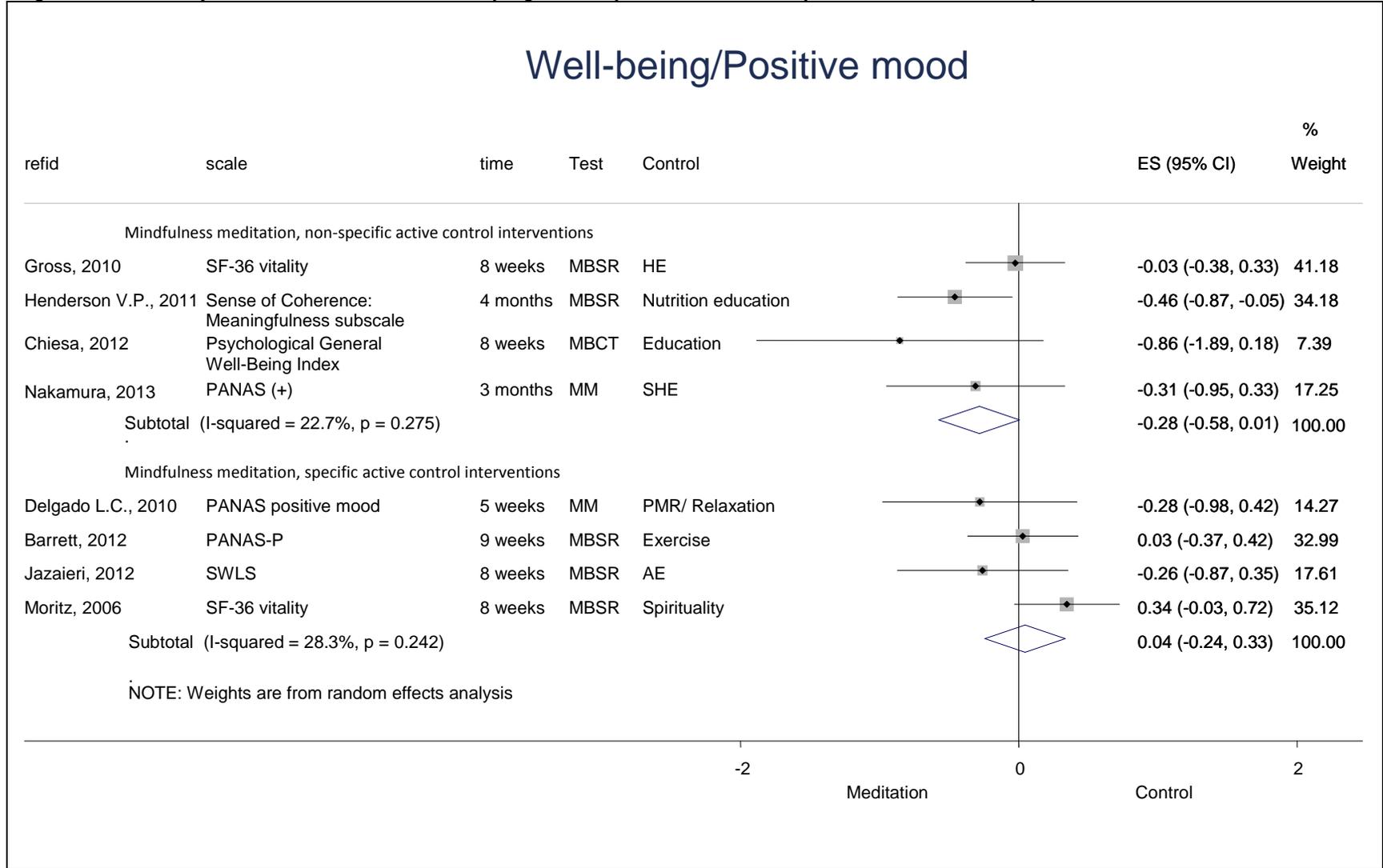
AC = Active Control; CI = confidence interval; HE=Health Education; GA = General Anxiety; mos = months; PSS = Perceived Stress Scale; STAI = State Trait Anxiety Inventory; TM = Transcendental Meditation; SMD = standardized mean differences wks = weeks.

eFigure 19. Relative difference between groups in the changes in measures of positive affect in the mindfulness vs nonspecific active control/specific active control studies



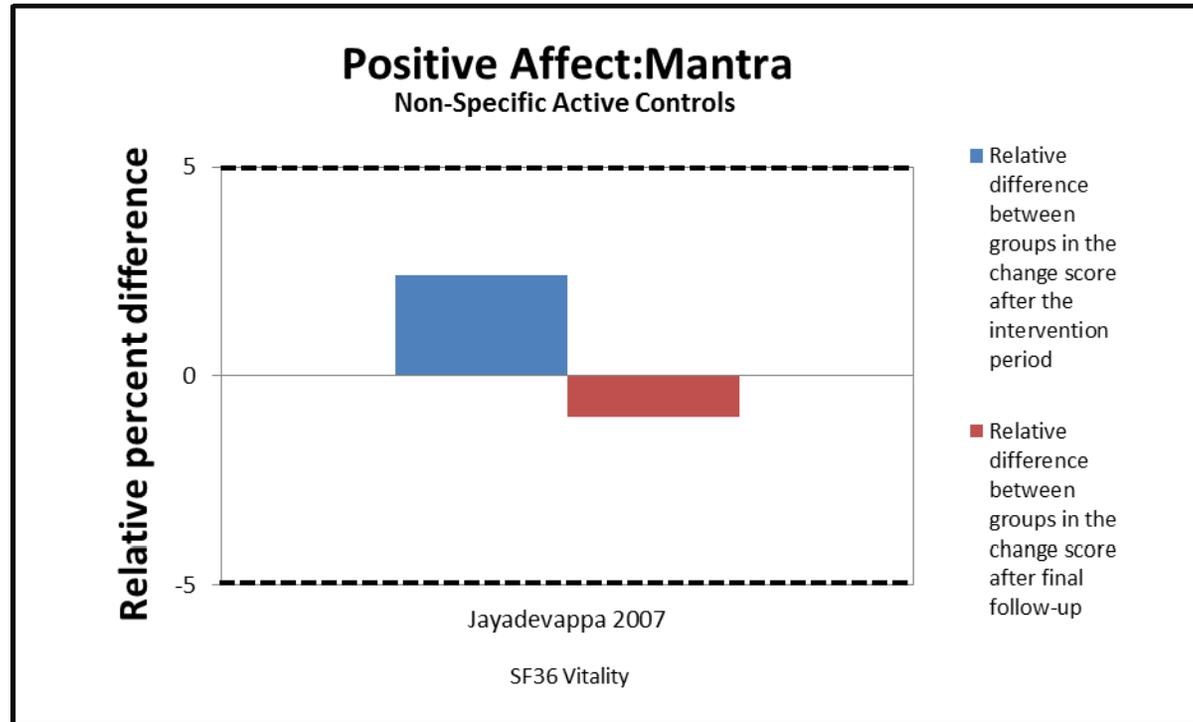
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group.
- (1): Primary outcome. If the trial did not specify primary or secondary outcomes, this is either the outcome that the population was selected on or identified as a primary focus of the study. (2): Secondary outcome. If the trial did not specify primary or secondary outcomes, then this is not the outcome that the population was selected nor identified as a primary focus of the study.
- NR / NS = Not Reported/Not significant. The trial measured this outcome and stated they were nonsignificant, and did not report actual results.
- Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- PANAS = Positive and Negative Affect Scale; PGWBI=Psychological General Well-being Index; SF-36 = Short Form-36; SWLS = Satisfaction with Life scale
- Text describing results for comparisons with specific active controls for positive affect starts on page 97

eFigure 20. Meta-analysis of the effects of meditation programs on positive affect with up to 4 months of follow-up



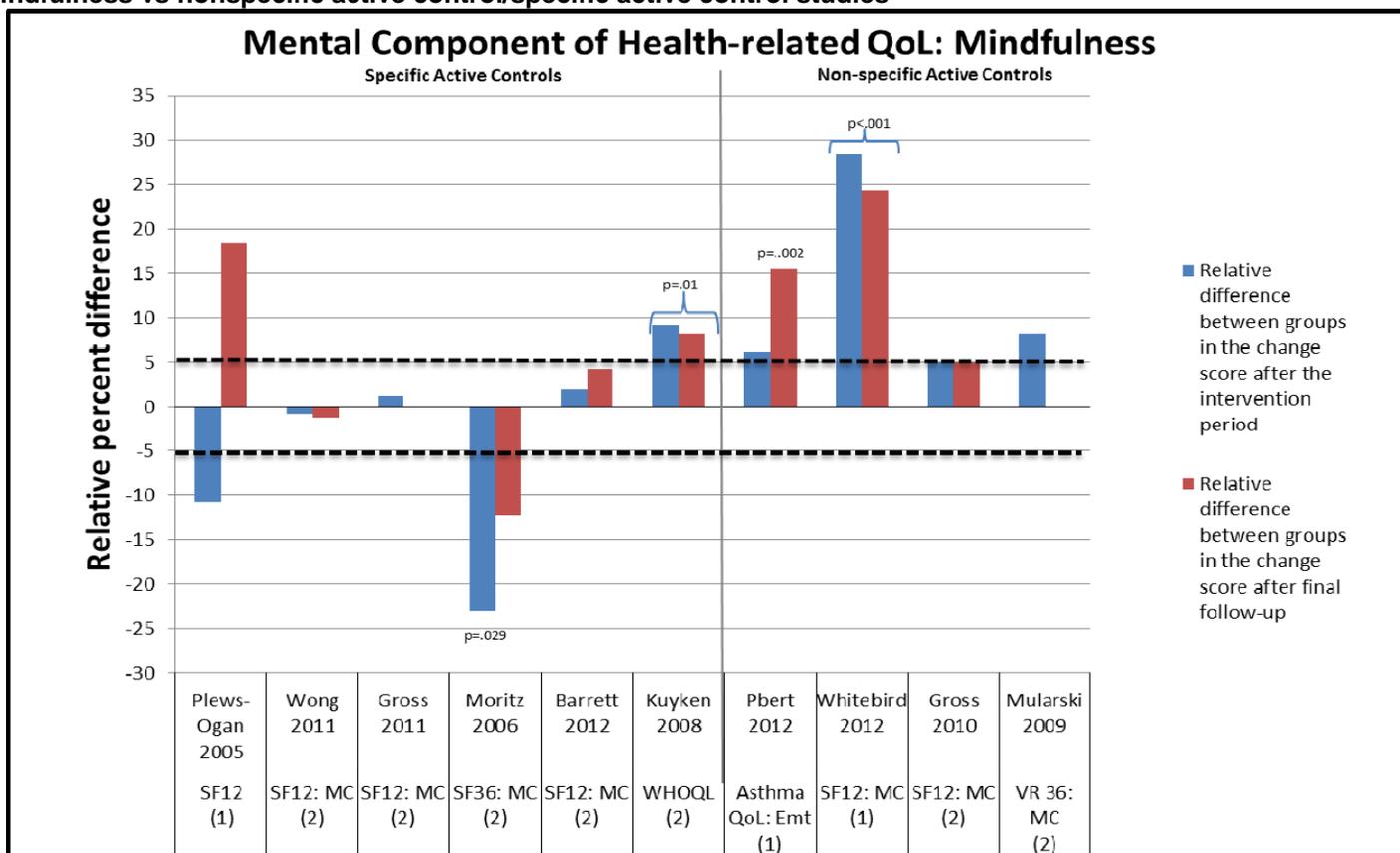
AE = Aerobic Exercise; CI = confidence interval ; HE = Health Education; HLC = Healthy Living Course; HAM-D = Hamilton Psychiatric Rating Scale for depression; MBSR = Mindfulness-based Stress Reduction; MBCT = Mindfulness-based Cognitive Therapy; MM = Mindfulness Meditation; mos=months; SF-36 = Short Form-36; SWLS = Satisfaction with Life Scale; PGWBI = Psychological General Well-being Index; PANAS = Positive and Negative Affect Score; SMD = standardized mean differences ; wks = weeks.

eFigure 21. Relative difference between groups in the changes in measures of positive affect in the mantra vs nonspecific active control studies



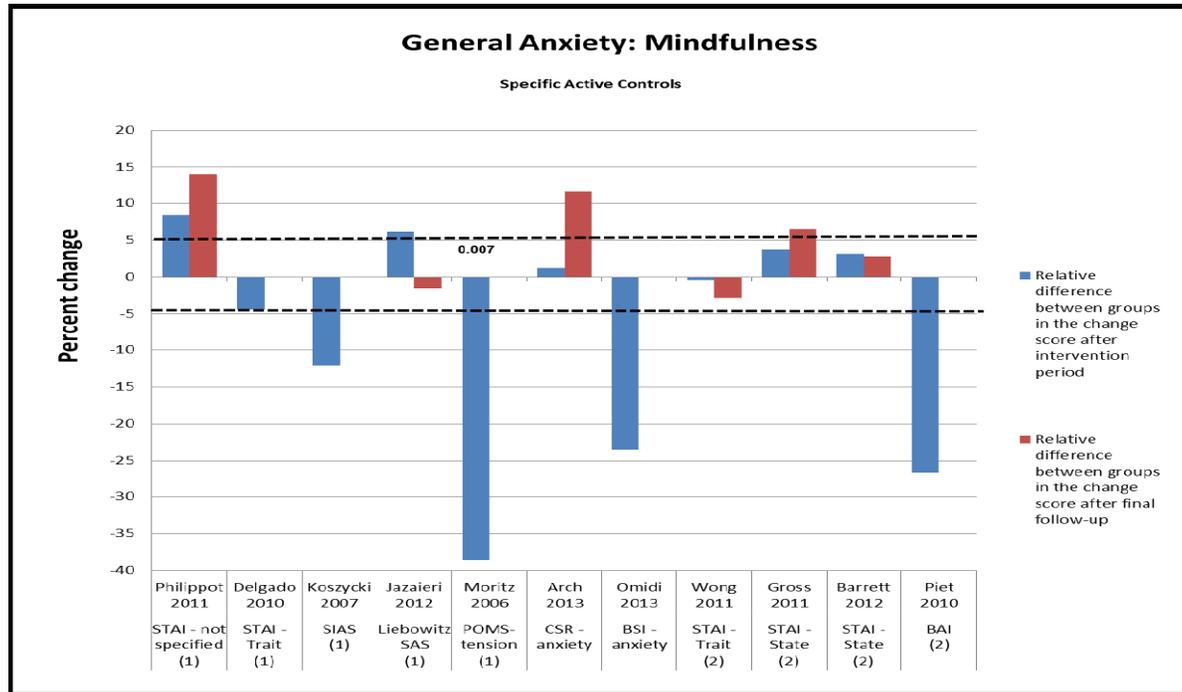
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
- (1): Primary outcome. If the trial did not specify primary or secondary outcomes, this is either the outcome that the population was selected on or identified as a primary focus of the study.
(2): Secondary outcome. If the trial did not specify primary or secondary outcomes, then this is not the outcome that the population was selected nor identified as a primary focus of the study.
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- Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- SF-36=Short Form-36

eFigure 22. Relative difference between groups in the changes in measures of studies mental component of health-related quality of life in the mindfulness vs nonspecific active control/specific active control studies



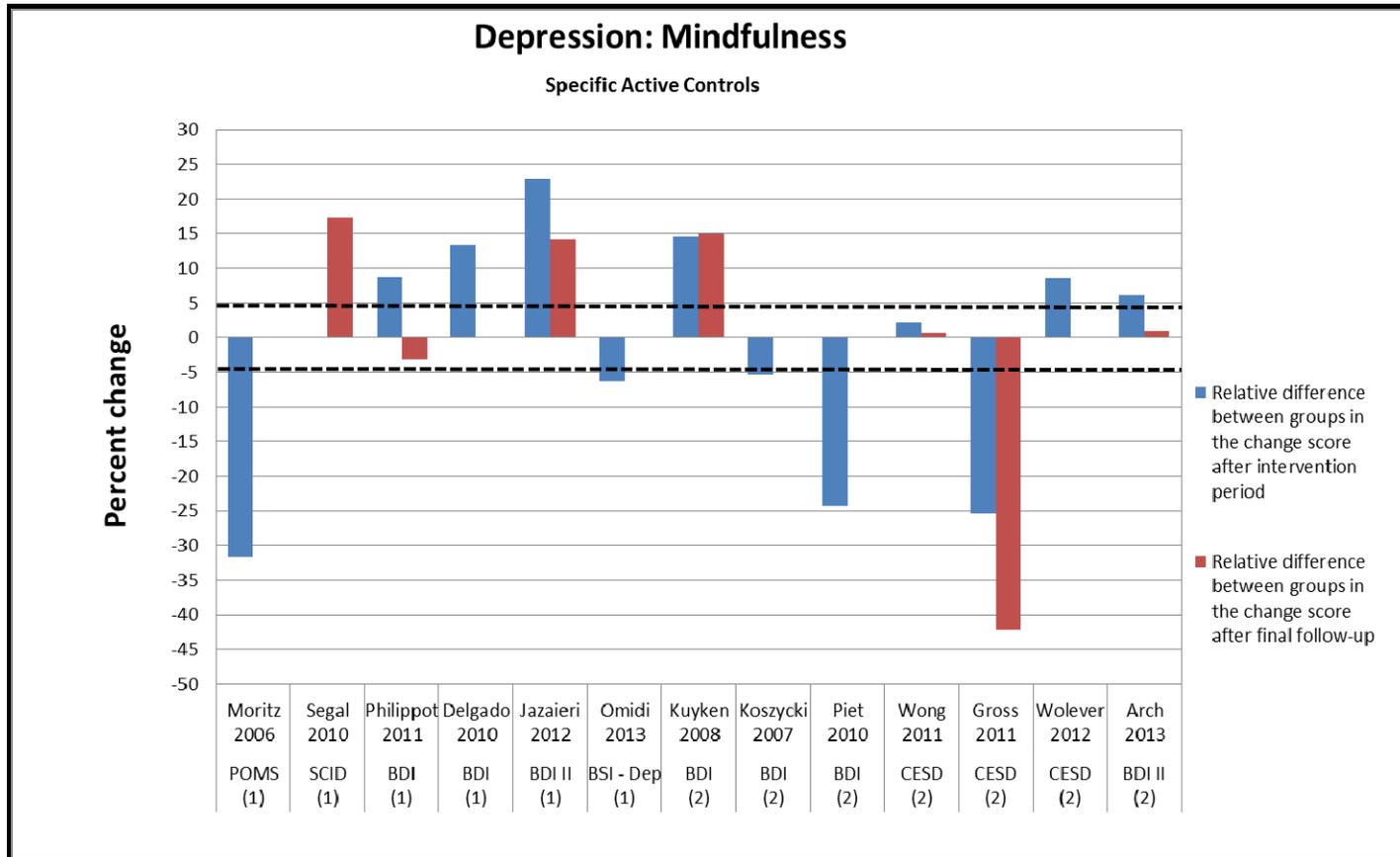
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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 - Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
 - A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
 - SF-12: MC = Short Form-12: Mental Component Score of Health-related Quality of Life; SF-36: MC = Short Form 36: Mental Component Score of Health-related Quality of Life; WHOQL = World Health Organization Quality of Life Assessment; VR36 = Veterans RAND 36 Item Health Survey.
- Text describing results for comparisons with **specific** active controls for mental component of health-related quality of life starts on page 88 of the AHRQ report

eFigure 23. Relative difference between groups in the changes in measures of general anxiety in the mindfulness vs specific active control studies



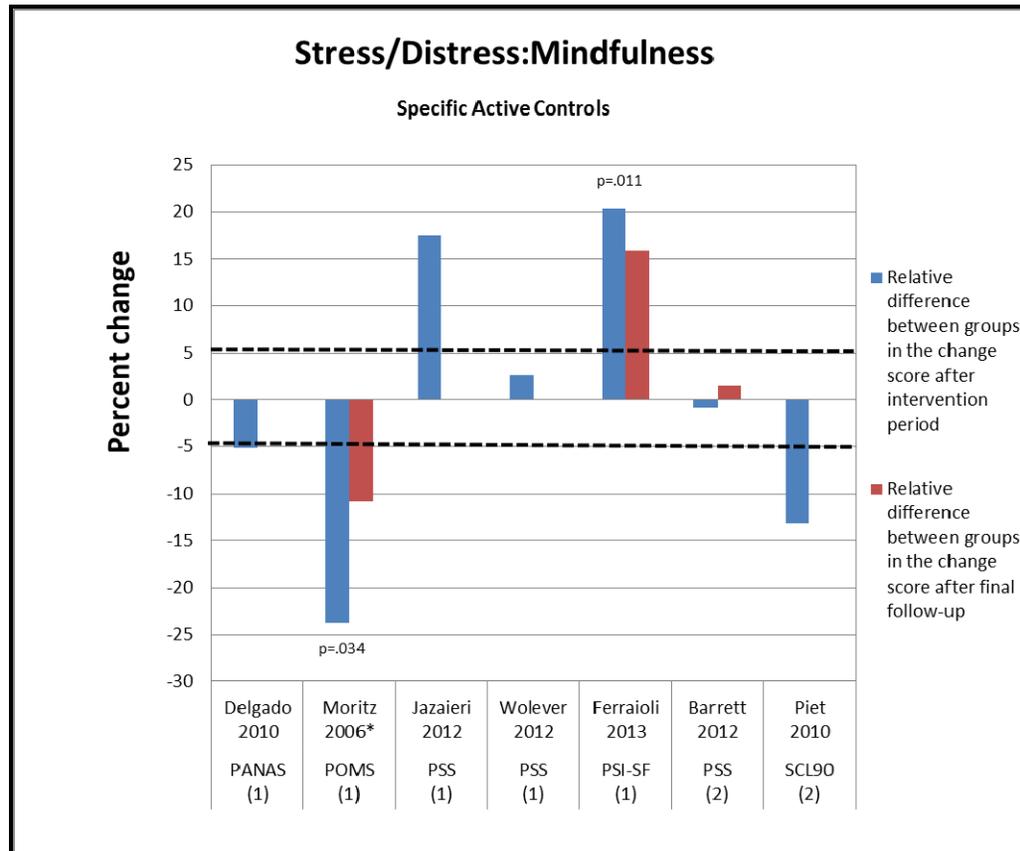
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- BAI = Beck Anxiety Index; POMS = Profile of Mood States; SIAS = Social Interaction Scale; STAI = State Trait Anxiety Index.

eFigure 24. Relative difference between groups in the changes in measures of depression in the mindfulness vs specific active control studies



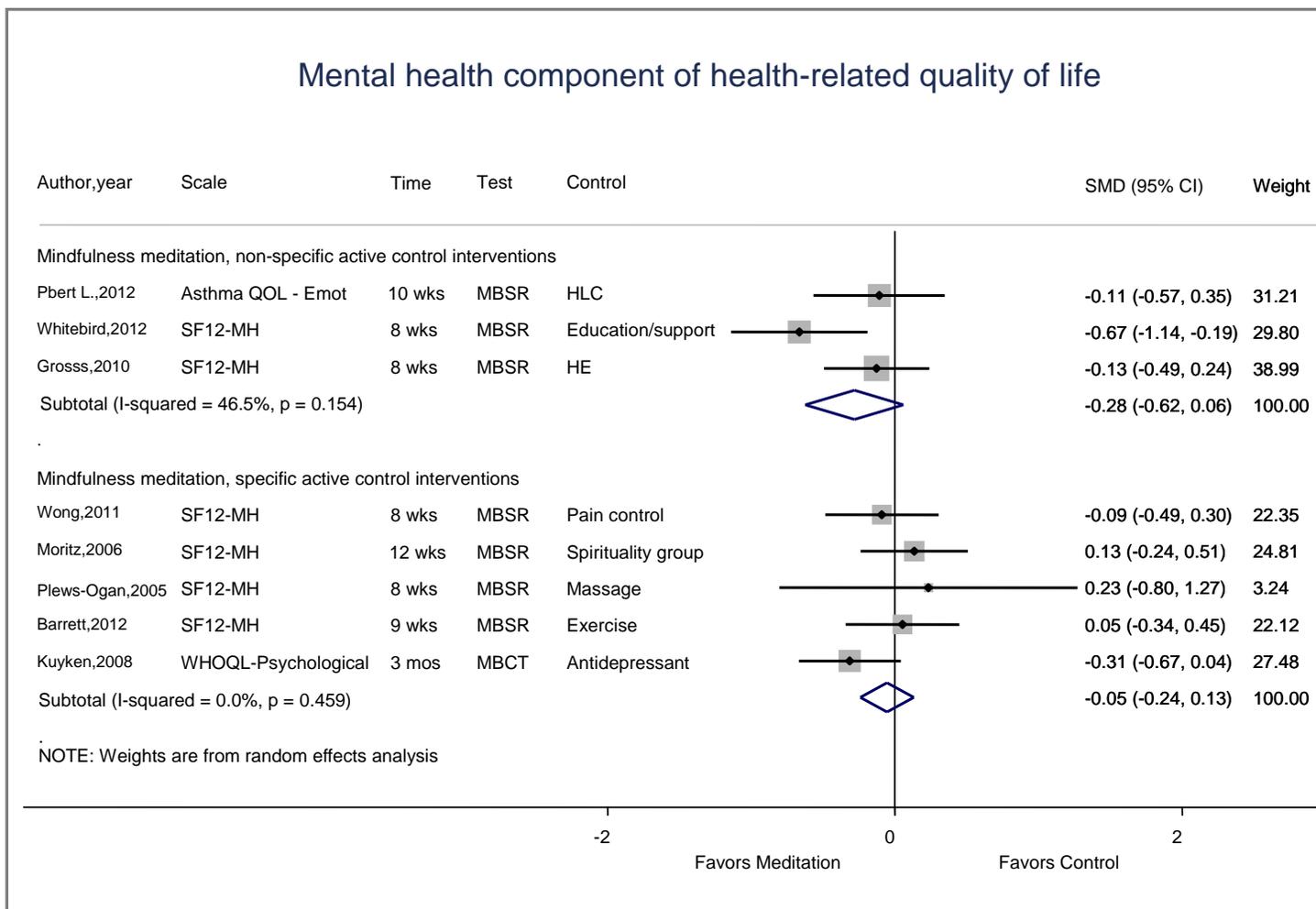
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- NR / NS = Not Reported/Not significant. The trial measured this outcome and stated they were nonsignificant, and did not report actual results.
- Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- BDI = Beck Depression Inventory; CESD = Center for Epidemiologic Studies Depression Scale; POMS = Profile of Mood States; SCID = Structured Clinical Interview.

eFigure 25. Relative difference between groups in the changes in measures of distress in the mindfulness vs specific active control studies



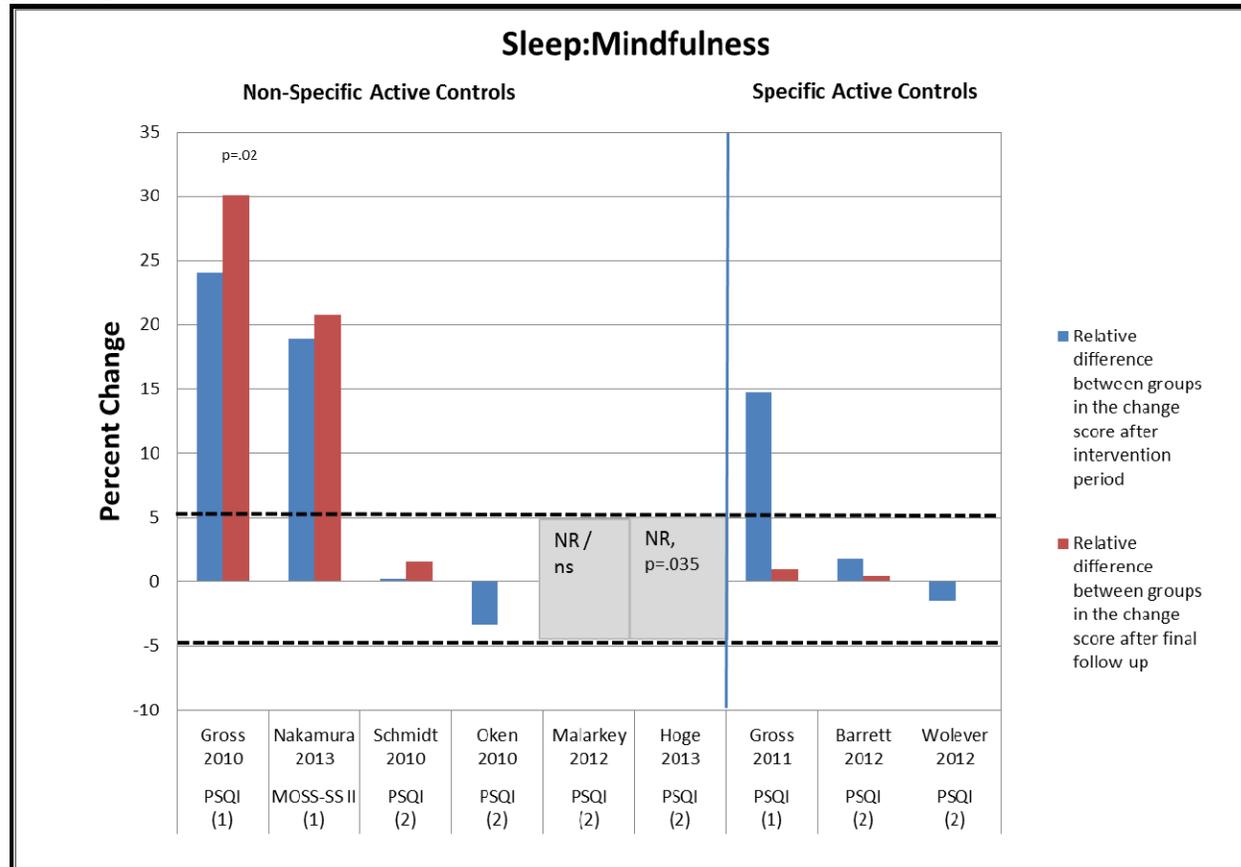
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- PANAS = Positive and Negative Affect Schedule; POMS = Profile of Mood States; PSS=Perceived Stress Scale; SCL90 = Symptom Checklist 90.

eFigure 26. Meta-analysis of the effects of meditation programs on the mental health component of health-related quality of life with up to 3 months of follow-up



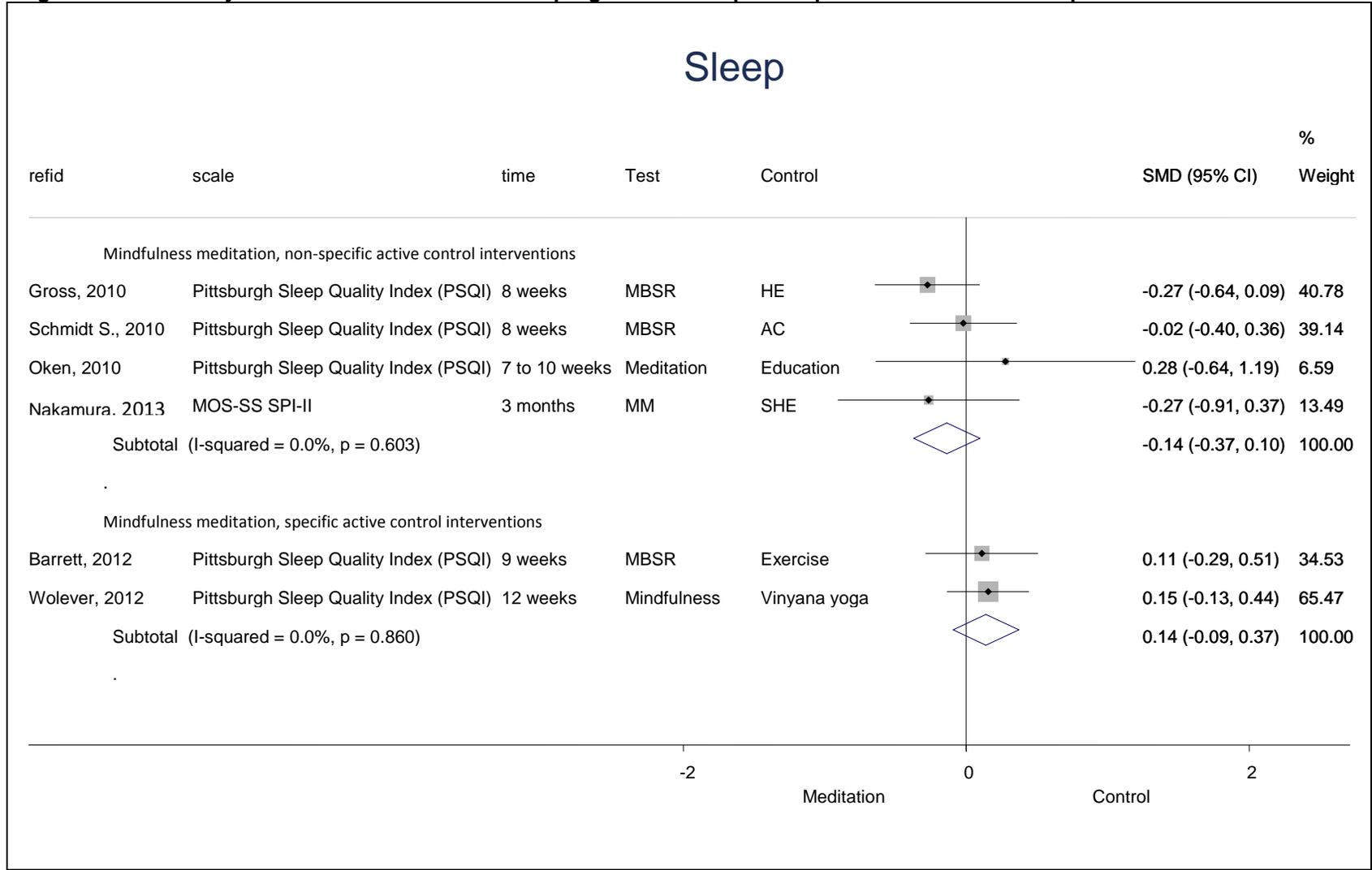
HE = Health Education; CI = confidence interval; HLC = Healthy Living Course; MBSR = Mindfulness Based Stress Reduction; MBCT = Mindfulness-based Cognitive Therapy; SF-12: MH = Short Form-12: Mental Component Score of Health-related Quality of Life; Mental Component Score of Health-related Quality of Life; mos = months; WHOQL = World Health Organization Quality of Life Assessment; SMD = standardized mean differences; wks = weeks.

eFigure 27. Relative difference between groups in the changes in measures of sleep in the mindfulness vs nonspecific/specific active control studies



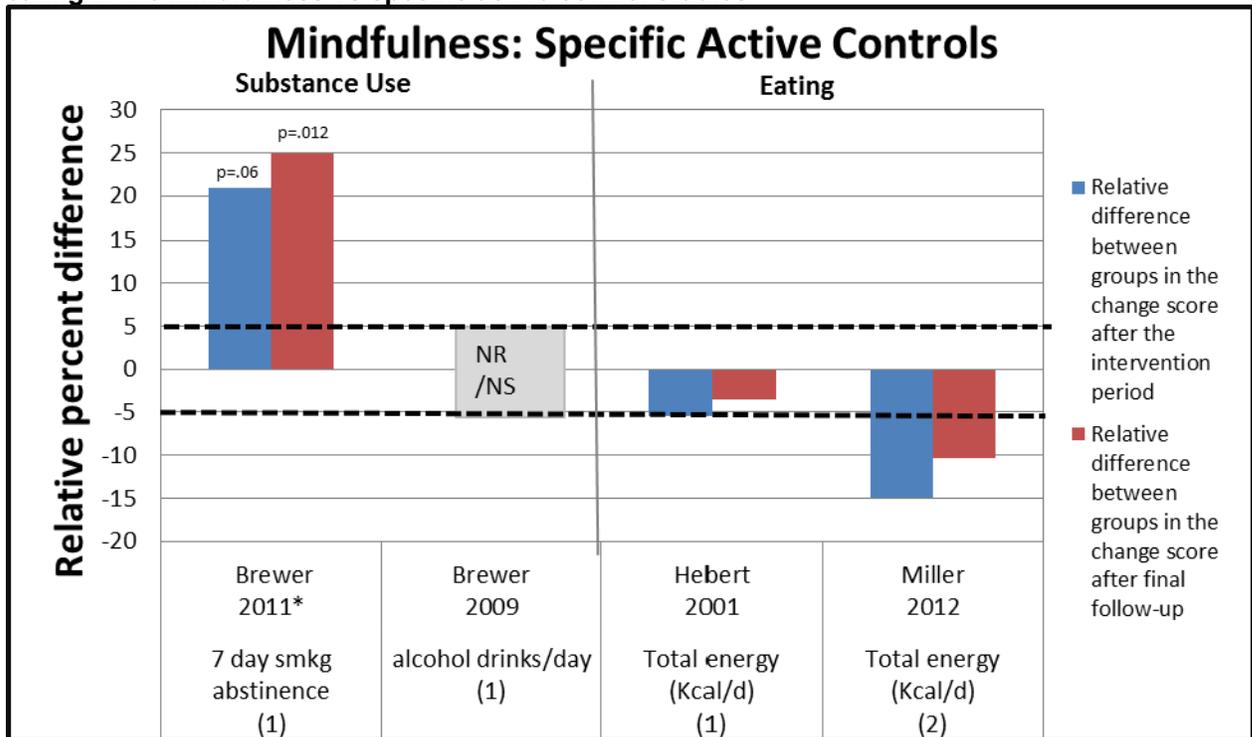
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
- (1): Primary outcome. If the trial did not specify primary or secondary outcomes, this is either the outcome that the population was selected on or identified as a primary focus of the study.
(2): Secondary outcome. If the trial did not specify primary or secondary outcomes, then this is not the outcome that the population was selected nor identified as a primary focus of the study.
- NR / NS = Not Reported/Not significant. The trial measured this outcome and stated they were nonsignificant, and did not report actual results.
- Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- PSQI = Pittsburgh Sleep Quality Index.

eFigure 28. Meta-analysis of the effects of meditation programs on sleep with up to 3 months of follow-up



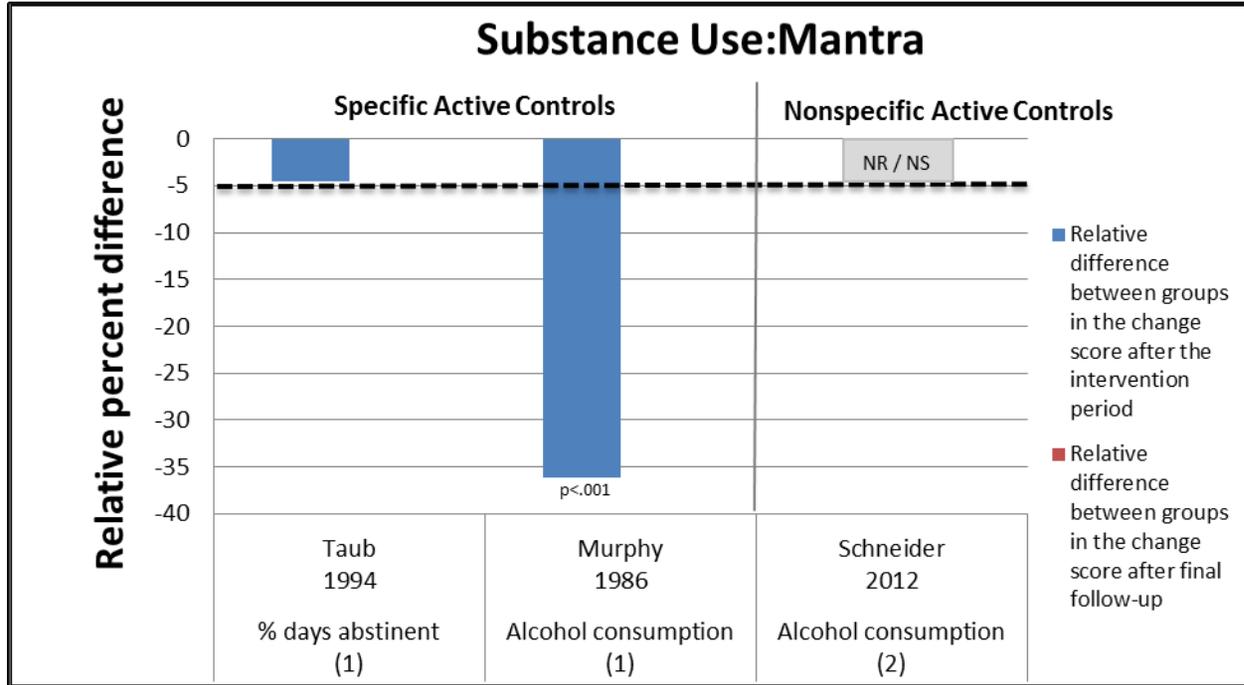
AC = Active Control; CI = confidence interval; HE = Health Education; MBSR = Mindfulness Based Stress Reduction; PSQI = Pittsburgh Sleep Quality Index; SMD = standardized mean differences

eFigure 29. Relative difference between groups in the changes in measures of substance use/eating in the mindfulness vs specific active control studies



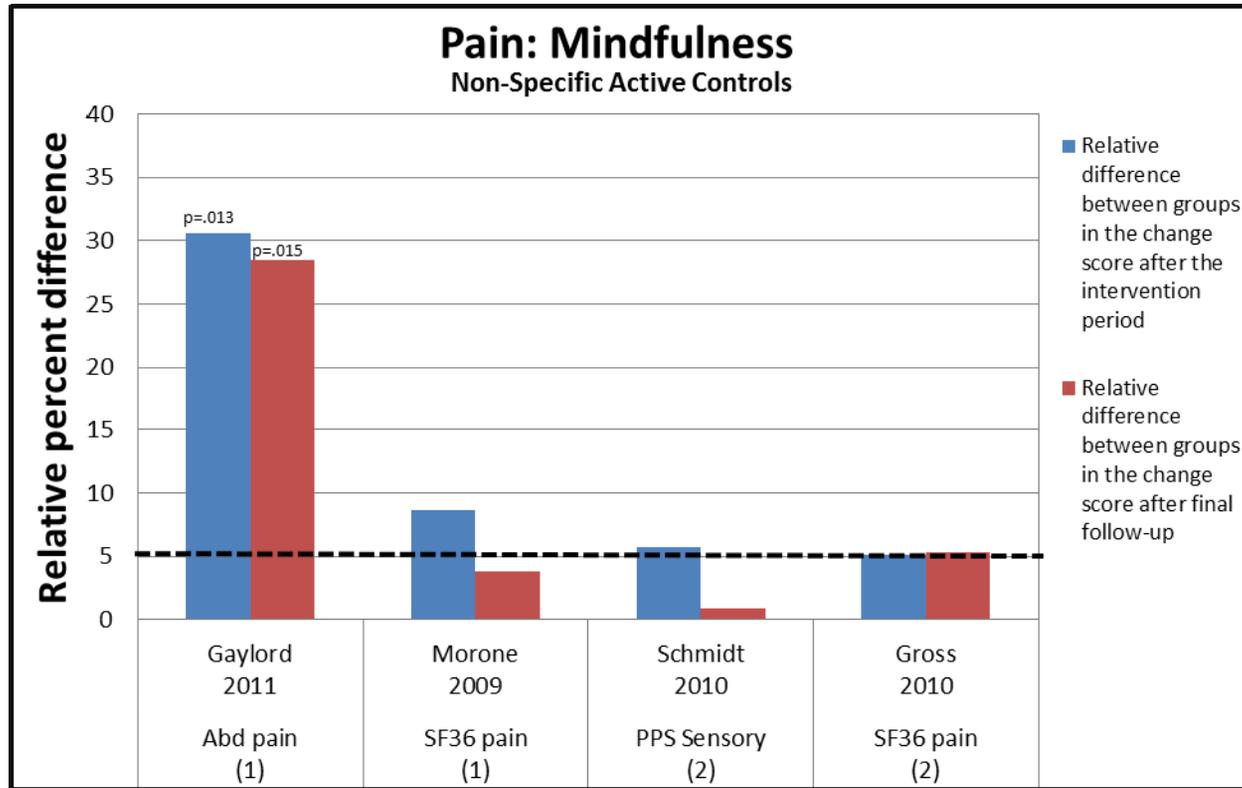
1. **Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $((19-10)-(16-11))/10 \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group.
2. (1): Primary outcome. If the trial did not specify primary or secondary outcomes, this is either the outcome that the population was selected on or identified as a primary focus of the study. (2): Secondary outcome. If the trial did not specify primary or secondary outcomes, then this is not the outcome that the population was selected nor identified as a primary focus of the study.
3. NR / NS = Not Reported/Not significant. The trial measured this outcome and stated they were nonsignificant, and did not report actual results.
4. Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
5. A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
6. Kcal/d = Kilocalorie per day.

eFigure 30. Relative difference between groups in the changes in measures of substance use in the mantra vs nonspecific/specific active control studies



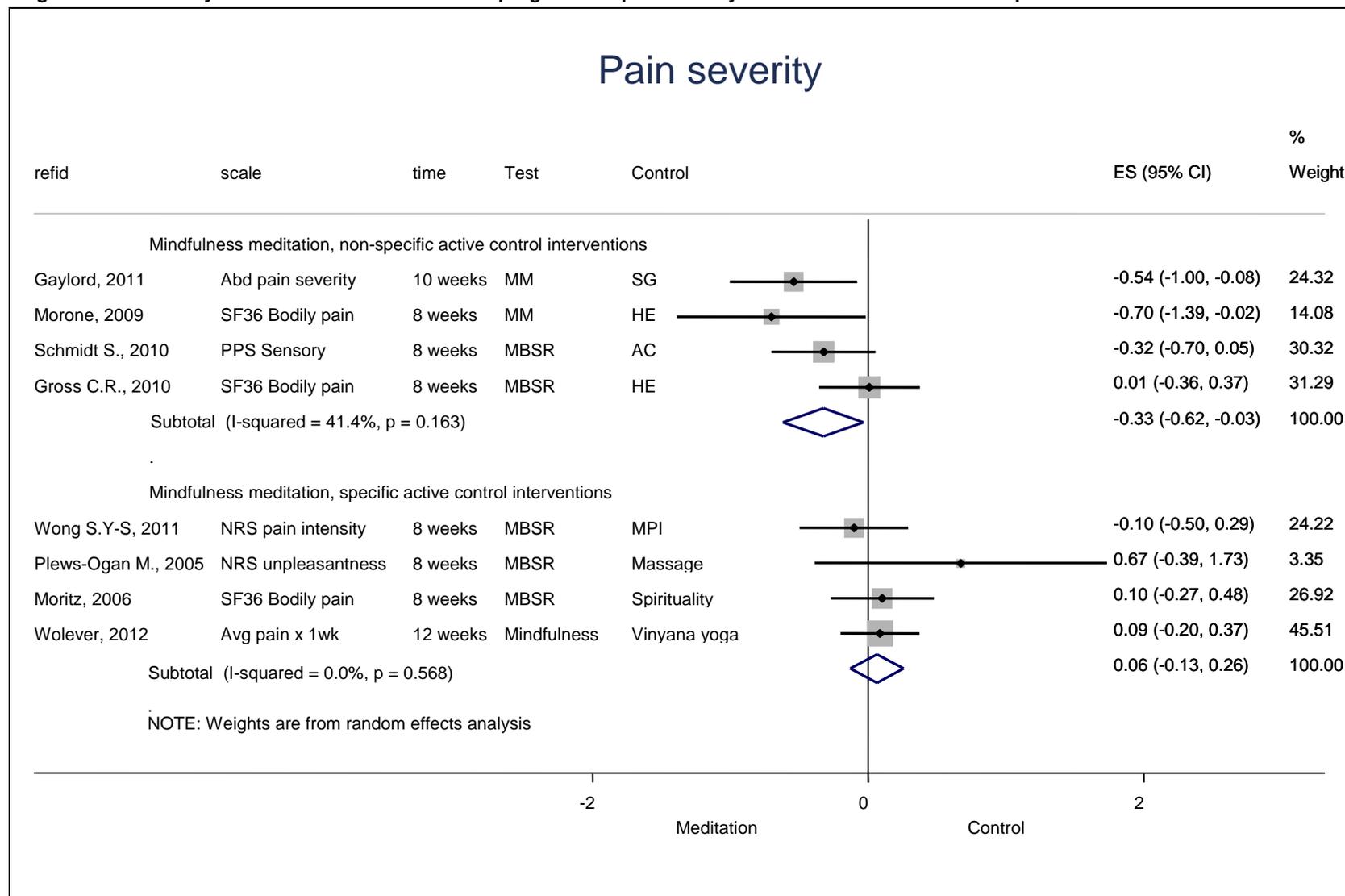
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group.
- (1): Primary outcome. If the trial did not specify primary or secondary outcomes, this is either the outcome that the population was selected on or identified as a primary focus of the study. (2): Secondary outcome. If the trial did not specify primary or secondary outcomes, then this is not the outcome that the population was selected nor identified as a primary focus of the study.
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- Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.

eFigure 31. Relative difference between groups in the changes in measures of pain in the mindfulness vs nonspecific active control studies



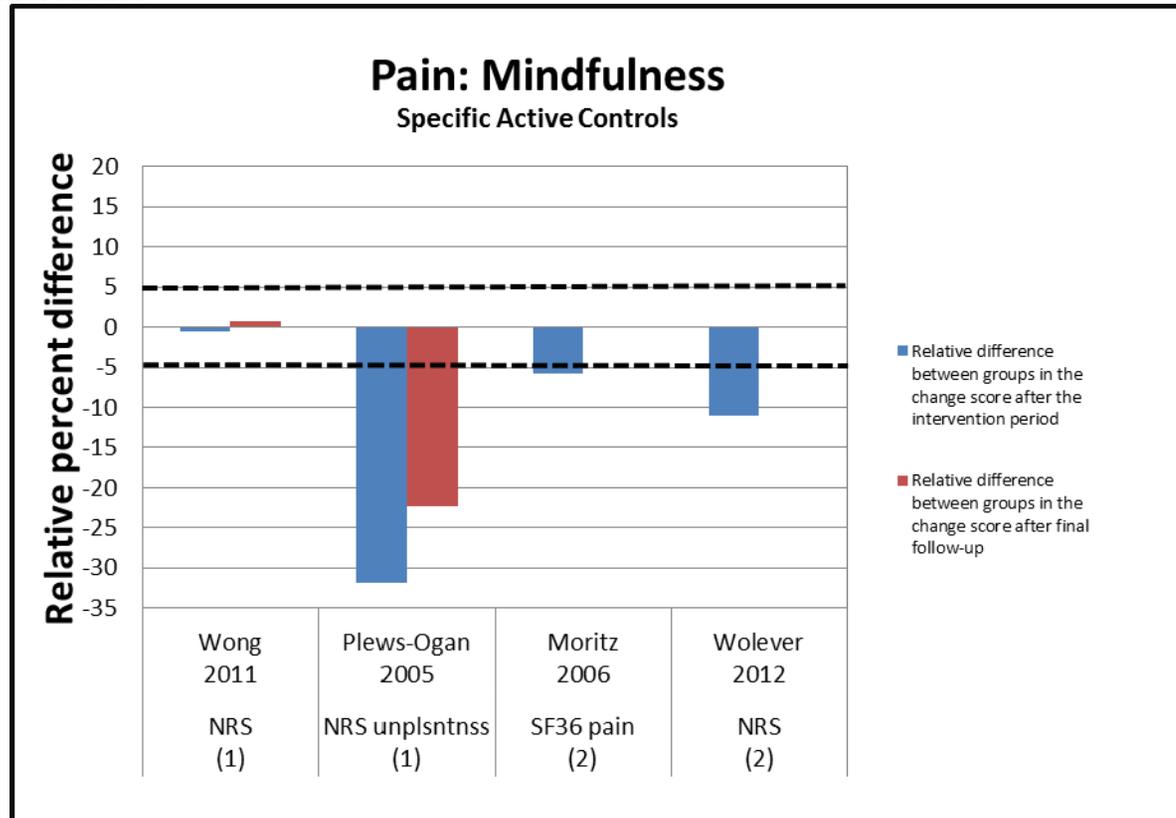
- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group
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- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- Abd = Abdomen; PPS = Pain Perception (Sensory); SF-36 = Short Form-36.

eFigure 32. Meta-analysis of the effects of meditation programs on pain severity with 8 to 12 weeks of follow-up



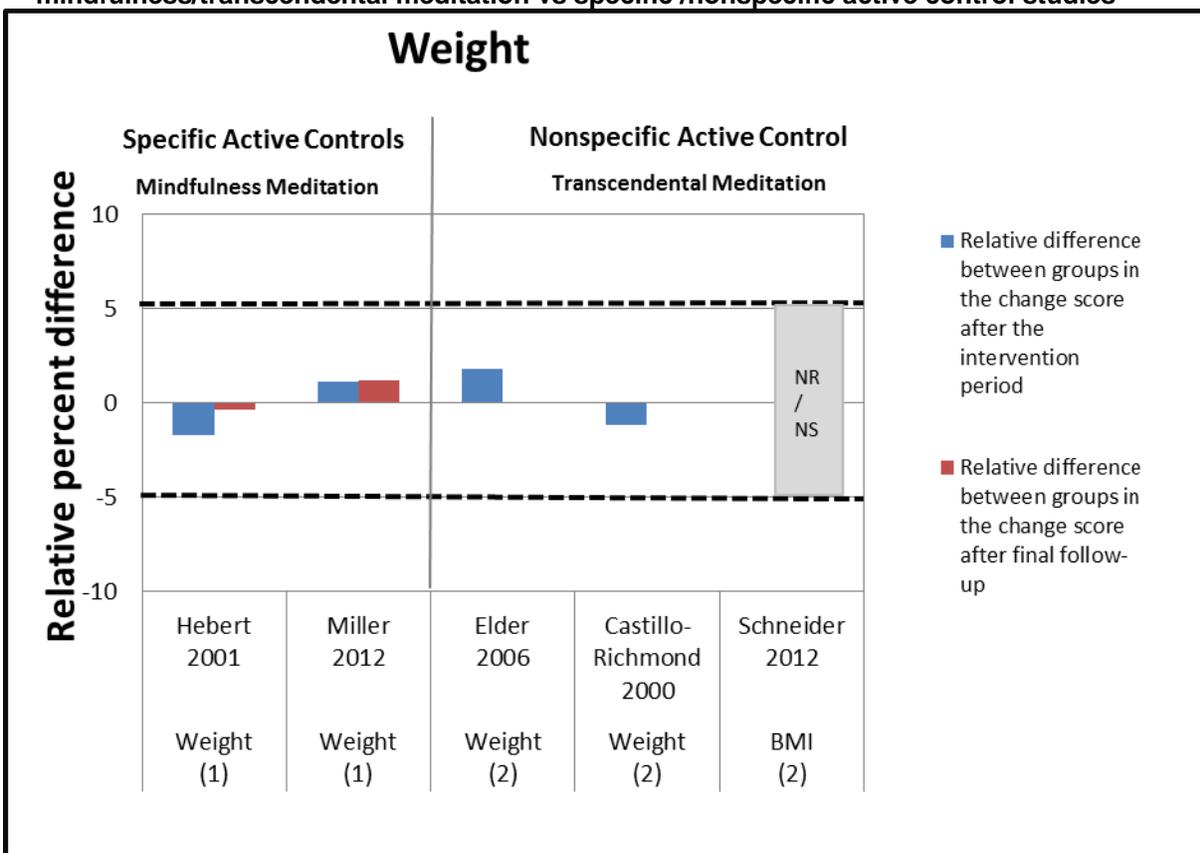
Abd = Abdomen; AC=Active Control; CI = confidence interval; HE = Health Education; NRS = Numeric Rating Scale; MBSR = Mindfulness Based Stress Reduction; MM = Mindfulness Meditation; MPI= Multidisciplinary Pain Intervention; PPS = Pain Perception (Sensory); SF-36 = Short Form-36; SG = Support Group; SMD = standardized mean differences wks = weeks

eFigure 33. Relative difference between groups in the changes in measures of pain in the mindfulness vs specific active control studies



- Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group.
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- A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
- NRS = Numeric Rating Scale; SF-36 = Short Form-36; unplsntnss = unpleasantness.

eFigure 34. Relative difference between groups in the changes in measures of weight in the mindfulness/transcendental meditation vs specific /nonspecific active control studies



1. **Relative difference between groups in the change score.** This is a relative percent difference, using the baseline mean in the meditation group as the denominator. For example, if the meditation group improves from a 10 to 19 on a mental health scale and the control group improves from 11 to 16 on the same scale, the relative difference between groups in the change score is: $\frac{((19-10)-(16-11))}{10} \times 100 = 40\%$. The interpretation is that there is a 40% relative improvement on the mental health scale in the meditation group compared with the control group. See appendix E for absolute difference-in-change score values. Improvement in all scales is indicated in the positive direction. A positive relative percent difference means that the score improved more in the intervention group than in the control group.
2. (1): Primary outcome. If the trial did not specify primary or secondary outcomes, this is either the outcome that the population was selected on or identified as a primary focus of the study. (2): Secondary outcome. If the trial did not specify primary or secondary outcomes, then this is not the outcome that the population was selected nor identified as a primary focus of the study.
3. NR / NS = Not Reported/Not significant. The trial measured this outcome and stated they were nonsignificant, and did not report actual results.
4. Black dotted lines from -5% to +5% indicate our criteria for no effect. It does not indicate statistical significance.
5. A p value above or below a bar indicates statistical significance reported in the original study publication. If there is no p value, the outcome was not significant in the original publication.
6. Units of weight: kilograms (Hebert, 2001; Miller, 2012; Schneider, 2012) and pounds (Elder, 2006; Castillo-Richmond, 2000)