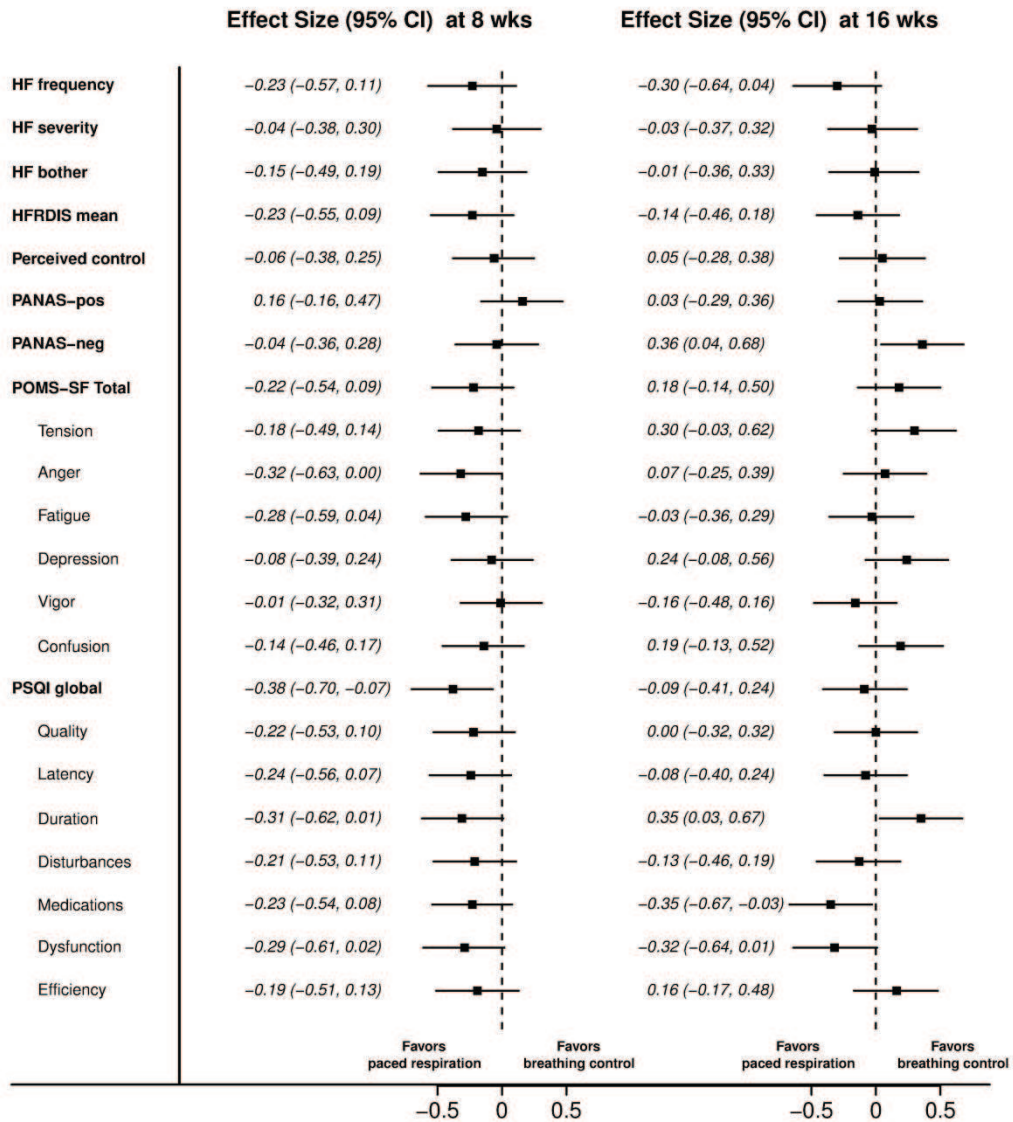


Figure 3: Forest Plot for Effect Size Differences in Primary and Secondary Outcomes between Paced Respiration and Breathing Attention Control



Legend: Squares are effect sizes for differences between intervention and breathing control. Bars are 95% confidence intervals. Bars that cross zero are not statistically significant.