

**Table 5: Methodological quality of Case-Control Studies**

	Yes Marks = 1	No Marks = 0	Unclear Marks = 0.5	Not applicable
<i>Alda et al., 2016</i>				
Were the groups comparable other than the presence of disease in cases or absence of disease in controls? (disease = meditation)	x			
Were cases and controls matched appropriately?	x			
Were the same criteria used for identification of cases and controls?	x			
Was exposure measured in a standard, valid, and reliable way?	x			
Was exposure measured in the same way for cases and controls?	x			
Were confounding factors identified?	x			
Were strategies to deal with confounding factors stated?	x			
Were outcomes assessed in a standard, valid and reliable way for cases and controls?	x			
Was the exposure period of interest long enough to be meaningful?	x			
Was appropriate statistical analysis used?	x			
<i>Hoge et al., 2013</i>				
Were the groups comparable other than the presence of disease in cases or absence of disease in controls? (disease = meditation)	x			
Were cases and controls matched appropriately?	x			
Were the same criteria used for identification of cases and controls?	x			
Was exposure measured in a standard, valid, and reliable way?	x			
Was exposure measured in the same way for cases and controls?	x			
Were confounding factors identified?	x			
Were strategies to deal with confounding factors stated?	x			
Were outcomes assessed in a standard, valid and reliable way for cases and controls?	x			
Was the exposure period of interest long enough to be meaningful?	x			
Was appropriate statistical analysis used?	x			

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Were cases and controls matched appropriately?		x
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Were confounding factors identified?	x	
Were strategies to deal with confounding factors stated?	x	
Were outcomes assessed in a standard, valid and reliable way for cases and controls?	x	
Was the exposure period of interest long enough to be meaningful?	x	
Was appropriate statistical analysis used?	x	

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