

**Table 7: Certainty of the evidence**

Certainty assessment							Certainty
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	
3	Observational studies	Not serious <sup>a</sup>	Not serious <sup>b,c</sup>	Not serious <sup>d</sup>	Serious <sup>e</sup>	None	⊕○○○ VERY LOW
2	Randomized trials	Not serious <sup>f</sup>	Not serious <sup>b,c</sup>	Not serious <sup>d</sup>	Serious <sup>g</sup>	None	⊕⊕⊕○ MODERATE

a. CCS are having a high risk of bias compared to RCTs. But when comparing only CCS together, all three CCS fall under low risk of bias.

b. All the studies have shown a positive trend in the effectiveness of meditation on the TL.

c. Heterogeneity of the studies was high since the studies have used different meditation techniques as interventions. But we considered all these techniques as sub techniques of meditation and hence we did not downgrade the grade of evidence.

d. TL was assessed directly using standard methods.

e. Modest sample sizes were used.

f. One study has shown unclear bias to allocation concealment, blinding of participants and personnel (performance bias), and blinding of outcome assessment.

g. Even though the sample sizes were adequate and CI were overlapped, the two ends of the confidence intervals ranged across the no effect line. Therefore, the grade of evidence was downgraded.