Outcome
attention (5 studies)
energy (5 studies)
tranquility (7 studies)*
anxiety (6 studies)*
anger (8 studies)
fatigue (4 studies)
sad/depressed (5 studies)
systolic bp (5 studies)
diastolic bp (4 studies)
cortisol (4 studies)

Standardised mean difference

-0.6 -0.4 -0.2 0 0.2 0.4 0.6 0.8