

**Table 6: Summary of findings for the main comparisons**

Study	Sample size/sample size calculation	Cases/ Intervention (n)	Controls (n)	Measure used to assess the TL	Outcomes
<b>Hoge et al., 2013</b>	37/not specified	15	22	Real Time PCR	Meditators have median relative longer telomeres (0.39) than controls (0.27) Women meditators had a significantly longer TL (0.42) than controls (0.31) (p = 0.007)
<b>Alda et al., 2016</b>	40/not specified	20	20	<i>In situ</i> Hybridization	Expert meditators have significantly longer median TL (10.82 kb) compared to the comparison group (9.94 kb) (p = 0.005)
<b>Le et al., 2019</b>	176/not specified	LKM - 63 MM - 62	51	Real Time PCR	According to the TL difference between pre-post interventions: LKM group - significantly lower decrease in TL (0.048) compared to controls (0.07): (p =0.024) MM group – no TL difference (0.019) compared to control group (0.07)
<b>Puhlmann et al., 2019</b>	332/not specified	222	76	Real Time PCR	Control group had 0.004 difference in relative length while the other three interventions, presence, affect and perspective had -0.007, -0.005, and -0.001 TL changes respectively. However, these results were not significant.
<b>Mendioroz et al., 2020</b>	34/not specified	17	17	<i>In situ</i> Hybridization	Meditators have shown longer TLs (mean = 10.47, SD = 0.86) compared to controls (mean = 9.87, SD = 0.94) without any statistical significance, but showing a strong trend (t = -1.94; df = 32; p = 0.002)

LKM: Loving-Kindness Meditation

MM: Mindfulness Meditation

PCR – Real Time Polymerase Chain Reaction