

Table 1: Summary of characteristics of the selected studies and their intervention effect size ( n = 5)

| No | Publication      | Year of publication | Mode of intervention                                                                                                                                           | Duration of Intervention                                                                                                                                                                                                                                            | Change in SBP*            | Change in DBP <sup>+</sup> | Study Sample Size | Adjusted Covariates                                                                           |
|----|------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|----------------------------|-------------------|-----------------------------------------------------------------------------------------------|
| 1  | Wright et al     | 2021                | <ul style="list-style-type: none"> <li>• Guided meditation on stress management and mindfulness</li> <li>• MP3 Player guided mindfulness meditation</li> </ul> | <ul style="list-style-type: none"> <li>• 2 hours sessions weekly for 8 weeks</li> </ul>                                                                                                                                                                             | -10.4 Vs -3.2 (p=.12)     | -4.1 vs -3.4 (p = .60)     | 38                | Age<br>Sex<br>Education<br>Monthly income                                                     |
| 2  | Chandler et al   | 2020                | <ul style="list-style-type: none"> <li>• Guided meditation using smart phone application</li> </ul>                                                            | <ul style="list-style-type: none"> <li>• 1<sup>st</sup> - two 15-min daily sessions</li> <li>• 2<sup>nd</sup> and 3<sup>rd</sup> month - two 10-minutes daily sessions</li> <li>• 4<sup>th</sup> to 12<sup>th</sup> month - two 5 minutes daily sessions</li> </ul> | -11.6 vs. -0.4 (p = 0.04) | -6.4 Vs +2.4 (p=0.01)      | 30                | Age, Gender, Race, Marital status, Education, Income, Employment, Antihypertensive medication |
| 3  | Park et al       | 2013                | <ul style="list-style-type: none"> <li>• Prerecorded guided Mindfulness.</li> <li>• Meditation using an MP3 player and headphones</li> </ul>                   | <ul style="list-style-type: none"> <li>• 15 minutes in a single session</li> </ul>                                                                                                                                                                                  | -8.66 Vs 0.37 (p=0.004)   | -3.86 (p=0.004)            | 15                | Age, BMI, smoking Comorbid posttraumatic stress disorder,                                     |
| 4  | Palta et al 2012 | 2012                | <ul style="list-style-type: none"> <li>• Professional guided breath meditation</li> </ul>                                                                      | <ul style="list-style-type: none"> <li>• 90 minutes sessions weekly for eight weeks</li> </ul>                                                                                                                                                                      | -11 vs -4.2 (p=0.02)      | -3.7 vs +3(p=0.003)        | 20                | Race, Number of years of education completed, Smoking history, Perceived stress               |

|   |                 |      |                                                                             |                                                                                     |                          |                        |     |                                                                                                                                   |
|---|-----------------|------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------|------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------|
| 5 | Schneider et al | 2005 | <ul style="list-style-type: none"> <li>Transcendental Meditation</li> </ul> | <ul style="list-style-type: none"> <li>20 minutes twice a day for 1 year</li> </ul> | -2.13 Vs - 1.08 (p=0.17) | -6.24 Vs - 4.44 (p<NS) | 150 | Age, gender, anti-hypertensive medication, income, marital status, weight, BMI, Smoking status, Alcohol intake, physical activity |
|---|-----------------|------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------|------------------------|-----|-----------------------------------------------------------------------------------------------------------------------------------|

p- p-value NS- Not Significant BMI - Body Mass Index mmHg - millimeter mercury SBP - Systolic Blood Pressure DBP - Diastolic Blood Pressure

+ Change in DBP in the intervention group compared to control group(mmHg)

\* Change in SBP in the intervention group compared to control group(mmHg)