Table S1 - Supplementary material: Psychological aspects between regular meditators and non-meditators

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| Psychological measure | Regular meditator | Non-meditator | P\* |
| Anxiety | 1.37± 1.77 | 3.75±3.31 | 0.008 |
| Depression | 3.79±3.26 | 5.30±3.98 | 0.202 |
| Mindfulness | 71.37±10.85 | 64.65±10.43 | 0.314 |
| Self-compassion | 23.7±3.37 | 22.57±3.33 | 0.056 |

Data presented in Mean ± S.D. / \* t test for two independent samples