

**Table S1** Summary of articles arranged in alphabetical order by first author.

Author and citation number (first author only)	Year of Study	Sample size	Research design	Cost	Key claims on effectiveness, outcomes, and findings
Abrams [1]	2022	38	Pre-post intervention study, quasi-experimental	Training with a licensed psychologist on privacy, active listening, QPR suicide prevention, motivational interviewing, and mindfulness/guided relaxation strategies. One-hour walk-in sessions (in person/online) and bi-annual outreach events. Peer support was provided.	Intervention caused no significant effect on empathy, but significant increase in self-efficacy in male medical students, while in female medical students, there was no significant effect on empathy or self-efficacy.
Erogul [2]	2014	58	Randomized controlled trial	Group lessons on mindfulness of 75 minutes once per week for 8 weeks, suggested meditation at home, and a full-day retreat offsite from 10 a.m. to 3 p.m. Weekly handouts were provided. All participants were paid \$50 at the conclusion of the data gathering.	The intervention group had reduced Perceived Stress Scale (PSS) scores compared to the control (3.63 p = 0.03) at the conclusion of the study, but not at 6 months after the study, with no difference in the Resilience Scale (RS) at the end of the study and 6 months after, and a significant increase in Self-Compassion Scale (SCS) scores at the conclusion of the study (0.58 p = 0.002) and at 6 months after the study (0.56 p = 0.001)
Hearn [3]	2022	67	Pre-post intervention controlled study - cross-sectional and	Time it took to take a saliva sample and complete the questionnaire (30 minutes maximum).	Regression analysis showed a significant positive relation between exam score and FFQM total mindfulness score. FFQM

			within/between subject assessments		
Kaur [4]	2023	30	Pre-post intervention, prospective	8-10 minutes each day for 4 weeks.	total mindfulness score had a significant negative relation with the change in exam-induced salivary cortisol concentration. Systolic blood pressure, diastolic blood pressure, and heart rate were significantly higher in pre-meditation than post-meditation. After 4 weeks, systolic blood pressure, diastolic blood pressure, heart rate, and serum cortisol were significantly lower.
Pham [5]	2023	115	Cross-sectional, prospective	MBSR exercises over 8 weeks (all participants participated in at least 6 sessions over the 8 weeks)	They found a significant reduction in stress levels after the intervention. This was assessed using the PSS-10 scale. Paired t-tests showed a significant reduction in baseline perceived stress in the students after the 6 weeks of yoga sessions and PSS (perceived stress scale) -
Prasad [6]	2016	27	Case control, Cross sectional, prospective	12 hours of yoga in total split into 1-hour sessions across 6 weeks. Each session was conducted by a certified yoga instructor.	from 18.44 to 14.52. They used the 12-item basic psychological needs scale (with a Likert-type scale with 6 points) and 12-tem self-compassion scale-short form (5-point rating), and found that when their psychological needs were perceived as met, then their self-compassion increased
Rashid [7]	2020	195	Cross sectional study	Engaged in regular teaching and learning activities that had a self-compassion component. Two online surveys were conducted.	The total mood disturbance (TMD) score
Rosenzweig	2003	302	Prospective,	Ninety-minute sessions of MBSR	

[8]			nonrandomized, cohort-controlled study	seminars are held each week for 10 weeks.	was 31.8 in the intervention group (from a baseline of 38.7 at the start of the study) compared to 38.6 in the control (from a baseline of 28.0 at the start of the study) at the end of the intervention period In medicine students, the mindfulness course resulted in a higher number of students being able to reduce study-related stress, reduce exam-related stress, develop skills to build lifelong resiliency and develop practical coping skills
Ross [9]	2020	666	Cross sectional	Eight 1-hour teaching sessions in a mindfulness course split into 4 in the first 4 weeks, then another 4 in the second half of the year.	Compared to the control group, the intervention group saw a significant decrease in state anxiety, trait anxiety, depression, General Severity Index scores (psychological distress), and a significant increase in spirituality (Index of Core Spiritual Experiences), and empathy (via Empathy Construct Rating Scale ECRS) 13 out of the 14 statements in the WEMWBS questionnaire had a positive increase. However, chi-squared tests show that only 2 of these were statistically significant (“I’ve been feeling relaxed” p = 0.002, and “I’ve been feeling good about myself” p = 0.046)
Shapiro [10]	1998	73	Randomized control experiment	The course involved 7-weekly sessions (2.5 hours each week). In addition, there were weekly home practice assignments and daily journals.	
Thompson [11]	2023	25	Prospective intervention study	Lead through 45 minute yoga sessions by certified practitioner once a week for 6 weeks.	

Wang [12]	2023	24	Randomized controlled pilot study	Six sessions of 1 hour mindfulness based art workshops in consultation with school faculty and a certified art therapist.	After the 6 sessions, the intervention group decreased their perceived stress score from baseline by 5.9 more than the control group immediately after the intervention, and 4.7 more 2 weeks after the intervention. There were significant decreases in the STAI (state and trait anxiety index) of the intervention group after every session, except for one.
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## References

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