

	Meditation		No Meditation		Exercise Group Main Effect
	<i>n</i>	<i>M (SD)</i>	<i>n</i>	<i>M (SD)</i>	<i>M (SD)</i>
Exercise	10	6.90 (2.33)	10	3.50 (1.58)	5.20 (2.61)
No exercise	10	4.00 (1.41)	10	3.10 (2.03)	_____(_____)
Meditation group main effect		5.45 (2.40)		_____ (_____)	