**Supplementary material 2. Two-way ANOVA of Menopausal Rating Scale between the meditation and the control group.**

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| --- | --- |
|  | *P* |
| Group | Age | Group\*Age |
| Total Menopausal Rating Scale | .067 | .423 | .601 |
| Psychological  | Depressive mood | .025 | .231 | .285 |
| Irritability | .103 | .011 | .683 |
| Physical and mental exhaustion | .099 | .073 | .637 |
| Anxiety | .870 | .045 | .740 |
| Somatic | Hot flashes, sweating | .087 | .272 | **.067** |
| Sleep problems | .141 | .897 | .960 |
| Joint and muscular discomfort | .349 | .480 | .394 |
| Heart discomfort | .353 | .746 | .615 |
| Urogenital | Vaginal dryness | .052 | .607 | .268 |
| Sexual problems | .540 | .561 | .374 |
| Bladder problems | .981 | .260 | .277 |

Participants were divided into three age domains for the analysis: 40≤, 41~50, and >50.