

Study	Design	Duration	Participants	Intervention	Outcome
1	Randomized controlled trial	12 weeks	100	Exercise	Improved physical fitness
2	Quasi-experimental	6 weeks	50	Yoga	Reduced stress levels
3	Observational	3 months	200	Meditation	Improved mental health
4	Case study	4 weeks	10	Art therapy	Enhanced self-expression
5	Survey	1 month	300	Group therapy	Increased social support

TOTAL[illegible][illegible]