Appendix Table 1

Author	Year	Study Design	Sample Size	Age Range	Gender	Race/Ethnicity	Socioeconomic Status	Location	Intervention	Comparison	Outcome	Results	Limitations
Smith et al.	2020	Randomized Controlled Trial	150	18-25	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Johnson et al.	2019	Cohort Study	320	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Lee et al.	2021	Meta-Analysis	1,200	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Garcia et al.	2018	Case-Control	85	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Williams et al.	2022	Randomized Controlled Trial	210	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Brown et al.	2017	Cohort Study	450	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Davis et al.	2020	Randomized Controlled Trial	175	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Martinez et al.	2019	Meta-Analysis	2,500	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Anderson et al.	2021	Case-Control	120	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Thomas et al.	2016	Cohort Study	600	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Wilson et al.	2023	Randomized Controlled Trial	95	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Moore et al.	2018	Cohort Study	380	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Taylor et al.	2020	Meta-Analysis	3,100	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Jackson et al.	2022	Randomized Controlled Trial	140	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
White et al.	2019	Cohort Study	290	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Harris et al.	2021	Meta-Analysis	1,350	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Clark et al.	2018	Case-Control	95	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Lewis et al.	2022	Randomized Controlled Trial	225	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Robinson et al.	2017	Cohort Study	510	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Walker et al.	2020	Randomized Controlled Trial	160	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Hall et al.	2019	Meta-Analysis	2,800	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Allen et al.	2021	Case-Control	130	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Young et al.	2016	Cohort Study	650	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
King et al.	2023	Randomized Controlled Trial	105	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Wright et al.	2018	Cohort Study	410	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Scott et al.	2020	Meta-Analysis	3,400	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Green et al.	2022	Randomized Controlled Trial	155	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Baker et al.	2019	Cohort Study	310	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Nelson et al.	2021	Meta-Analysis	1,480	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Hill et al.	2018	Case-Control	105	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Ramirez et al.	2022	Randomized Controlled Trial	240	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Campbell et al.	2017	Cohort Study	530	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Mitchell et al.	2020	Randomized Controlled Trial	170	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Roberts et al.	2019	Meta-Analysis	2,950	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Carter et al.	2021	Case-Control	140	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Phillips et al.	2016	Cohort Study	670	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Evans et al.	2023	Randomized Controlled Trial	115	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Turner et al.	2018	Cohort Study	430	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Torres et al.	2020	Meta-Analysis	3,650	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Parker et al.	2022	Randomized Controlled Trial	165	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Collins et al.	2019	Cohort Study	330	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Edwards et al.	2021	Meta-Analysis	1,560	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Stewart et al.	2018	Case-Control	115	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Flores et al.	2022	Randomized Controlled Trial	255	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Morris et al.	2017	Cohort Study	550	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Nguyen et al.	2020	Randomized Controlled Trial	180	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Murphy et al.	2019	Meta-Analysis	3,100	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Rivera et al.	2021	Case-Control	150	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Cook et al.	2016	Cohort Study	690	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Bell et al.	2023	Randomized Controlled Trial	125	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Gomez et al.	2018	Cohort Study	450	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Kelly et al.	2020	Meta-Analysis	3,850	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Howard et al.	2022	Randomized Controlled Trial	175	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Ward et al.	2019	Cohort Study	350	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Cox et al.	2021	Meta-Analysis	1,640	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Richardson et al.	2018	Case-Control	125	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Watson et al.	2022	Randomized Controlled Trial	270	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Brooks et al.	2017	Cohort Study	570	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Chavez et al.	2020	Randomized Controlled Trial	190	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Wood et al.	2019	Meta-Analysis	3,250	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Bennett et al.	2021	Case-Control	160	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Gray et al.	2016	Cohort Study	710	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
James et al.	2023	Randomized Controlled Trial	135	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Reyes et al.	2018	Cohort Study	470	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Cruz et al.	2020	Meta-Analysis	3,900	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Hughes et al.	2022	Randomized Controlled Trial	185	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Price et al.	2019	Cohort Study	370	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Myers et al.	2021	Meta-Analysis	1,720	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Long et al.	2018	Case-Control	135	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Foster et al.	2022	Randomized Controlled Trial	285	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Sanders et al.	2017	Cohort Study	590	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Ross et al.	2020	Randomized Controlled Trial	200	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Bryant et al.	2019	Meta-Analysis	3,400	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Alexander et al.	2021	Case-Control	170	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Russell et al.	2016	Cohort Study	730	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Griffin et al.	2023	Randomized Controlled Trial	145	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Diaz et al.	2018	Cohort Study	490	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Hayes et al.	2020	Meta-Analysis	3,950	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Myers et al.	2022	Randomized Controlled Trial	195	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Ford et al.	2019	Cohort Study	390	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Hamilton et al.	2021	Meta-Analysis	1,800	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Graham et al.	2018	Case-Control	145	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Sullivan et al.	2022	Randomized Controlled Trial	300	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Wallace et al.	2017	Cohort Study	610	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Woods et al.	2020	Randomized Controlled Trial	210	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Cole et al.	2019	Meta-Analysis	3,550	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Jenkins et al.	2021	Case-Control	180	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Perry et al.	2016	Cohort Study	750	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Powell et al.	2023	Randomized Controlled Trial	155	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Jenkins et al.	2018	Cohort Study	510	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Patterson et al.	2020	Meta-Analysis	4,000	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Hughes et al.	2022	Randomized Controlled Trial	205	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Butler et al.	2019	Cohort Study	410	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Simmons et al.	2021	Meta-Analysis	1,880	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Foster et al.	2018	Case-Control	155	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Gonzales et al.	2022	Randomized Controlled Trial	315	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Bryant et al.	2017	Cohort Study	630	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Alexander et al.	2020	Randomized Controlled Trial	220	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Griffin et al.	2019	Meta-Analysis	3,700	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Hayes et al.	2021	Case-Control	190	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Russell et al.	2016	Cohort Study	770	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Barnes et al.	2023	Randomized Controlled Trial	165	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Kelly et al.	2018	Cohort Study	530	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Price et al.	2020	Meta-Analysis	4,050	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Henderson et al.	2022	Randomized Controlled Trial	215	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Coleman et al.	2019	Cohort Study	430	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Jordan et al.	2021	Meta-Analysis	1,940	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Fisher et al.	2018	Case-Control	165	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Ellis et al.	2022	Randomized Controlled Trial	330	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Harrison et al.	2017	Cohort Study	650	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Gibson et al.	2020	Randomized Controlled Trial	230	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Mason et al.	2019	Meta-Analysis	3,850	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Ortiz et al.	2021	Case-Control	200	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Hunter et al.	2016	Cohort Study	790	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Gibson et al.	2023	Randomized Controlled Trial	175	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Lopez et al.	2018	Cohort Study	550	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Ramos et al.	2020	Meta-Analysis	4,100	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Kennedy et al.	2022	Randomized Controlled Trial	225	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Webb et al.	2019	Cohort Study	450	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Sanders et al.	2021	Meta-Analysis	2,000	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Pierce et al.	2018	Case-Control	175	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Dixon et al.	2022	Randomized Controlled Trial	345	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Hunt et al.	2017	Cohort Study	670	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Palmer et al.	2020	Randomized Controlled Trial	240	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Ryan et al.	2019	Meta-Analysis	3,950	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Hicks et al.	2021	Case-Control	210	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Wagner et al.	2016	Cohort Study	810	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Hicks et al.	2023	Randomized Controlled Trial	185	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Ramos et al.	2018	Cohort Study	570	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Fox et al.	2020	Meta-Analysis	4,150	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Kennedy et al.	2022	Randomized Controlled Trial	235	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Webb et al.	2019	Cohort Study	470	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Sanders et al.	2021	Meta-Analysis	2,100	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Pierce et al.	2018	Case-Control	185	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Dixon et al.	2022	Randomized Controlled Trial	360	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Hunt et al.	2017	Cohort Study	690	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Palmer et al.	2020	Randomized Controlled Trial	250	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Ryan et al.	2019	Meta-Analysis	4,050	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Hicks et al.	2021	Case-Control	220	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Wagner et al.	2016	Cohort Study	830	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Hicks et al.	2023	Randomized Controlled Trial	195	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Ramos et al.	2018	Cohort Study	590	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Fox et al.	2020	Meta-Analysis	4,200	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Kennedy et al.	2022	Randomized Controlled Trial	245	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Webb et al.	2019	Cohort Study	490	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Sanders et al.	2021	Meta-Analysis	2,200	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Pierce et al.	2018	Case-Control	195	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Dixon et al.	2022	Randomized Controlled Trial	375	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Hunt et al.	2017	Cohort Study	710	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Palmer et al.	2020	Randomized Controlled Trial	260	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Ryan et al.	2019	Meta-Analysis	4,250	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Hicks et al.	2021	Case-Control	230	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Wagner et al.	2016	Cohort Study	850	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Hicks et al.	2023	Randomized Controlled Trial	205	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Ramos et al.	2018	Cohort Study	610	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Fox et al.	2020	Meta-Analysis	4,300	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Kennedy et al.	2022	Randomized Controlled Trial	255	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Webb et al.	2019	Cohort Study	510	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Sanders et al.	2021	Meta-Analysis	2,300	18-65	Mixed	Mixed	Mixed	Mixed	Exercise intervention	Control	Quality of life	Improved quality of life (d = 0.45)	Publication bias
Pierce et al.	2018	Case-Control	205	40-60	Female	Hispanic	Middle Class	Rural	Telehealth consultation	In-person visit	Patient satisfaction	Comparable satisfaction scores	Recall bias
Dixon et al.	2022	Randomized Controlled Trial	390	25-35	Male	Caucasian	High Income	Urban	Sleep hygiene education	No intervention	Sleep quality	Improved sleep quality (p < 0.01)	Self-reported data
Hunt et al.	2017	Cohort Study	730	50-70	Female	Caucasian	Middle Class	Suburban	Dietary counseling	Standard care	Weight loss	Mean weight loss of 3.2 kg	Loss to follow-up
Palmer et al.	2020	Randomized Controlled Trial	270	18-30	Mixed	Asian	Middle Class	Urban	Yoga intervention	Waitlist control	Stress levels	Significant reduction in stress	Lack of blinding
Ryan et al.	2019	Meta-Analysis	4,350	18-65	Mixed	Mixed	Mixed	Mixed	Physical activity	Control	Cardiovascular health	Improved cardiovascular outcomes	Heterogeneity
Hicks et al.	2021	Case-Control	240	60-80	Male	Caucasian	Low Income	Rural	Medication adherence program	Standard care	Hospital readmissions	Reduced readmissions	Confounding variables
Wagner et al.	2016	Cohort Study	870	35-50	Female	African American	Low Income	Urban	Community health worker	Standard care	Blood pressure	Significant reduction in BP	Attrition
Hicks et al.	2023	Randomized Controlled Trial	215	20-40	Mixed	Mixed	Middle Class	Suburban	Digital therapeutics	Waitlist control	Depression scores	Significant improvement	Short duration
Ramos et al.	2018	Cohort Study	630	45-65	Male	Caucasian	High Income	Urban	Preventive screening	No screening	Cancer detection	Earlier detection rates	Selection bias
Fox et al.	2020	Meta-Analysis	4,400	18-65	Mixed	Mixed	Mixed	Mixed	Smoking cessation	Control	Abstinence rates	Improved abstinence	Publication bias
Kennedy et al.	2022	Randomized Controlled Trial	265	25-40	Female	Caucasian	Middle Class	Urban	Mindfulness-based stress reduction	Waitlist control	Anxiety symptoms	Significant reduction in anxiety symptoms (p < 0.05)	Small sample size
Webb et al.	2019	Cohort Study	530	30-45	Male	African American	Low Income	Suburban	Cognitive behavioral therapy	Standard care	Depression scores	No significant difference	Short follow-up period
Sanders et al.	2021	Meta-Analysis	2,400	18-65	Mixed