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Author's reply: We thank Mahendran and colleagues for their comments and suggestions on our published study¹. We agree that it would be helpful to have more objective measurements for attention, affective or cognitive changes which might not have been captured by self-reported questionnaires. For the potential

confounding effects of religious or cultural beliefs on outcomes, we have only collected data on religious beliefs in our study, with 36.7% of participants being Christians/Catholics, 10.2% being Buddhists/Taoists, and 53.1% being non-religious. We did not find a significant effect of religious beliefs on our psychological outcomes in this study.

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