

Supplementary Online Material 2 – Extended Results of Meta-Analysis (Caterpillar Plot of All Effect Sizes, Baujat Plot, and Leave-One-Out Analyses)

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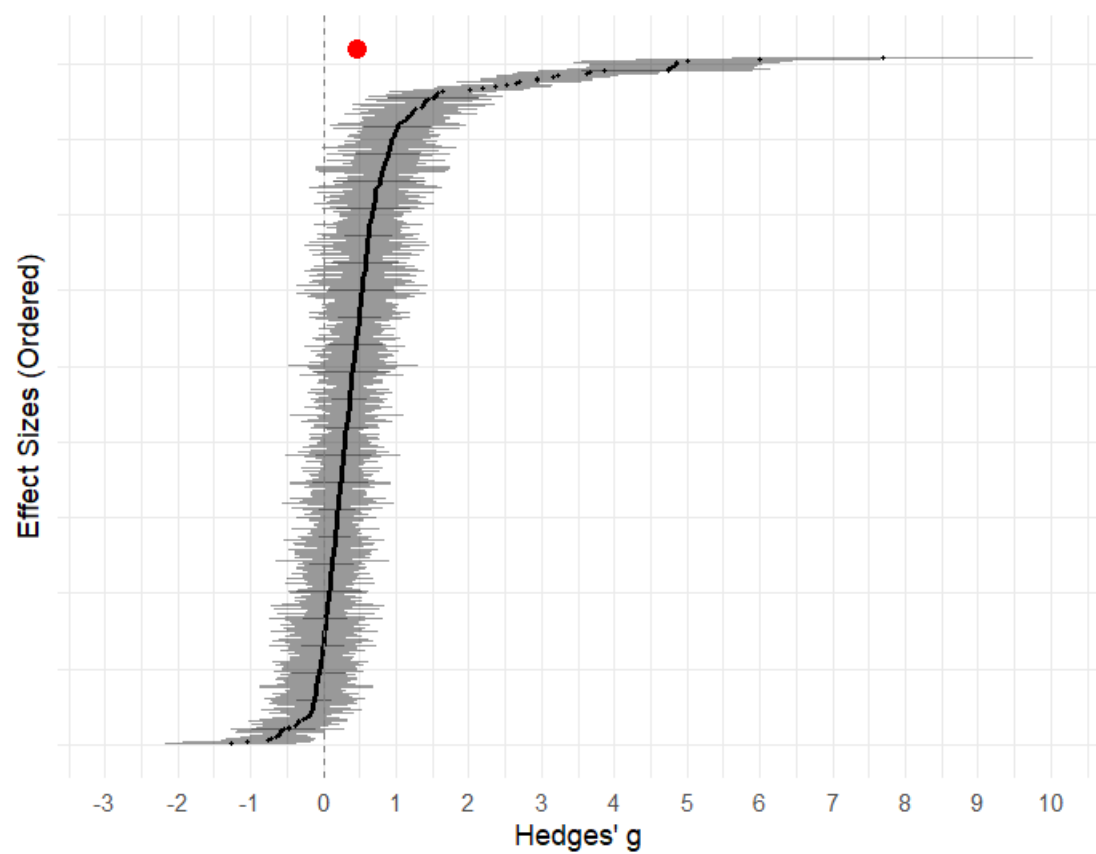


Fig S2.1. Caterpillar Plot of All Effect Sizes

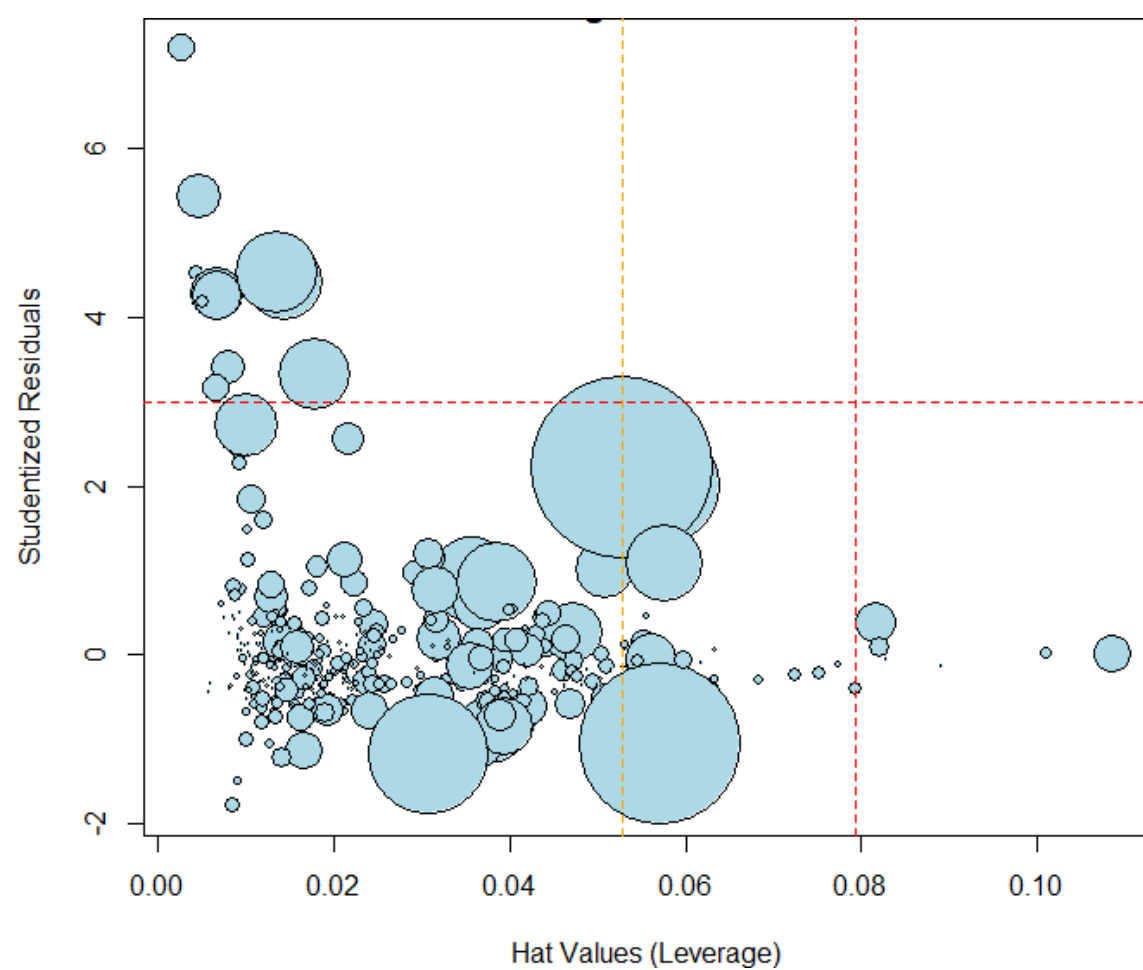


Fig S2.2. Bubble Plot of Influence Diagnostics

187	Lothes (2023)	Mindfulness	Moderate
193	Loucks (2021)	Depression	Moderate
194	Loucks (2021)	Stress	Moderate
311	Shapiro (2011)	Stress	Moderate
9	Alzahrani (2023)	Depression	Low-Moderate
32	Cavanagh (2013)	Mindfulness	Low-Moderate
43	Crone (2023) (1)	Nonjudging	Low-Moderate
83	Falsafi (2016)	Depression	Low-Moderate
154	Kim (2020)	Anxiety	Low-Moderate

Table S2.2 Results of Leave-One-Out Analysis

Study Removed	g	se	z	p	ci.lb	ci.ub	Q	Qp	tau2	I2	H2
-Gao (2024) - h. Observing	0.44	0.03	16.14	0	0.39	0.5	2021.52	0	0.27	85.35	6.83
-W. Liu (2024) - a. Anxiety	0.45	0.03	16.13	0	0.39	0.5	2165.73	0	0.27	85.45	6.87
-Guo (2019) - g. Mindfulness	0.45	0.03	16.12	0	0.39	0.5	2169.13	0	0.27	85.48	6.89
-Guo (2019) - c. Stress	0.45	0.03	16.12	0	0.39	0.5	2169.47	0	0.27	85.49	6.89
-Xiong (2022) - k. Nonjudging	0.45	0.03	16.11	0	0.39	0.5	2171.19	0	0.27	85.52	6.91
-Xiong (2022) - i. Describing	0.45	0.03	16.11	0	0.39	0.5	2172.06	0	0.27	85.54	6.91
-W. Liu (2024) - b. Depression	0.45	0.03	16.05	0	0.39	0.5	2176.64	0	0.28	85.69	6.99
-Xiong (2022) - j. Awareness	0.45	0.03	16.04	0	0.39	0.5	2182.56	0	0.28	85.72	7
-Vorontsova-Wenger (2022) - c. Stress	0.45	0.03	16.04	0	0.39	0.5	2181.02	0	0.28	85.74	7.01
-Zheng (2024) - a. Anxiety	0.45	0.03	16.03	0	0.39	0.5	2185.35	0	0.28	85.77	7.03
-McEvoy (2017) - a. Anxiety	0.45	0.03	16.01	0	0.39	0.5	2182.4	0	0.28	85.8	7.04
-McEvoy (2017) - j. Awareness	0.45	0.03	16.01	0	0.39	0.5	2182.41	0	0.28	85.8	7.04
-Rad (2023) - g. Mindfulness	0.45	0.03	16.02	0	0.39	0.5	2182.3	0	0.28	85.83	7.06
-Olendzki (2020) - a. Anxiety	0.45	0.03	16.01	0	0.39	0.5	2186.52	0	0.28	85.84	7.06
-Olendzki (2020) - b. Depression	0.45	0.03	16.01	0	0.39	0.5	2187.23	0	0.28	85.84	7.06
-Olendzki (2020) - g. Mindfulness	0.45	0.03	16.01	0	0.39	0.5	2187.81	0	0.28	85.85	7.07
-Zhang (2022) - d. Distress	0.45	0.03	15.99	0	0.39	0.5	2178.3	0	0.28	85.86	7.07
-Olendzki (2020) - c. Stress	0.45	0.03	16	0	0.39	0.5	2177.67	0	0.28	85.89	7.09
-Zheng (2024) - b. Depression	0.45	0.03	15.96	0	0.39	0.5	2196.88	0	0.29	86	7.14
-W. Liu (2024) - g. Mindfulness	0.45	0.03	15.93	0	0.39	0.5	2196.45	0	0.29	86.08	7.18
-Xiong (2022) - c. Stress	0.45	0.03	15.93	0	0.39	0.5	2200.93	0	0.29	86.09	7.19
-Zheng (2024) - c. Stress	0.45	0.03	15.9	0	0.39	0.51	2207.56	0	0.29	86.2	7.25
-Sarfraz (2023) - d. Distress	0.45	0.03	15.88	0	0.39	0.51	2201.26	0	0.29	86.25	7.27
-Gao (2024) - i. Describing	0.45	0.03	15.87	0	0.4	0.51	2162.25	0	0.29	86.22	7.26
-Yook (2024) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2213.88	0	0.29	86.3	7.3
-Vorontsova-Wenger (2022) - j. Awareness	0.45	0.03	15.87	0	0.4	0.51	2212.56	0	0.29	86.31	7.3
-Vorontsova-Wenger (2022) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2212.63	0	0.29	86.31	7.31

-Guo (2019) - d. Distress	0.45	0.03	15.87	0	0.4	0.51	2213.73	0	0.29	86.31	7.31
-Zhang (2022) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2211.11	0	0.29	86.33	7.32
-Liu (2023) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2216.1	0	0.29	86.35	7.32
-Martinez-Rubio (2021) - d. Distress	0.45	0.03	15.87	0	0.4	0.51	2219.19	0	0.29	86.36	7.33
-Bi (2024) - k. Nonjudging	0.45	0.03	15.86	0	0.4	0.51	2213.86	0	0.29	86.37	7.34
-MacDonald (2023) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2219.69	0	0.29	86.37	7.34
-Gomutbutra (2022) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2217.97	0	0.29	86.38	7.34
-MacDonald (2023) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2220.32	0	0.29	86.38	7.34
-Yook (2024) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2219.77	0	0.3	86.39	7.35
-Zeidan (2010) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2219.09	0	0.3	86.4	7.35
-Vorontsova-Wenger (2022) - h. Observing	0.45	0.03	15.86	0	0.4	0.51	2219.01	0	0.3	86.4	7.35
-Falb (2016) - h. Observing	0.45	0.03	15.86	0	0.4	0.51	2218.44	0	0.3	86.4	7.35
-Lothes (2023) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2221.53	0	0.3	86.39	7.35
-Ritvo (2021) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2221.34	0	0.3	86.4	7.35
-Smeets (2014) - l. Nonreactivity	0.45	0.03	15.86	0	0.4	0.51	2219.54	0	0.3	86.4	7.35
-Kou (2023) - a. Anxiety	0.45	0.03	15.85	0	0.4	0.51	2217.97	0	0.3	86.41	7.36
-Zhang (2022) - b. Depression	0.45	0.03	15.85	0	0.4	0.51	2218.61	0	0.3	86.41	7.36
-Taylor (2014) - g. Mindfulness	0.45	0.03	15.85	0	0.4	0.51	2218.29	0	0.3	86.41	7.36
-Latt (2024) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2222.3	0	0.3	86.41	7.36
-Hall (2018) - a. Anxiety	0.45	0.03	15.85	0	0.4	0.51	2218.8	0	0.3	86.41	7.36
-Hazlett-Stevens (2017) - a. Anxiety	0.45	0.03	15.85	0	0.4	0.51	2219.8	0	0.3	86.41	7.36
-Kuchler (2023) - g. Mindfulness	0.45	0.03	15.85	0	0.4	0.51	2207.08	0	0.3	86.37	7.34
-Greeson (2014) - g. Mindfulness	0.45	0.03	15.85	0	0.4	0.51	2218.71	0	0.3	86.42	7.36
-Orosa-Duarte (2021) - g. Mindfulness	0.45	0.03	15.85	0	0.4	0.51	2220.66	0	0.3	86.42	7.36
-Liu (2023) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2221.85	0	0.3	86.43	7.37
-Zhang (2022) - j. Awareness	0.45	0.03	15.85	0	0.4	0.51	2220.38	0	0.3	86.42	7.37
-Song (2015) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2222	0	0.3	86.43	7.37
-Ritvo (2021) - b. Depression.1	0.45	0.03	15.86	0	0.4	0.51	2223.12	0	0.3	86.43	7.37
-Huberty (2019) - k. Nonjudging	0.45	0.03	15.85	0	0.4	0.51	2220.04	0	0.3	86.42	7.37
-Huberty (2019) - c. Stress	0.45	0.03	15.85	0	0.4	0.51	2219.87	0	0.3	86.42	7.37

-Huberty (2019) - l. Nonreactivity	0.45	0.03	15.85	0	0.4	0.51	2220.26	0	0.3	86.43	7.37
-Huberty (2019) - h. Observing	0.45	0.03	15.85	0	0.4	0.51	2220.29	0	0.3	86.43	7.37
-Falsafi (2016) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2222.49	0	0.3	86.43	7.37
-Xiong (2022) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2222.64	0	0.3	86.43	7.37
-Martinez-Rubio (2021) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2223.51	0	0.3	86.43	7.37
-Lothes (2023) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2223.75	0	0.3	86.43	7.37
-Huberty (2019) - j. Awareness	0.45	0.03	15.85	0	0.4	0.51	2220.96	0	0.3	86.43	7.37
-Taylor (2014) - k. Nonjudging	0.45	0.03	15.85	0	0.4	0.51	2221.22	0	0.3	86.43	7.37
-Falsafi (2016) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2222.89	0	0.3	86.44	7.37
-Feruglio (2021) - k. Nonjudging	0.45	0.03	15.86	0	0.4	0.51	2223.37	0	0.3	86.44	7.37
-Hasselberg (2020) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2223.41	0	0.3	86.44	7.37
-Gao (2024) - l. Nonreactivity	0.45	0.03	15.85	0	0.4	0.51	2212.4	0	0.3	86.38	7.34
-Vorontsova-Wenger (2022) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2222.92	0	0.3	86.44	7.38
-Taylor (2014) - j. Awareness	0.45	0.03	15.85	0	0.4	0.51	2222.17	0	0.3	86.44	7.37
-Schulte-Frankenfeld (2022) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2222.75	0	0.3	86.44	7.38
-Martinez-Rubio (2021) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2224.21	0	0.3	86.44	7.38
-Lothes (2023) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2224.33	0	0.3	86.44	7.38
-Lee (2025) - a. Anxiety	0.45	0.03	15.85	0	0.4	0.51	2221.96	0	0.3	86.44	7.37
-Ritvo (2021) - b. Depression.2	0.45	0.03	15.87	0	0.4	0.51	2224.24	0	0.3	86.45	7.38
-Hazlett-Stevens (2017) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2223.14	0	0.3	86.45	7.38
-Falsafi (2016) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2223.82	0	0.3	86.45	7.38
-Liu (2023) - k. Nonjudging	0.45	0.03	15.86	0	0.4	0.51	2223.97	0	0.3	86.45	7.38
-Ozturk (2022) - a. Anxiety	0.45	0.03	15.85	0	0.4	0.51	2220.22	0	0.3	86.43	7.37
-Xiong (2022) - h. Observing	0.45	0.03	15.86	0	0.4	0.51	2224.06	0	0.3	86.45	7.38
-de Sousa (2021) - j. Awareness	0.45	0.03	15.86	0	0.4	0.51	2224.11	0	0.3	86.45	7.38
-Lothes (2023) - k. Nonjudging	0.45	0.03	15.87	0	0.4	0.51	2224.76	0	0.3	86.45	7.38
-Lothes (2023) - d. Distress	0.45	0.03	15.87	0	0.4	0.51	2224.77	0	0.3	86.45	7.38
-Latt (2024) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2224.72	0	0.3	86.45	7.38
-Taylor (2014) - l. Nonreactivity	0.45	0.03	15.86	0	0.4	0.51	2223.21	0	0.3	86.45	7.38
-Lothes (2023) - i. Describing	0.45	0.03	15.87	0	0.4	0.51	2224.8	0	0.3	86.45	7.38

-Thabrew (2022) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2222.96	0	0.3	86.45	7.38
-Gan (2023) - g. Mindfulness	0.45	0.03	15.85	0	0.4	0.51	2222.14	0	0.3	86.44	7.37
-Zhang (2022) - h. Observing	0.45	0.03	15.86	0	0.4	0.51	2223.64	0	0.3	86.45	7.38
-Modrego-Alarcon (2021) - g. Mindfulness	0.45	0.03	15.85	0	0.4	0.51	2220.76	0	0.3	86.42	7.37
-Ritvo (2021) - k. Nonjudging	0.45	0.03	15.87	0	0.4	0.51	2224.78	0	0.3	86.45	7.38
-Song (2015) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.44	0	0.3	86.46	7.38
-Schulte-Frankenfeld (2022) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224	0	0.3	86.45	7.38
-Falsafi (2016) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.48	0	0.3	86.46	7.38
-de Sousa (2021) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.61	0	0.3	86.46	7.38
-F. Liu (2024) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.54	0	0.3	86.46	7.38
-McIndoo (2016) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2224.79	0	0.3	86.46	7.38
-Crone (2023) (2) - e. Positive Affect	0.45	0.03	15.85	0	0.4	0.51	2222.21	0	0.3	86.44	7.37
-Gallego (2015) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2223.76	0	0.3	86.45	7.38
-Sarraz (2023) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2223.72	0	0.3	86.45	7.38
-MacDonald (2023) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2224.98	0	0.3	86.46	7.38
-Lee (2025) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2223.68	0	0.3	86.45	7.38
-Jain (2007) - d. Distress	0.45	0.03	15.86	0	0.4	0.51	2224.36	0	0.3	86.46	7.38
-Lothes (2023) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.11	0	0.3	86.45	7.38
-McIndoo (2016) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2224.87	0	0.3	86.46	7.38
-Beerse (2020) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2223.31	0	0.3	86.45	7.38
-Thomas (2016) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.09	0	0.3	86.46	7.38
-Taylor (2014) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2224.09	0	0.3	86.45	7.38
-Hazlett-Stevens (2017) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.53	0	0.3	86.46	7.38
-De Tore (2023) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2224.3	0	0.3	86.46	7.38
-Huberty (2019) - i. Describing	0.45	0.03	15.86	0	0.4	0.51	2224.19	0	0.3	86.46	7.38
-Crone (2023) (2) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2223.07	0	0.3	86.44	7.37
-Taylor (2014) - h. Observing	0.45	0.03	15.86	0	0.4	0.51	2224.32	0	0.3	86.46	7.38
-Kou (2023) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2224.33	0	0.3	86.46	7.38
-Vorontsova-Wenger (2022) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2224.84	0	0.3	86.46	7.39
-Modrego-Alarcon (2021) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2222.72	0	0.3	86.43	7.37

-Ratanasiripong (2015) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2224.77	0	0.3	86.46	7.39
-Westbrock (2022) - k. Nonjudging	0.45	0.03	15.87	0	0.4	0.51	2225.23	0	0.3	86.46	7.39
-Feruglio (2021) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2225.18	0	0.3	86.46	7.39
-Zhang (2022) - i. Describing	0.45	0.03	15.86	0	0.4	0.51	2224.63	0	0.3	86.46	7.39
-Kingston (2007) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.07	0	0.3	86.46	7.39
-Young (2023) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2223.8	0	0.3	86.45	7.38
-Loucks (2021) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2224.63	0	0.3	86.46	7.38
-de Vibe (2013) - d. Distress	0.45	0.03	15.86	0	0.4	0.51	2221.78	0	0.3	86.4	7.36
-McIndoo (2016) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.24	0	0.3	86.46	7.39
-Gao (2024) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2221.85	0	0.3	86.4	7.36
-Liu (2023) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.12	0	0.3	86.46	7.39
-Xiong (2022) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.17	0	0.3	86.46	7.39
-Ritvo (2021) - j. Awareness	0.45	0.03	15.87	0	0.4	0.51	2225.37	0	0.3	86.46	7.39
-Bi (2024) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.7	0	0.3	86.46	7.38
-Hall (2018) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2224.75	0	0.3	86.46	7.39
-Dundas (2017) - a. Anxiety	0.45	0.03	15.86	0	0.4	0.51	2224.26	0	0.3	86.45	7.38
-Latt (2024) - d. Distress	0.45	0.03	15.88	0	0.4	0.51	2225.43	0	0.3	86.46	7.39
-Song (2015) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.18	0	0.3	86.46	7.39
-MacDonald (2023) - k. Nonjudging	0.45	0.03	15.87	0	0.4	0.51	2225.4	0	0.3	86.46	7.39
-Zeidan (2010) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.13	0	0.3	86.46	7.39
-Westbrock (2022) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.37	0	0.3	86.46	7.39
-Roys (2023) - f. Negative Affect	0.45	0.03	15.87	0	0.4	0.51	2225.17	0	0.3	86.46	7.39
-Feruglio (2021) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.37	0	0.3	86.46	7.39
-Modrego-Alarcon (2021) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2223.72	0	0.3	86.43	7.37
-Westbrock (2022) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2225.43	0	0.3	86.46	7.39
-Thomas (2016) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.5	0	0.3	86.46	7.39
-de Sousa (2021) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.35	0	0.3	86.46	7.39
-Andersson (2021) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.49	0	0.3	86.46	7.39
-Min (2023) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2224.09	0	0.3	86.44	7.37
-Smeets (2014) - j. Awareness	0.45	0.03	15.87	0	0.4	0.51	2225.32	0	0.3	86.47	7.39

-Tanay (2012) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.4	0	0.3	86.47	7.39
-Armstrong (2016) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.5	0	0.3	86.47	7.39
-Shapiro (2011) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.53	0	0.3	86.47	7.39
-Bi (2024) - j. Awareness	0.45	0.03	15.86	0	0.4	0.51	2225.13	0	0.3	86.46	7.39
-Lothes (2023) - h. Observing	0.45	0.03	15.88	0	0.4	0.51	2225.62	0	0.3	86.46	7.39
-Hall (2018) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.18	0	0.3	86.46	7.39
-Goldberg (2021) - f. Negative Affect	0.45	0.03	15.87	0	0.4	0.51	2225.16	0	0.3	86.46	7.39
-MacDonald (2023) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.58	0	0.3	86.46	7.39
-Zhang (2022) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2225.23	0	0.3	86.46	7.39
-Lothes (2023) - j. Awareness	0.45	0.03	15.88	0	0.4	0.51	2225.63	0	0.3	86.46	7.39
-Westbrock (2022) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.57	0	0.3	86.47	7.39
-Hasselberg (2020) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.54	0	0.3	86.47	7.39
-de Sousa (2021) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.5	0	0.3	86.47	7.39
-Loucks (2021) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.24	0	0.3	86.46	7.39
-Zhong (2024) - g. Mindfulness	0.45	0.03	15.86	0	0.4	0.51	2224.96	0	0.3	86.45	7.38
-Zhong (2024) - l. Nonreactivity	0.45	0.03	15.86	0	0.4	0.51	2224.96	0	0.3	86.45	7.38
-Erogul (2014) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.45	0	0.3	86.47	7.39
-Plummer (2018) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.38	0	0.3	86.46	7.39
-Feruglio (2021) - j. Awareness	0.45	0.03	15.88	0	0.4	0.51	2225.6	0	0.3	86.47	7.39
-Orosa-Duarte (2021) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.44	0	0.3	86.47	7.39
-Hazlett-Stevens (2017) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.43	0	0.3	86.47	7.39
-Phang (2015) - d. Distress	0.45	0.03	15.87	0	0.4	0.51	2225.36	0	0.3	86.46	7.39
-Q. Wang (2023) - e. Positive Affect	0.45	0.03	15.88	0	0.4	0.51	2225.61	0	0.3	86.47	7.39
-Vorontsova-Wenger (2022) - i. Describing	0.45	0.03	15.87	0	0.4	0.51	2225.51	0	0.3	86.47	7.39
-Liu (2023) - j. Awareness	0.45	0.03	15.87	0	0.4	0.51	2225.56	0	0.3	86.47	7.39
-De Tore (2023) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.36	0	0.3	86.46	7.39
-Alsaraireh (2017) - b. Depression	0.45	0.03	15.86	0	0.4	0.51	2224.84	0	0.3	86.44	7.37
-Salcido-Cibrian (2019) - d. Distress	0.45	0.03	15.87	0	0.4	0.51	2225.36	0	0.3	86.46	7.39
-Gallego (2015) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.4	0	0.3	86.46	7.39
-Fazia (2023) (2) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2225.02	0	0.3	86.44	7.38

-Fazia (2023) (1) - c. Stress	0.45	0.03	15.86	0	0.4	0.51	2224.33	0	0.3	86.4	7.35
-Isham (2022) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.58	0	0.3	86.47	7.39
-Crone (2023) (2) - l. Nonreactivity	0.45	0.03	15.87	0	0.4	0.51	2225.19	0	0.3	86.45	7.38
-Dvorakova (2017) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.39	0	0.3	86.46	7.38
-Jaiswal (2024) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.65	0	0.3	86.47	7.39
-Chen (2013) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.6	0	0.3	86.47	7.39
-Komariah (2022) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.38	0	0.3	86.45	7.38
-Feruglio (2021) - i. Describing	0.45	0.03	15.88	0	0.4	0.51	2225.7	0	0.3	86.47	7.39
-Young (2023) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.35	0	0.3	86.45	7.38
-van der Zwan (2015) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.64	0	0.3	86.47	7.39
-Hanley (2019) - d. Distress	0.45	0.03	15.86	0	0.4	0.51	2224.97	0	0.3	86.41	7.36
-Lothes (2023) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.76	0	0.3	86.46	7.39
-Liu (2023) - i. Describing	0.45	0.03	15.88	0	0.4	0.51	2225.7	0	0.3	86.47	7.39
-Crone (2023) (2) - j. Awareness	0.45	0.03	15.87	0	0.4	0.51	2225.38	0	0.3	86.45	7.38
-Greeson (2014) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.57	0	0.3	86.46	7.39
-Kou (2025) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.49	0	0.3	86.45	7.38
-Salcido-Cibrian (2019) - i. Describing	0.45	0.03	15.87	0	0.4	0.51	2225.58	0	0.3	86.46	7.39
-Dvorakova (2017) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.53	0	0.3	86.46	7.38
-Phang (2015) - g. Mindfulness	0.45	0.03	15.87	0	0.4	0.51	2225.63	0	0.3	86.46	7.39
-Ratanasiripong (2015) - c. Stress	0.45	0.03	15.87	0	0.4	0.51	2225.67	0	0.3	86.47	7.39
-Crone (2023) (1) - e. Positive Affect	0.45	0.03	15.87	0	0.4	0.51	2225.69	0	0.3	86.47	7.39
-Zhang (2022) - k. Nonjudging	0.45	0.03	15.87	0	0.4	0.51	2225.66	0	0.3	86.47	7.39
-Song (2015) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.73	0	0.3	86.47	7.39
-Crone (2023) (2) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.5	0	0.3	86.45	7.38
-Salcido-Cibrian (2019) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.65	0	0.3	86.46	7.39
-Karing (2023) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.74	0	0.3	86.47	7.39
-Kou (2025) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.61	0	0.3	86.45	7.38
-Shapiro (2011) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.76	0	0.3	86.47	7.39
-An (2022) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.74	0	0.3	86.47	7.39
-De Tore (2023) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.7	0	0.3	86.46	7.39

-Isham (2022) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.75	0	0.3	86.47	7.39
-Y. Wang (2023) - e. Positive Affect	0.45	0.03	15.88	0	0.4	0.51	2225.75	0	0.3	86.47	7.39
-Alzahrani (2023) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.75	0	0.3	86.47	7.39
-Komariah (2022) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.71	0	0.3	86.45	7.38
-Acabchuk (2021) - d. Distress	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.47	7.39
-Tanay (2012) - f. Negative Affect	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.47	7.39
-De Tore (2023) - e. Positive Affect	0.45	0.03	15.88	0	0.4	0.51	2225.76	0	0.3	86.46	7.39
-MacDonald (2023) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.78	0	0.3	86.47	7.39
-Yang (2018) - h. Observing	0.45	0.03	15.88	0	0.4	0.51	2225.76	0	0.3	86.46	7.39
-Zhong (2024) - h. Observing	0.45	0.03	15.87	0	0.4	0.51	2225.74	0	0.3	86.45	7.38
-Yang (2018) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.76	0	0.3	86.46	7.39
-Yang (2022) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.47	7.39
-Simonsson (2021) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.73	0	0.3	86.44	7.38
-Crone (2023) (1) - k. Nonjudging	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.47	7.39
-Saldana (2022) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.47	7.39
-Crone (2023) (2) - i. Describing	0.45	0.03	15.87	0	0.4	0.51	2225.75	0	0.3	86.45	7.38
-Cheese (2024) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.47	7.39
-Komariah (2022) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.76	0	0.3	86.45	7.38
-Phang (2015) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.46	7.39
-Thabrew (2022) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.46	7.39
-de Sousa (2021) - e. Positive Affect	0.45	0.03	15.89	0	0.4	0.51	2225.77	0	0.3	86.47	7.39
-Fazia (2023) (1) - e. Positive Affect	0.45	0.03	15.87	0	0.4	0.51	2225.74	0	0.3	86.4	7.35
-Thabrew (2022) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.46	7.39
-Galante (2018) - d. Distress	0.45	0.03	15.87	0	0.4	0.51	2225.7	0	0.3	86.35	7.33
-Taylor (2014) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.46	7.39
-Min (2023) - b. Depression	0.45	0.03	15.87	0	0.4	0.51	2225.77	0	0.3	86.44	7.37
-Crone (2023) (1) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.47	7.39
-Kou (2025) - l. Nonreactivity	0.45	0.03	15.88	0	0.4	0.51	2225.78	0	0.3	86.45	7.38
-Ellison (2024) - a. Anxiety	0.45	0.03	15.87	0	0.4	0.51	2225.77	0	0.3	86.41	7.36
-Gao (2024) - j. Awareness	0.45	0.03	15.87	0	0.4	0.51	2225.77	0	0.3	86.41	7.36

-Ritvo (2021) - i. Describing	0.45	0.03	15.89	0	0.4	0.51	2225.74	0	0.3	86.46	7.39
-Salcido-Cibrian (2019) - k. Nonjudging	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.46	7.39
-Crone (2023) (2) - f. Negative Affect	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.45	7.38
-Cavanagh (2013) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.46	7.38
-Kuchler (2023) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.77	0	0.3	86.42	7.36
-Alzahrani (2023) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.75	0	0.3	86.46	7.39
-Gallego (2015) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.75	0	0.3	86.46	7.39
-Taylor (2014) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.75	0	0.3	86.46	7.39
-Joss (2024) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.73	0	0.3	86.47	7.39
-Zeidan (2010) - d. Distress	0.45	0.03	15.89	0	0.4	0.51	2225.73	0	0.3	86.47	7.39
-Plummer (2018) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.73	0	0.3	86.46	7.39
-Kuchler (2023) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.74	0	0.3	86.42	7.36
-Yang (2022) - h. Observing	0.45	0.03	15.88	0	0.4	0.51	2225.73	0	0.3	86.46	7.39
-Marens (2023) - i. Describing	0.45	0.03	15.89	0	0.4	0.51	2225.72	0	0.3	86.46	7.39
-Keng (2020) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.72	0	0.3	86.44	7.38
-Marens (2023) - l. Nonreactivity	0.45	0.03	15.89	0	0.4	0.51	2225.71	0	0.3	86.46	7.39
-Q. Wang (2023) - f. Negative Affect	0.45	0.03	15.89	0	0.4	0.51	2225.68	0	0.3	86.46	7.39
-McIndoo (2016) - a. Anxiety	0.45	0.03	15.89	0	0.4	0.51	2225.68	0	0.3	86.46	7.39
-Yang (2022) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.69	0	0.3	86.46	7.39
-Kuchler (2023) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.67	0	0.3	86.42	7.36
-Adventure-Heart (2017) - f. Negative Affect	0.45	0.03	15.89	0	0.4	0.51	2225.69	0	0.3	86.46	7.39
-Taylor (2014) - i. Describing	0.45	0.03	15.89	0	0.4	0.51	2225.69	0	0.3	86.46	7.39
-Rubin (2024) - a. Anxiety	0.45	0.03	15.9	0	0.4	0.51	2225.64	0	0.3	86.46	7.39
-Radosavljevic (2023) - c. Stress	0.45	0.03	15.88	0	0.4	0.51	2225.68	0	0.3	86.45	7.38
-Vorontsova-Wenger (2022) - k. Nonjudging	0.45	0.03	15.89	0	0.4	0.51	2225.67	0	0.3	86.46	7.39
-Crone (2023) (2) - k. Nonjudging	0.45	0.03	15.88	0	0.4	0.51	2225.67	0	0.3	86.44	7.38
-Purdie (2023) - c. Stress	0.45	0.03	15.89	0	0.4	0.51	2225.67	0	0.3	86.46	7.39
-Neto (2019) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.66	0	0.3	86.45	7.38
-Kou (2025) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.66	0	0.3	86.45	7.38
-Fazia (2023) (1) - f. Negative Affect	0.45	0.03	15.88	0	0.4	0.51	2225.59	0	0.3	86.4	7.35

-Crone (2023) (1) - h. Observing	0.45	0.03	15.89	0	0.4	0.51	2225.65	0	0.3	86.46	7.39
-Barcaccia (2024) - b. Depression	0.45	0.03	15.88	0	0.4	0.51	2225.51	0	0.3	86.35	7.33
-Alhawtmeh (2022) - g. Mindfulness	0.45	0.03	15.88	0	0.4	0.51	2225.64	0	0.3	86.45	7.38
-Beerse (2020) - c. Stress	0.45	0.03	15.89	0	0.4	0.51	2225.6	0	0.3	86.45	7.38
-Boyd (2022) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2225.6	0	0.3	86.46	7.39
-de Vibe (2013) - l. Nonreactivity	0.45	0.03	15.88	0	0.4	0.51	2225.48	0	0.3	86.4	7.36
-Ma (2023) - d. Distress	0.45	0.03	15.89	0	0.4	0.51	2225.57	0	0.3	86.46	7.38
-Alzahrani (2023) - c. Stress	0.45	0.03	15.89	0	0.4	0.51	2225.57	0	0.3	86.46	7.39
-Fazia (2023) (2) - a. Anxiety	0.45	0.03	15.89	0	0.4	0.51	2225.5	0	0.3	86.44	7.37
-Min (2023) - a. Anxiety	0.45	0.03	15.88	0	0.4	0.51	2225.48	0	0.3	86.43	7.37
-Salcido-Cibrian (2019) - j. Awareness	0.45	0.03	15.89	0	0.4	0.51	2225.55	0	0.3	86.46	7.38
-Moser (2024) - a. Anxiety	0.45	0.03	15.89	0	0.4	0.51	2225.44	0	0.3	86.43	7.37
-Joss (2024) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2225.54	0	0.3	86.46	7.39
-Alzahrani (2023) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.52	0	0.3	86.46	7.39
-Cavanagh (2013) - g. Mindfulness	0.45	0.03	15.89	0	0.4	0.51	2225.47	0	0.3	86.45	7.38
-Cavanagh (2013) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.47	0	0.3	86.45	7.38
-Min (2023) - e. Positive Affect	0.45	0.03	15.89	0	0.4	0.51	2225.36	0	0.3	86.43	7.37
-Simonsson (2021) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.38	0	0.3	86.44	7.37
-Delgado (2010) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2225.49	0	0.3	86.46	7.39
-Ellison (2024) - c. Stress	0.45	0.03	15.89	0	0.4	0.51	2225.18	0	0.3	86.4	7.35
-Salcido-Cibrian (2019) - l. Nonreactivity	0.45	0.03	15.89	0	0.4	0.51	2225.46	0	0.3	86.46	7.38
-Falb (2016) - g. Mindfulness	0.45	0.03	15.89	0	0.4	0.51	2225.48	0	0.3	86.46	7.39
-MacDonald (2023) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2225.46	0	0.3	86.46	7.38
-Keng (2020) - g. Mindfulness	0.45	0.03	15.89	0	0.4	0.51	2225.34	0	0.3	86.44	7.37
-Kingston (2007) - e. Positive Affect	0.45	0.03	15.9	0	0.4	0.51	2225.47	0	0.3	86.46	7.39
-Petrovic (2024) - g. Mindfulness.2	0.45	0.03	15.89	0	0.4	0.51	2225.43	0	0.3	86.46	7.39
-Acabchuk (2021) - g. Mindfulness	0.45	0.03	15.9	0	0.4	0.51	2225.44	0	0.3	86.46	7.39
-Sun (2022) - a. Anxiety	0.45	0.03	15.89	0	0.4	0.51	2225.33	0	0.3	86.45	7.38
-Radosavljevic (2023) - d. Distress	0.45	0.03	15.89	0	0.4	0.51	2225.31	0	0.3	86.45	7.38
-Kou (2025) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2225.27	0	0.3	86.45	7.38

-Noone (2018) - l. Nonreactivity	0.45	0.03	15.9	0	0.4	0.51	2225.36	0	0.3	86.46	7.38
-Mak (2015) - k. Nonjudging	0.45	0.03	15.89	0	0.4	0.51	2225.26	0	0.3	86.45	7.38
-Karing (2024) - h. Observing	0.45	0.03	15.89	0	0.4	0.51	2225.29	0	0.3	86.45	7.38
-Kou (2025) - i. Describing	0.45	0.03	15.89	0	0.4	0.51	2225.19	0	0.3	86.45	7.38
-Joss (2024) - a. Anxiety	0.45	0.03	15.9	0	0.4	0.51	2225.34	0	0.3	86.46	7.39
-Loucks (2021) - a. Anxiety	0.45	0.03	15.9	0	0.4	0.51	2225.25	0	0.3	86.46	7.38
-Priebe (2022) - g. Mindfulness	0.45	0.03	15.9	0	0.4	0.51	2225.3	0	0.3	86.46	7.38
-Smeets (2014) - e. Positive Affect	0.45	0.03	15.9	0	0.4	0.51	2225.28	0	0.3	86.46	7.38
-Barcaccia (2024) - a. Anxiety	0.45	0.03	15.89	0	0.4	0.51	2223.78	0	0.3	86.35	7.32
-Y. Wang (2023) - g. Mindfulness	0.45	0.03	15.9	0	0.4	0.51	2225.24	0	0.3	86.46	7.38
-Mak (2015) - g. Mindfulness	0.45	0.03	15.9	0	0.4	0.51	2225.06	0	0.3	86.45	7.38
-Kou (2025) - k. Nonjudging	0.45	0.03	15.89	0	0.4	0.51	2225	0	0.3	86.45	7.38
-MacDonald (2023) - j. Awareness	0.45	0.03	15.91	0	0.4	0.51	2225.23	0	0.3	86.45	7.38
-Dundas (2017) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2224.98	0	0.3	86.45	7.38
-Adventure-Heart (2017) - e. Positive Affect	0.45	0.03	15.9	0	0.4	0.51	2225.13	0	0.3	86.45	7.38
-Neto (2019) - b. Depression	0.45	0.03	15.89	0	0.4	0.51	2224.87	0	0.3	86.44	7.37
-Crone (2023) (1) - l. Nonreactivity	0.45	0.03	15.9	0	0.4	0.51	2225.17	0	0.3	86.46	7.38
-Crone (2023) (1) - j. Awareness	0.45	0.03	15.9	0	0.4	0.51	2225.16	0	0.3	86.46	7.38
-Falb (2016) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2225.13	0	0.3	86.46	7.38
-Kim (2020) - g. Mindfulness	0.45	0.03	15.89	0	0.4	0.51	2224.31	0	0.3	86.41	7.36
-Keng (2020) - a. Anxiety	0.45	0.03	15.9	0	0.4	0.51	2224.68	0	0.3	86.43	7.37
-Keng (2020) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2224.65	0	0.3	86.43	7.37
-MacDonald (2023) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2225.14	0	0.3	86.45	7.38
-de Sousa (2021) - k. Nonjudging	0.45	0.03	15.91	0	0.4	0.51	2225.14	0	0.3	86.46	7.38
-Wagner (2023) - d. Distress	0.45	0.03	15.89	0	0.4	0.51	2223	0	0.3	86.34	7.32
-Zhong (2024) - j. Awareness	0.45	0.03	15.9	0	0.4	0.51	2224.78	0	0.3	86.44	7.38
-Radosavljevic (2023) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2224.84	0	0.3	86.45	7.38
-Chen (2013) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2225.05	0	0.3	86.45	7.38
-Kuhlmann (2016) - c. Stress	0.45	0.03	15.91	0	0.4	0.51	2225.1	0	0.3	86.46	7.38
-Westbrock (2022) - j. Awareness	0.45	0.03	15.91	0	0.4	0.51	2225.11	0	0.3	86.45	7.38

-Neto (2019) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2224.65	0	0.3	86.44	7.37
-de Vibe (2013) - h. Observing	0.45	0.03	15.89	0	0.4	0.51	2223.87	0	0.3	86.4	7.35
-Karing (2024) - k. Nonjudging	0.45	0.03	15.9	0	0.4	0.51	2224.88	0	0.3	86.45	7.38
-Moir (2016) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2224.12	0	0.3	86.41	7.36
-de Vibe (2013) - c. Stress	0.45	0.03	15.89	0	0.4	0.51	2223.77	0	0.3	86.4	7.35
-Mak (2015) - h. Observing	0.45	0.03	15.9	0	0.4	0.51	2224.78	0	0.3	86.45	7.38
-van der Zwan (2015) - a. Anxiety	0.45	0.03	15.91	0	0.4	0.51	2224.99	0	0.3	86.45	7.38
-Pickett (2024) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2224.88	0	0.3	86.45	7.38
-Fazia (2023) (2) - f. Negative Affect	0.45	0.03	15.9	0	0.4	0.51	2224.35	0	0.3	86.43	7.37
-Purdie (2023) - a. Anxiety	0.45	0.03	15.9	0	0.4	0.51	2224.9	0	0.3	86.45	7.38
-Petrovic (2024) - c. Stress.2	0.45	0.03	15.9	0	0.4	0.51	2224.83	0	0.3	86.45	7.38
-Westbrock (2022) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2224.98	0	0.3	86.45	7.38
-Armstrong (2016) - a. Anxiety	0.45	0.03	15.91	0	0.4	0.51	2224.97	0	0.3	86.45	7.38
-Pickett (2024) - g. Mindfulness	0.45	0.03	15.9	0	0.4	0.51	2224.78	0	0.3	86.45	7.38
-de Sousa (2021) - l. Nonreactivity	0.45	0.03	15.91	0	0.4	0.51	2224.94	0	0.3	86.45	7.38
-Karing (2024) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2224.61	0	0.3	86.45	7.38
-Fazia (2023) (1) - a. Anxiety	0.45	0.03	15.9	0	0.4	0.51	2223	0	0.3	86.39	7.35
-Seppala (2020) - b. Depression	0.45	0.03	15.91	0	0.4	0.51	2224.81	0	0.3	86.45	7.38
-Westbrock (2022) - c. Stress	0.45	0.03	15.92	0	0.4	0.51	2224.88	0	0.3	86.45	7.38
-Crone (2023) (1) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2224.75	0	0.3	86.45	7.38
-de Vibe (2013) - j. Awareness	0.45	0.03	15.9	0	0.4	0.51	2222.84	0	0.3	86.39	7.35
-Mak (2015) - c. Stress	0.45	0.03	15.9	0	0.4	0.51	2224.34	0	0.3	86.44	7.38
-Delgado (2010) - e. Positive Affect	0.45	0.03	15.92	0	0.4	0.51	2224.79	0	0.3	86.45	7.38
-Mak (2015) - b. Depression	0.45	0.03	15.91	0	0.4	0.51	2224.26	0	0.3	86.44	7.38
-Zainal (2024) - b. Depression	0.45	0.03	15.9	0	0.4	0.51	2223.44	0	0.3	86.42	7.36
-de Sousa (2021) - i. Describing	0.45	0.03	15.92	0	0.4	0.51	2224.71	0	0.3	86.45	7.38
-Vollbehr (2025) (2) - b. Depression	0.45	0.03	15.91	0	0.4	0.51	2224.46	0	0.3	86.45	7.38
-Mak (2015) - j. Awareness	0.45	0.03	15.91	0	0.4	0.51	2224.18	0	0.3	86.44	7.38
-Petrovic (2024) - c. Stress.1	0.45	0.03	15.91	0	0.4	0.51	2224.38	0	0.3	86.45	7.38
-Radosavljevic (2023) - a. Anxiety	0.45	0.03	15.91	0	0.4	0.51	2224.11	0	0.3	86.44	7.37

-Vollbehr (2022) - g. Mindfulness	0.45	0.03	15.9	0	0.4	0.51	2223.61	0	0.3	86.43	7.37
-Noone (2018) - f. Negative Affect	0.45	0.03	15.91	0	0.4	0.51	2224.4	0	0.3	86.45	7.38
-Noone (2018) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2224.38	0	0.3	86.45	7.38
-Zhong (2024) - k. Nonjudging	0.45	0.03	15.91	0	0.4	0.51	2223.83	0	0.3	86.43	7.37
-Joss (2024) - g. Mindfulness	0.45	0.03	15.92	0	0.4	0.51	2224.59	0	0.3	86.45	7.38
-Vollbehr (2022) - b. Depression	0.45	0.03	15.91	0	0.4	0.51	2223.39	0	0.3	86.43	7.37
-Smeets (2014) - f. Negative Affect	0.45	0.03	15.91	0	0.4	0.51	2224.47	0	0.3	86.45	7.38
-van der Zwan (2015) - c. Stress	0.45	0.03	15.91	0	0.4	0.51	2224.45	0	0.3	86.45	7.38
-Zeidan (2010) - b. Depression	0.45	0.03	15.92	0	0.4	0.51	2224.46	0	0.3	86.45	7.38
-Hooper (2024) - e. Positive Affect	0.45	0.03	15.91	0	0.4	0.51	2223.23	0	0.3	86.42	7.37
-Neto (2019) - a. Anxiety	0.45	0.03	15.91	0	0.4	0.51	2223.44	0	0.3	86.43	7.37
-Ritvo (2021) - h. Observing	0.45	0.03	15.93	0	0.4	0.51	2224.54	0	0.3	86.44	7.38
-Rubin (2024) - b. Depression	0.45	0.03	15.93	0	0.4	0.51	2224.52	0	0.3	86.44	7.38
-Mak (2015) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2223.76	0	0.3	86.44	7.37
-Mak (2023) - a. Anxiety	0.45	0.03	15.91	0	0.4	0.51	2223.03	0	0.3	86.42	7.37
-Boyd (2022) - d. Distress	0.45	0.03	15.92	0	0.4	0.51	2224.46	0	0.3	86.44	7.38
-Falb (2016) - l. Nonreactivity	0.45	0.03	15.92	0	0.4	0.51	2224.25	0	0.3	86.45	7.38
-An (2022) - c. Stress	0.45	0.03	15.92	0	0.4	0.51	2224.31	0	0.3	86.44	7.38
-Crone (2023) (1) - f. Negative Affect	0.45	0.03	15.92	0	0.4	0.51	2224.22	0	0.3	86.44	7.38
-Sun (2022) - b. Depression	0.45	0.03	15.91	0	0.4	0.51	2223.61	0	0.3	86.44	7.37
-Marenius (2023) - k. Nonjudging	0.45	0.03	15.92	0	0.4	0.51	2224.02	0	0.3	86.44	7.38
-de Vibe (2013) - k. Nonjudging	0.45	0.03	15.91	0	0.4	0.51	2220.95	0	0.3	86.39	7.35
-Yang (2022) - k. Nonjudging	0.45	0.03	15.92	0	0.4	0.51	2223.92	0	0.3	86.44	7.38
-Fazia (2023) (2) - e. Positive Affect	0.45	0.03	15.91	0	0.4	0.51	2222.61	0	0.3	86.42	7.36
-Chu (2022) - g. Mindfulness	0.45	0.03	15.92	0	0.4	0.51	2224.07	0	0.3	86.44	7.38
-Karing (2023) - a. Anxiety	0.45	0.03	15.92	0	0.4	0.51	2224.15	0	0.3	86.44	7.38
-Noone (2018) - h. Observing	0.45	0.03	15.92	0	0.4	0.51	2223.77	0	0.3	86.44	7.37
-Zhong (2024) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2222.91	0	0.3	86.43	7.37
-de Vibe (2013) - i. Describing	0.45	0.03	15.91	0	0.4	0.51	2220.26	0	0.3	86.38	7.34
-de Sousa (2021) - f. Negative Affect	0.45	0.03	15.92	0	0.4	0.51	2224.11	0	0.3	86.44	7.37

-Karing (2024) - i. Describing	0.45	0.03	15.92	0	0.4	0.51	2223.35	0	0.3	86.44	7.37
-Karing (2024) - j. Awareness	0.45	0.03	15.92	0	0.4	0.51	2223.24	0	0.3	86.43	7.37
-Marenus (2023) - g. Mindfulness	0.45	0.03	15.92	0	0.4	0.51	2223.6	0	0.3	86.44	7.37
-Vollbehr (2025) (1) - b. Depression	0.45	0.03	15.92	0	0.4	0.51	2223.54	0	0.3	86.44	7.37
-Hirshberg (2018) - f. Negative Affect	0.45	0.03	15.92	0	0.4	0.51	2223.46	0	0.3	86.44	7.37
-Delgado (2010) - a. Anxiety	0.45	0.03	15.93	0	0.4	0.51	2224.06	0	0.3	86.44	7.37
-Seppala (2020) - d. Distress	0.45	0.03	15.92	0	0.4	0.51	2223.78	0	0.3	86.44	7.37
-Zainal (2024) - a. Anxiety	0.45	0.03	15.92	0	0.4	0.51	2221.29	0	0.3	86.41	7.36
-Noone (2018) - e. Positive Affect	0.45	0.03	15.92	0	0.4	0.51	2223.39	0	0.3	86.44	7.37
-Moir (2016) - a. Anxiety	0.45	0.03	15.91	0	0.4	0.51	2220.4	0	0.3	86.4	7.35
-Mak (2023) - b. Depression	0.45	0.03	15.92	0	0.4	0.51	2221.64	0	0.3	86.41	7.36
-Falb (2016) - i. Describing	0.45	0.03	15.93	0	0.4	0.51	2223.57	0	0.3	86.44	7.37
-Zainal (2024) - g. Mindfulness	0.45	0.03	15.92	0	0.4	0.51	2221.01	0	0.3	86.41	7.36
-Falb (2016) - k. Nonjudging	0.45	0.03	15.93	0	0.4	0.51	2223.52	0	0.3	86.44	7.37
-Bi (2024) - i. Describing	0.45	0.03	15.92	0	0.4	0.51	2223.04	0	0.3	86.43	7.37
-Walsh (2016) - b. Depression	0.45	0.03	15.93	0	0.4	0.51	2223.29	0	0.3	86.43	7.37
-Bi (2024) - h. Observing	0.45	0.03	15.92	0	0.4	0.51	2222.96	0	0.3	86.43	7.37
-Delgado (2010) - f. Negative Affect	0.45	0.03	15.94	0	0.4	0.51	2223.75	0	0.3	86.43	7.37
-Ainsworth (2013) - g. Mindfulness	0.45	0.03	15.93	0	0.4	0.51	2223.5	0	0.3	86.43	7.37
-Falb (2016) - e. Positive Affect	0.45	0.03	15.93	0	0.4	0.51	2223.33	0	0.3	86.43	7.37
-Mak (2015) - l. Nonreactivity	0.45	0.03	15.92	0	0.4	0.51	2222.3	0	0.3	86.43	7.37
-Seppala (2020) - c. Stress	0.45	0.03	15.93	0	0.4	0.51	2223.39	0	0.3	86.43	7.37
-Hooper (2024) - f. Negative Affect	0.45	0.03	15.92	0	0.4	0.51	2221.04	0	0.3	86.41	7.36
-Liu (2023) - l. Nonreactivity	0.45	0.03	15.93	0	0.4	0.51	2223.5	0	0.3	86.43	7.37
-Seppala (2020) - a. Anxiety	0.45	0.03	15.93	0	0.4	0.51	2223.24	0	0.3	86.43	7.37
-Karing (2024) - l. Nonreactivity	0.45	0.03	15.93	0	0.4	0.51	2222.38	0	0.3	86.43	7.37
-Nguyen-Feng (2017) - a. Anxiety	0.45	0.03	15.92	0	0.4	0.51	2220.48	0	0.3	86.41	7.36
-Kuhlmann (2016) - d. Distress	0.45	0.03	15.94	0	0.4	0.51	2223.24	0	0.3	86.43	7.37
-Karing (2023) - g. Mindfulness	0.45	0.03	15.94	0	0.4	0.51	2223.26	0	0.3	86.43	7.37
-Nguyen-Feng (2017) - c. Stress	0.45	0.03	15.93	0	0.4	0.51	2219.94	0	0.3	86.4	7.36

-Ainsworth (2013) - a. Anxiety	0.45	0.03	15.94	0	0.4	0.51	2222.96	0	0.3	86.43	7.37
-Chu (2022) - c. Stress	0.45	0.03	15.93	0	0.4	0.51	2222.79	0	0.3	86.43	7.37
-Noone (2018) - k. Nonjudging	0.45	0.03	15.93	0	0.4	0.51	2222.39	0	0.3	86.43	7.37
-Karing (2024) - c. Stress	0.45	0.03	15.93	0	0.4	0.51	2221.76	0	0.3	86.42	7.36
-Mak (2015) - a. Anxiety	0.45	0.03	15.93	0	0.4	0.51	2221.33	0	0.3	86.42	7.36
-Dvorakova (2017) - g. Mindfulness	0.45	0.03	15.93	0	0.4	0.51	2221.2	0	0.3	86.42	7.36
-Petrovic (2024) - g. Mindfulness.1	0.45	0.03	15.93	0	0.4	0.51	2221.84	0	0.3	86.42	7.36
-An (2022) - a. Anxiety	0.45	0.03	15.94	0	0.4	0.51	2222.76	0	0.3	86.42	7.37
-Noone (2018) - j. Awareness	0.45	0.03	15.94	0	0.4	0.51	2222	0	0.3	86.42	7.36
-Falb (2016) - j. Awareness	0.46	0.03	15.94	0	0.4	0.51	2222.28	0	0.3	86.42	7.36
-Karing (2024) - a. Anxiety	0.46	0.03	15.94	0	0.4	0.51	2221.14	0	0.3	86.42	7.36
-Purdie (2023) - b. Depression	0.46	0.03	15.94	0	0.4	0.51	2221.89	0	0.3	86.42	7.36
-Sun (2022) - g. Mindfulness	0.46	0.03	15.94	0	0.4	0.51	2220.38	0	0.3	86.41	7.36
-Kou (2025) - j. Awareness	0.46	0.03	15.94	0	0.4	0.51	2219.72	0	0.3	86.41	7.36
-Ma (2023) - g. Mindfulness	0.46	0.03	15.95	0	0.4	0.51	2220.42	0	0.3	86.41	7.36
-Kingston (2007) - f. Negative Affect	0.46	0.03	15.95	0	0.4	0.51	2221.77	0	0.3	86.41	7.36
-Armstrong (2016) - b. Depression	0.46	0.03	15.96	0	0.4	0.51	2221.75	0	0.3	86.4	7.35
-Kim (2020) - c. Stress	0.46	0.03	15.94	0	0.4	0.51	2212.01	0	0.3	86.36	7.33
-Kim (2020) - b. Depression	0.46	0.03	15.95	0	0.4	0.51	2210.57	0	0.3	86.35	7.33
-Hirshberg (2018) - e. Positive Affect	0.46	0.03	15.96	0	0.4	0.51	2219.43	0	0.3	86.4	7.35
-Rubin (2024) - c. Stress	0.46	0.03	15.97	0	0.4	0.51	2221.42	0	0.3	86.39	7.35
-Nguyen-Feng (2017) - b. Depression	0.46	0.03	15.96	0	0.4	0.51	2213.43	0	0.3	86.37	7.34
-O'Hare (2023) - f. Negative Affect	0.46	0.03	15.97	0	0.4	0.51	2220.16	0	0.3	86.39	7.35
-Kim (2020) - a. Anxiety	0.46	0.03	15.96	0	0.4	0.51	2207.29	0	0.3	86.34	7.32
-Yang (2022) - l. Nonreactivity	0.46	0.03	15.98	0	0.4	0.51	2217.12	0	0.29	86.37	7.34
-Repo (2022) - d. Distress	0.46	0.03	15.99	0	0.4	0.51	2215.48	0	0.29	86.36	7.33
-O'Hare (2023) - a. Anxiety	0.46	0.03	16.01	0	0.4	0.51	2216.85	0	0.29	86.34	7.32
-O'Hare (2023) - e. Positive Affect	0.46	0.03	16.01	0	0.4	0.51	2216.68	0	0.29	86.34	7.32
-Bi (2024) - l. Nonreactivity	0.46	0.03	16.01	0	0.4	0.51	2212.52	0	0.29	86.33	7.32
-Goldberg (2021) - e. Positive Affect	0.46	0.03	16.02	0	0.4	0.51	2210.32	0	0.29	86.31	7.31

-O'Leary (2015) - b. Depression	0.46	0.03	16.05	0	0.4	0.51	2216.07	0	0.29	86.29	7.3
-O'Hare (2023) - c. Stress	0.46	0.03	16.03	0	0.4	0.51	2214.1	0	0.29	86.3	7.3
-Xiong (2022) - l. Nonreactivity	0.46	0.03	16.04	0	0.4	0.51	2213.86	0	0.29	86.3	7.3
-Marens (2023) - j. Awareness	0.46	0.03	16.04	0	0.4	0.51	2209.55	0	0.29	86.29	7.29
-Alhawtmeh (2022) - c. Stress	0.46	0.03	16.04	0	0.4	0.51	2202.03	0	0.29	86.27	7.28
-O'Leary (2015) - c. Stress	0.46	0.03	16.08	0	0.4	0.51	2213.48	0	0.29	86.25	7.27
-Gao (2024) - k. Nonjudging	0.46	0.03	16.06	0	0.4	0.51	2163.3	0	0.29	86.19	7.24