

Online Supplementary Material 3 – Risk of Bias Assessment & Certainty of Evidence

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Table S3.1. Risk of Bias Assessment for Anxiety Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Ainsworth et al., 2013	Low	Low	Some concerns	Low	Some concerns	Some concerns
Alzahrani et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
An et al., 2022	Low	Low	Some concerns	Low	Some concerns	Some concerns
Armstrong & Rimes, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Barcaccia et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Beerse et al., 2020	Low	Low	Some concerns	Low	Some concerns	Some concerns
Chen et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Cheshure et al., 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
de Tore et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Delgado et al., 2010	Low	Low	Some concerns	Low	Some concerns	Some concerns
Dundas et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Dvorakova et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Ellison et al., 2024	Some concerns	Low	Low	Low	Low	Some concerns
Falsafi, 2016	Low	Low	Some concerns	Low	Some concerns	Some concerns
Fazia et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Gallego et al., 2015	Low	Low	Some concerns	Low	Some concerns	Some concerns
Y. Gao et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Gomutbutra et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Hall et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Hazlett-Stevens & Oren, 2017	Low	Low	Some concerns	Low	Some concerns	Some concerns
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Karing, 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Keng et al., 2020	Low	Low	Low	Low	Some concerns	Some concerns

Kim et al., 2020	Low	Low	Some concerns	Low	Some concerns	Some concerns
Kingston et al., 2007	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Kuchler et al., 2023	Low	Low	Low	Low	Low	Low
Kuhlmann et al., 2016	Low	Low	Low	Low	Low	Low
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
F. Liu et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Loucks et al., 2021	Low	Low	Low	Low	Low	Low
Ma et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Marenius et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Min et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Modrego-Alarcon et al., 2021	Low	Low	Low	Low	Low	Low
Moir et al., 2016	Low	Low	Low	Low	Some concerns	Some concerns
Moser et al., 2024	Low	Low	Low	Low	Low	Low
Neto et al., 2019	Low	Low	Low	Low	Low	Low
Nguyen-Feng et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
O'Leary & Dockray, 2015	Some concerns	Low	Some concerns	Low	Some concerns	Some concerns
Orosa-Duarte et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
Ozturk & Toruner, 2022	Low	Low	Low	Low	Low	Low
Petrovic et al., 2025	Low	Low	Low	Low	Low	Low
Rad et al., 2023	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Ratanasiripong et al., 2015	Some concerns	Low	Low	Low	Some concerns	Some concerns
Roys et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns

Shapiro et al., 2011	Some concerns	Low	Low	Low	Some concerns	Some concerns
Smeets et al., 2014	Some concerns	Low	Low	Low	Some concerns	Some concerns
Sun et al., 2022	Low	Low	Low	Low	Low	Low
Tanay et al., 2012	Low	Low	Low	Low	Some concerns	Some concerns
Thabrew et al., 2022	Low	Low	Low	Low	Low	Low
Thomas et al., 2016	Some concerns	Some concerns	Low	Low	Some concerns	Some concerns
Vollbehr et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Wagner et al., 2023	Low	Low	Low	Low	Low	Low
Yang et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Yook et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Young et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Zainal et al., 2024	Low	Low	Low	Low	Low	Low
Zeidan et al., 2010	Some concerns	Low	Low	Low	Some concerns	Some concerns
Zheng et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.2. Risk of Bias Assessment for Depression Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Alsaraireh & Aloush, 2017	Low	Low	Low	Low	Some concerns	Some concerns
Alzahrani et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
An et al., 2022	Low	Low	Some concerns	Low	Some concerns	Some concerns
Armstrong & Rimes, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Barcaccia et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Cavanagh et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Chen et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Cheshure et al., 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
de Tore et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Delgado et al., 2010	Low	Low	Some concerns	Low	Some concerns	Some concerns
Dundas et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Dvorakova et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Falsafi, 2016	Low	Low	Some concerns	Low	Some concerns	Some concerns
Gallego et al., 2015	Low	Low	Some concerns	Low	Some concerns	Some concerns
Hall et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Hazlett-Stevens & Oren, 2017	Low	Low	Some concerns	Low	Some concerns	Some concerns
Isham et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Joss et al., 2024	Some concerns	Low	Low	Low	Some concerns	Some concerns
Karing, 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Keng et al., 2020	Low	Low	Low	Low	Some concerns	Some concerns
Kim et al., 2020	Low	Low	Some concerns	Low	Some concerns	Some concerns

Kingston et al., 2007	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Kuchler et al., 2023	Low	Low	Low	Low	Low	Low
Kuhlmann et al., 2016	Low	Low	Low	Low	Low	Low
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Loucks et al., 2021	Low	Low	Low	Low	Low	Low
Ma et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Marenius et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Min et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Modrego-Alarcon et al., 2021	Low	Low	Low	Low	Low	Low
Moser et al., 2024	Low	Low	Low	Low	Low	Low
Nguyen-Feng et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
Olendzki et al., 2020	Low	Low	Low	Low	Some concerns	Some concerns
Orosa-Duarte et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
Rad et al., 2023	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Ratanasiripong et al., 2015	Some concerns	Low	Low	Low	Some concerns	Some concerns
Roys et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Shapiro et al., 2011	Some concerns	Low	Low	Low	Some concerns	Some concerns
Smeets et al., 2014	Some concerns	Low	Low	Low	Some concerns	Some concerns
Sun et al., 2022	Low	Low	Low	Low	Low	Low
Tanay et al., 2012	Low	Low	Low	Low	Some concerns	Some concerns
Thabrew et al., 2022	Low	Low	Low	Low	Low	Low
Thomas et al., 2016	Some concerns	Some concerns	Low	Low	Some concerns	Some concerns

van der Zwan et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Vollbehr et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Vollbehr et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Vorontsova-Wenger et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Wagner et al., 2023	Low	Low	Low	Low	Low	Low
Y. Wang et al., 2023	Low	Low	Low	Low	Low	Low
Yang et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Yook et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Zeidan et al., 2010	Some concerns	Low	Low	Low	Some concerns	Some concerns
Zheng et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.3. Risk of Bias Assessment for Stress Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Alhawatmeh et al., 2022	Low	Low	Low	Low	Low	Low
Alzahrani et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
An et al., 2022	Low	Low	Some concerns	Low	Some concerns	Some concerns
Andersson et al., 2021	Some concerns	Low	Some concerns	Low	Some concerns	Some concerns
Beerse et al., 2020	Low	Low	Some concerns	Low	Some concerns	Some concerns
Boyd & Alexander, 2022	Low	Low	Some concerns	Low	Some concerns	Some concerns
Cavanagh et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Cawley & Tejeiro, 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Cheshure et al., 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
Chu et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Ellison et al., 2024	Some concerns	Low	Low	Low	Low	Some concerns
Erogul et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Falsafi, 2016	Low	Low	Some concerns	Low	Some concerns	Some concerns
Fazia et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Gallego et al., 2015	Low	Low	Some concerns	Low	Some concerns	Some concerns
Greeson et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Guo et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Hall et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Hasselberg et al., 2020	Some concerns	Low	Low	Low	Some concerns	Some concerns
Hazlett-Stevens & Oren, 2017	Low	Low	Some concerns	Low	Some concerns	Some concerns
Huberty et al., 2019	Low	Low	Low	Low	Low	Low
Karing, 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns

Keng et al., 2020	Low	Low	Low	Low	Some concerns	Some concerns
Kim et al., 2020	Low	Low	Some concerns	Low	Some concerns	Some concerns
Kingston et al., 2007	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Kuhlmann et al., 2016	Low	Low	Low	Low	Low	Low
Latt et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Lee & Nam, 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Loucks et al., 2021	Low	Low	Low	Low	Low	Low
Ma et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
McEvoy et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Min et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Modrego-Alarcon et al., 2021	Low	Low	Low	Low	Low	Low
Moir et al., 2016	Low	Low	Low	Low	Some concerns	Some concerns
Nguyen-Feng et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
O'Leary & Dockray, 2015	Some concerns	Low	Some concerns	Low	Some concerns	Some concerns
Olendzki et al., 2020	Low	Low	Low	Low	Some concerns	Some concerns
Orosa-Duarte et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
Phang et al., 2015	Some concerns	Low	Low	Low	Some concerns	Some concerns
Pickett et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Plummer et al., 2018	Some concerns	Low	Low	Low	Some concerns	Some concerns
Priebe & Kurtz-Costes, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Rad et al., 2023	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Ratanasiripong et al., 2015	Some concerns	Low	Low	Low	Some concerns	Some concerns
Repo et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Sarfraz et al., 2023	Low	Low	Low	Low	Low	Low

Seppala et al., 2020	Some concerns	Low	Low	Low	Some concerns	Some concerns
Shapiro et al., 2011	Some concerns	Low	Low	Low	Some concerns	Some concerns
Simonsson et al., 2021	Some concerns	Low	Low	Low	Some concerns	Some concerns
Sun et al., 2022	Low	Low	Low	Low	Low	Low
Thabrew et al., 2022	Low	Low	Low	Low	Low	Low
Thomas et al., 2016	Some concerns	Some concerns	Low	Low	Some concerns	Some concerns
van der Zwan et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Vollbehr et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Wagner et al., 2023	Low	Low	Low	Low	Low	Low
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Yang et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Yang et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Young et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Zheng et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.4. Risk of Bias Assessment for Psychological Distress Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Acabchuk et al., 2020	Some concerns	Low	Low	Some concerns	Low	Some concerns
Boyd & Alexander, 2022	Low	Low	Some concerns	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Galante et al., 2018	Low	Low	Low	Low	Low	Low
Guo et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Hanley et al., 2019	Low	Low	Low	Low	Low	Low
Jain et al., 2007	Low	Low	Some concerns	Low	Some concerns	Some concerns
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Joss et al., 2024	Some concerns	Low	Low	Low	Some concerns	Some concerns
Latt et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Lee & Nam, 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Loucks et al., 2021	Low	Low	Low	Low	Low	Low
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
McEvoy et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Pickett et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Ratanasiripong et al., 2015	Some concerns	Low	Low	Low	Some concerns	Some concerns
Repo et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Ritvo et al., 2021	Low	Low	Low	Low	Low	Low
Saldana, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Schulte-Frankenfeld & Trautwein, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Shapiro et al., 2011	Some concerns	Low	Low	Low	Some concerns	Some concerns
Walsh et al., 2016	Some concerns	Low	Low	Low	Some concerns	Some concerns

Table S3.5. Risk of Bias Assessment for Positive Affect Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Adventure-Heart & Proeve, 2017	Low	Low	Low	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Tore et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Delgado et al., 2010	Low	Low	Some concerns	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Fazia et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Goldberg et al., 2021	Low	Low	Some concerns	Low	Low	Low
Hirshberg et al., 2018	Low	Low	Some concerns	Low	Low	Low
Hooper et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Komariah et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Modrego-Alarcon et al., 2021	Low	Low	Low	Low	Low	Low
O'Hare & Gemelli, 2023	Low	Low	Low	Low	Some concerns	Some concerns
O'Leary & Dockray, 2015	Some concerns	Low	Some concerns	Low	Some concerns	Some concerns
Song & Lindquist, 2015	Some concerns	Some concerns	Low	Low	Some concerns	Some concerns
Q. Wang et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns

Table S3.6. Risk of Bias Assessment for Negative Affect Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Adventure-Heart & Proeve, 2017	Low	Low	Low	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
Delgado et al., 2010	Low	Low	Some concerns	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Fazia et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Goldberg et al., 2021	Low	Low	Some concerns	Low	Low	Low
Hirshberg et al., 2018	Low	Low	Some concerns	Low	Low	Low
Hooper et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Komariah et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Modrego-Alarcon et al., 2021	Low	Low	Low	Low	Low	Low
O'Hare & Gemelli, 2023	Low	Low	Low	Low	Some concerns	Some concerns
O'Leary & Dockray, 2015	Some concerns	Low	Some concerns	Low	Some concerns	Some concerns
Rubin et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Song & Lindquist, 2015	Some concerns	Some concerns	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Q. Wang et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.7. Risk of Bias Assessment for Mindfulness Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Acabchuk et al., 2020	Some concerns	Low	Low	Some concerns	Low	Some concerns
Ainsworth et al., 2013	Low	Low	Some concerns	Low	Some concerns	Some concerns
Alhawatmeh et al., 2022	Low	Low	Low	Low	Low	Low
Alzahrani et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Bi et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Cavanagh et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Cheese et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Cheshure et al., 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
Chu et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Tore et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Dvorakova et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Falsafi, 2016	Low	Low	Some concerns	Low	Some concerns	Some concerns
Gan et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Greeson et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Guo et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Hasselberg et al., 2020	Some concerns	Low	Low	Low	Some concerns	Some concerns
Hazlett-Stevens & Oren, 2017	Low	Low	Some concerns	Low	Some concerns	Some concerns
Isham et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Jaiswal et al., 2024	Some concerns	Low	Some concerns	Low	Some concerns	Some concerns
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns

Joss et al., 2024	Some concerns	Low	Low	Low	Some concerns	Some concerns
Karing, 2023	Low	Low	Some concerns	Low	Some concerns	Some concerns
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Kim et al., 2020	Low	Low	Some concerns	Low	Some concerns	Some concerns
Kingston et al., 2007	Low	Low	Low	Low	Some concerns	Some concerns
Komariah et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Kuhlmann et al., 2016	Low	Low	Low	Low	Low	Low
Lee & Nam, 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
F. Liu et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
W. Liu et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Loucks et al., 2021	Low	Low	Low	Low	Low	Low
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Martinez-Rubio et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
McEvoy et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Min et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Moir et al., 2016	Low	Low	Low	Low	Some concerns	Some concerns
Nguyen-Feng et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Orosa-Duarte et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
Ozturk & Toruner, 2022	Low	Low	Low	Low	Low	Low
Phang et al., 2015	Some concerns	Low	Low	Low	Some concerns	Some concerns
Pickett et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Plummer et al., 2018	Some concerns	Low	Low	Low	Some concerns	Some concerns
Priebe & Kurtz-Costes, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Purdie et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Radosavljevic & Farb, 2023	Low	Low	Low	Low	Some concerns	Some concerns

Schulte-Frankenfeld & Trautwein, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Seppala et al., 2020	Some concerns	Low	Low	Low	Some concerns	Some concerns
Simonsson et al., 2021	Some concerns	Low	Low	Low	Some concerns	Some concerns
Sun et al., 2022	Low	Low	Low	Low	Low	Low
Tanay et al., 2012	Low	Low	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Thabrew et al., 2022	Low	Low	Low	Low	Low	Low
van der Zwan et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Vollbehr et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Zainal et al., 2024	Low	Low	Low	Low	Low	Low
Zeidan et al., 2010	Some concerns	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.8. Risk of Bias Assessment for Observing Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Bi et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Feruglio et al., 2021	Low	Low	Some concerns	Low	Some concerns	Some concerns
Y. Gao et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Huberty et al., 2019	Low	Low	Low	Low	Low	Low
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
Ritvo et al., 2021	Low	Low	Low	Low	Low	Low
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Vorontsova-Wenger et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Yang et al., 2018	Low	Low	Low	Low	Some concerns	Some concerns
Yang et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.9. Risk of Bias Assessment for Describing Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Bi et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Feruglio et al., 2021	Low	Low	Some concerns	Low	Some concerns	Some concerns
Y. Gao et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Huberty et al., 2019	Low	Low	Low	Low	Low	Low
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Marenius et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
Ritvo et al., 2021	Low	Low	Low	Low	Low	Low
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Vorontsova-Wenger et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.10. Risk of Bias Assessment for Awareness Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Bi et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Feruglio et al., 2021	Low	Low	Some concerns	Low	Some concerns	Some concerns
Y. Gao et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Huberty et al., 2019	Low	Low	Low	Low	Low	Low
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Marenius et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
McEvoy et al., 2017	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
Ritvo et al., 2021	Low	Low	Low	Low	Low	Low
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Smeets et al., 2014	Some concerns	Low	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Vorontsova-Wenger et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.11. Risk of Bias Assessment for Nonjudging Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Bi et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Feruglio et al., 2021	Low	Low	Some concerns	Low	Some concerns	Some concerns
Y. Gao et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Huberty et al., 2019	Low	Low	Low	Low	Low	Low
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Marenius et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
Ritvo et al., 2021	Low	Low	Low	Low	Low	Low
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Yang et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.12. Risk of Bias Assessment for Nonreactivity Domain Ratings

Reference	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall Bias
Bi et al., 2024	Low	Low	Some concerns	Low	Some concerns	Some concerns
Crone et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
de Sousa et al., 2021	Low	Low	Low	Low	Some concerns	Some concerns
de Vibe et al., 2013	Low	Low	Low	Low	Some concerns	Some concerns
Falb, 2016	Low	Low	Low	Low	Some concerns	Some concerns
Feruglio et al., 2021	Low	Low	Some concerns	Low	Some concerns	Some concerns
Y. Gao et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns
Huberty et al., 2019	Low	Low	Low	Low	Low	Low
Karing, 2024	Low	Low	Low	Low	Some concerns	Some concerns
Kou et al., 2025	Some concerns	Low	Low	Low	Some concerns	Some concerns
Liu et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Lothes et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
MacDonald & Neville, 2022	Low	Low	Low	Low	Some concerns	Some concerns
Mak et al., 2015	Low	Low	Low	Low	Some concerns	Some concerns
Marenius et al., 2023	Low	Low	Low	Low	Some concerns	Some concerns
Noone & Hogan, 2018	Low	Low	Low	Low	Low	Low
Salcido-Cibrian et al., 2019	Low	Low	Low	Low	Some concerns	Some concerns
Smeets et al., 2014	Some concerns	Low	Low	Low	Some concerns	Some concerns
Taylor et al., 2014	Low	Low	Low	Low	Some concerns	Some concerns
Vorontsova-Wenger et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Westbrock & Dohnke, 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Xiong et al., 2022	Some concerns	Low	Low	Low	Some concerns	Some concerns
Yang et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Jia-Yuan et al., 2022	Low	Low	Low	Low	Some concerns	Some concerns
Zhong et al., 2024	Low	Low	Low	Low	Some concerns	Some concerns

Table S3.14 Certainty of Evidence Ratings by Outcome

	risk of bias	inconsistency	indirectness	imprecision	publication bias	certainty
Anxiety	serious	no	no	no	serious	low
Depression	serious	no	no	no	serious	low
Stress	serious	no	no	no	serious	low
Distress	serious	no	no	no	no	moderate
Positive Affect	serious	no	no	no	no	moderate
Negative Affect	serious	no	no	no	no	moderate
Mindfulness	serious	no	no	no	serious	low
Observing	serious	no	no	no	no	moderate
Describing	serious	no	no	no	serious	low
Awareness	serious	no	no	no	serious	low
Nonjudging	serious	no	no	no	serious	low
Nonreactivity	serious	no	no	no	no	moderate

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Ainsworth et al., 2013	Mindfulness Meditation	Passive	Anxiety	1	+	+	!	+	!	!	Low risk
	Alzahrani et al., 2023	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	!	!	Some concerns
	An et al., 2022	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	!	+	!	!	High risk
	Armstrong & Rimes, 2016	MBCT or MBCT-based Program	Active	Anxiety	1	+	+	+	+	!	!	
	Barcaccia et al., 2024	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	!	+	!	!	D1 Randomisation process
	Beerse et al., 2020	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	!	+	!	!	D2 Deviations from the intended interventions
	Chen et al., 2013	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	D3 Missing outcome data
	Cheshure et al., 2023	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	!	+	!	!	D4 Measurement of the outcome
	de Tore et al., 2023	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	!	!	D5 Selection of the reported result
	Delgado et al., 2010	Mindfulness Meditation	Active	Anxiety	1	+	+	!	+	!	!	
	Dundas et al., 2017	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Dvorakova et al., 2017	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Ellison et al., 2024	MBCT or MBCT-based Program	Active	Anxiety	1	!	+	+	+	+	!	
	Falsafi, 2016	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	!	+	!	!	
	Fazia et al., 2023	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	
	Gallego et al., 2015	MBCT or MBCT-based Program	Passive	Anxiety	1	+	+	!	+	!	!	
	Y. Gao et al., 2024	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Gomutbutra et al., 2022	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Hall et al., 2018	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	
	Hallett-Stevens & Oren, 2017	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	!	+	!	!	
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Anxiety	1	+	+	+	+	!	!	
	Karing, 2023	Mindfulness Application	Passive	Anxiety	1	+	+	!	+	!	!	
	Karing, 2024	MBSR or MBSR-based Program	Active	Anxiety	1	+	+	+	+	!	!	
	Keng et al., 2020	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	!	!	
	Kim et al., 2020	Mindfulness Meditation	Active	Anxiety	1	+	+	!	+	!	!	
	Kingston et al., 2007	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	
	Kou et al., 2023	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	+	+	!	!	
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Anxiety	1	!	+	+	+	!	!	
	Kuchler et al., 2023	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Kuhlmann et al., 2016	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Liu et al., 2023	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	
	F. Liu et al., 2024	MBCT or MBCT-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	+	+	!	!	
	Loucks et al., 2021	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	+	+	
	Ma et al., 2023	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Anxiety	1	+	+	+	+	!	!	
	Mak et al., 2023	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	+	+	!	!	
	Marenius et al., 2023	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Min et al., 2023	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	+	+	!	!	
	Modrego-Alarcon et al., 2021	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Moir et al., 2016	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	
	Moser et al., 2024	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Neto et al., 2019	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	+	+	
	Nguyen-Feng et al., 2017	Mindfulness Application	Active	Anxiety	1	+	+	+	+	!	!	
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	+	+	
	O'Leary & Dockray, 2015	Multimodal Mindfulness Program	Passive	Anxiety	1	!	+	!	+	!	!	
	Orosa-Duarte et al., 2021	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Ozturk & Toruner, 2022	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	+	+	
	Petrovic et al., 2025	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Rad et al., 2023	Mindfulness Meditation	Active	Anxiety	1	!	+	!	!	!	!	
	Ratanasiripong et al., 2015	Multimodal Mindfulness Program	Passive	Anxiety	1	!	+	+	+	!	!	
	Roys et al., 2023	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Shapiro et al., 2011	MBSR or MBSR-based Program	Passive	Anxiety	1	!	+	+	+	!	!	
	Smeets et al., 2014	MBSR or MBSR-based Program	Passive	Anxiety	1	!	+	+	+	!	!	
	Sun et al., 2022	Multimodal Mindfulness Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Tanay et al., 2012	MBCT or MBCT-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Thabrew et al., 2022	MBSR or MBSR-based Program	Passive	Anxiety	1	+	+	+	+	+	+	
	Thomas et al., 2016	MBSR or MBSR-based Program	Active	Anxiety	1	!	!	+	+	!	!	
	Volibehr et al., 2022	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	+	+	!	!	
	Wagner et al., 2023	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	+	+	
	Yang et al., 2018	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	!	!	
	Yook et al., 2024	MBCT or MBCT-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Young et al., 2023	Multimodal Mindfulness Program	Active	Anxiety	1	+	+	+	+	!	!	
	Zainal et al., 2024	Mindfulness Meditation	Active	Anxiety	1	+	+	+	+	+	+	
	Zeidan et al., 2010	Multimodal Mindfulness Program	Passive	Anxiety	1	!	+	+	+	!	!	
	Zheng et al., 2024	MBCT or MBCT-based Program	Passive	Anxiety	1	+	+	+	+	!	!	
	Zhong et al., 2024	Mindfulness Meditation	Passive	Anxiety	1	+	+	+	+	!	!	

Fig. S3.1 Risk of Bias Assessment Plot for Anxiety.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Alsarairh & Aloush, 2017	Mindfulness Meditation	Active	Depression	1	+	+	+	+	!	!	Low risk
	Alzahani et al., 2023	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	An et al., 2022	MBSR or MBSR-based Program	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	Armstrong & Rimes, 2016	MBCT or MBCT-based Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Barcaccia et al., 2024	MBSR or MBSR-based Program	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	Cavanagh et al., 2013	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Chen et al., 2013	Mindfulness Meditation	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Cheshure et al., 2023	Multimodal Mindfulness Program	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	de Tore et al., 2023	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Delgado et al., 2010	Mindfulness Meditation	Active	Depression	1	+	+	!	+	!	!	Some concerns
	Dundas et al., 2017	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Dvorakova et al., 2017	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Falb, 2016	MBCT or MBCT-based Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Falsafi, 2016	MBSR or MBSR-based Program	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	Gallago et al., 2015	MBCT or MBCT-based Program	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	Hall et al., 2018	Mindfulness Meditation	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Hazlett-Stevens & Oren, 2017	MBSR or MBSR-based Program	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	Isham et al., 2022	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Joss et al., 2024	MBSR or MBSR-based Program	Active	Depression	1	!	+	+	+	!	!	Some concerns
	Karing, 2023	Mindfulness Application	Passive	Depression	1	+	+	!	+	!	!	Some concerns
	Karing, 2024	MBSR or MBSR-based Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Keng et al., 2020	Mindfulness Meditation	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Kim et al., 2020	Mindfulness Meditation	Active	Depression	1	+	+	!	+	!	!	Some concerns
	Kingston et al., 2007	Mindfulness Meditation	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Kou et al., 2023	Multimodal Mindfulness Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Depression	1	!	+	+	+	!	!	Some concerns
	Kuchler et al., 2023	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Kuhlmann et al., 2016	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Liu et al., 2023	Mindfulness Meditation	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Loucks et al., 2021	Mindfulness Meditation	Active	Depression	1	+	+	+	+	+	+	Low risk
	Ma et al., 2023	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Mak et al., 2023	Multimodal Mindfulness Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Mareus et al., 2023	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Min et al., 2023	Multimodal Mindfulness Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Modrego-Alarcon et al., 2021	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Moser et al., 2024	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Nguyen-Feng et al., 2017	Mindfulness Application	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Depression	1	+	+	+	+	+	+	Low risk
	Olendzi et al., 2020	Mindfulness Application	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Orosa-Duarte et al., 2021	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Rad et al., 2023	Mindfulness Meditation	Active	Depression	1	!	+	+	!	!	!	Some concerns
	Ratanasiripong et al., 2015	Multimodal Mindfulness Program	Passive	Depression	1	!	+	+	+	!	!	Some concerns
	Roy et al., 2023	Mindfulness Meditation	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Shapiro et al., 2011	MBSR or MBSR-based Program	Passive	Depression	1	!	+	+	+	!	!	Some concerns
	Smeets et al., 2014	MBSR or MBSR-based Program	Passive	Depression	1	!	+	+	+	!	!	Some concerns
	Sun et al., 2022	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Tanay et al., 2012	MBCT or MBCT-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Thabrew et al., 2022	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Thomas et al., 2016	MBSR or MBSR-based Program	Active	Depression	1	!	!	+	+	!	!	Some concerns
	van der Zwan et al., 2015	Multimodal Mindfulness Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Vollbehr et al., 2022	Multimodal Mindfulness Program	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Vollbehr et al., 2025	Multimodal Mindfulness Program	Active	Depression	1	!	+	+	+	!	!	Some concerns
	Vorontsova-Wenger et al., 2022	Multimodal Mindfulness Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Wagner et al., 2023	Mindfulness Meditation	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Y. Wang et al., 2023	MBSR or MBSR-based Program	Passive	Depression	1	+	+	+	+	+	+	Low risk
	Yang et al., 2018	Mindfulness Meditation	Active	Depression	1	+	+	+	+	!	!	Some concerns
	Yook et al., 2024	MBCT or MBCT-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns
	Zeidan et al., 2010	Multimodal Mindfulness Program	Passive	Depression	1	!	+	+	+	!	!	Some concerns
	Zheng et al., 2024	MBCT or MBCT-based Program	Passive	Depression	1	+	+	+	+	!	!	Some concerns

Fig. S3.2 Risk of Bias Assessment Plot for Depression.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	Alhawateh et al., 2022	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	+	+	+	Low risk
	Alzahrani et al., 2023	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	Some concerns
	An et al., 2022	MBSR or MBSR-based Program	Passive	Stress	1	+	+	!	+	!	!	!	Some concerns
	Andersson et al., 2021	Mindfulness Application	Passive	Stress	1	!	+	!	+	!	!	!	Some concerns
	Beerse et al., 2020	Multimodal Mindfulness Program	Active	Stress	1	+	+	!	+	!	!	!	D1 Randomisation process
	Boyd & Alexander, 2022	MBCT or MBCT-based Program	Active	Stress	1	+	+	!	+	!	!	!	D2 Deviations from the intended interventions
	Cavanagh et al., 2013	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	D3 Missing outcome data
	Cawley & Tejero, 2024	Mindfulness Meditation	Active	Stress	1	+	+	!	+	!	!	!	D4 Measurement of the outcome
	Cheshure et al., 2023	Multimodal Mindfulness Program	Passive	Stress	1	+	+	!	+	!	!	!	D5 Selection of the reported result
	Chu et al., 2022	Mindfulness Application	Passive	Stress	1	+	+	+	+	!	!	!	
	de Sousa et al., 2021	Mindfulness Meditation	Active	Stress	1	+	+	+	+	!	!	!	
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Ellison et al., 2024	MBCT or MBCT-based Program	Active	Stress	1	!	+	+	+	+	!	!	
	Erogul et al., 2014	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Falsafi, 2016	MBSR or MBSR-based Program	Passive	Stress	1	+	+	!	+	!	!	!	
	Fazia et al., 2023	Mindfulness Meditation	Passive	Stress	1	+	+	+	+	!	!	!	
	Gallego et al., 2015	MBCT or MBCT-based Program	Passive	Stress	1	+	+	!	+	!	!	!	
	Greeson et al., 2014	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Guo et al., 2019	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Hall et al., 2018	Mindfulness Meditation	Passive	Stress	1	+	+	+	+	!	!	!	
	Hasselberg et al., 2020	Multimodal Mindfulness Program	Passive	Stress	1	!	+	+	+	!	!	!	
	Hazlett-Stevens & Oren, 2017	MBSR or MBSR-based Program	Passive	Stress	1	+	+	!	+	!	!	!	
	Huberty et al., 2019	Mindfulness Application	Passive	Stress	1	+	+	+	+	+	+	+	
	Karing, 2023	Mindfulness Application	Passive	Stress	1	+	+	!	+	!	!	!	
	Keng et al., 2020	Mindfulness Meditation	Active	Stress	1	+	+	+	+	!	!	!	
	Kim et al., 2020	Mindfulness Meditation	Active	Stress	1	+	+	!	+	!	!	!	
	Kingston et al., 2007	Mindfulness Meditation	Passive	Stress	1	+	+	+	+	!	!	!	
	Kou et al., 2023	Multimodal Mindfulness Program	Active	Stress	1	+	+	+	+	!	!	!	
	Kuhlmann et al., 2016	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	+	+	+	
	Latt et al., 2024	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Lee & Nam, 2025	Mindfulness Meditation	Passive	Stress	1	!	+	+	+	!	!	!	
	Loucks et al., 2021	Mindfulness Meditation	Active	Stress	1	+	+	+	+	+	+	+	
	Ma et al., 2023	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Stress	1	+	+	+	+	!	!	!	
	Mak et al., 2023	Multimodal Mindfulness Program	Active	Stress	1	+	+	+	+	!	!	!	
	McEvoy et al., 2017	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Min et al., 2023	Multimodal Mindfulness Program	Active	Stress	1	+	+	+	+	!	!	!	
	Modrego-Alarcon et al., 2021	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	+	+	+	
	Moir et al., 2016	Mindfulness Meditation	Passive	Stress	1	+	+	+	+	!	!	!	
	Nguyen-Feng et al., 2017	Mindfulness Application	Active	Stress	1	+	+	+	+	!	!	!	
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Stress	1	+	+	+	+	+	+	+	
	O'Leary & Dockray, 2015	Multimodal Mindfulness Program	Passive	Stress	1	!	+	!	+	!	!	!	
	Olendzki et al., 2020	Mindfulness Application	Passive	Stress	1	+	+	+	+	!	!	!	
	Orosa-Duarte et al., 2021	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Phang et al., 2015	Mindfulness Meditation	Active	Stress	1	!	+	+	+	!	!	!	
	Pickett et al., 2024	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Plummer et al., 2018	MBSR or MBSR-based Program	Active	Stress	1	!	+	+	+	!	!	!	
	Priebe & Kurtz-Costes, 2022	Mindfulness Meditation	Passive	Stress	1	+	+	+	+	!	!	!	
	Rad et al., 2023	Mindfulness Meditation	Active	Stress	1	!	+	+	!	!	!	!	
	Ratanasiripong et al., 2015	Multimodal Mindfulness Program	Passive	Stress	1	!	+	+	+	!	!	!	
	Repo et al., 2022	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Sarfraz et al., 2023	Mindfulness Application	Passive	Stress	1	+	+	+	+	+	+	+	
	Seppala et al., 2020	MBSR or MBSR-based Program	Passive	Stress	1	!	+	+	+	!	!	!	
	Shapiro et al., 2011	MBSR or MBSR-based Program	Passive	Stress	1	!	+	+	+	!	!	!	
	Simonsson et al., 2021	Multimodal Mindfulness Program	Active	Stress	1	!	+	+	+	!	!	!	
	Sun et al., 2022	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	+	+	+	
	Thabrew et al., 2022	MBSR or MBSR-based Program	Passive	Stress	1	+	+	+	+	+	+	+	
	Thomas et al., 2016	MBSR or MBSR-based Program	Active	Stress	1	!	!	+	+	!	!	!	
	van der Zwan et al., 2015	Multimodal Mindfulness Program	Active	Stress	1	+	+	+	+	!	!	!	
	Vollbehr et al., 2022	Multimodal Mindfulness Program	Active	Stress	1	+	+	+	+	!	!	!	
	Wagner et al., 2023	Mindfulness Meditation	Passive	Stress	1	+	+	+	+	+	+	+	
	Xiong et al., 2022	Mindfulness Application	Passive	Stress	1	!	+	+	+	!	!	!	
	Yang et al., 2018	Mindfulness Meditation	Active	Stress	1	+	+	+	+	!	!	!	
	Yang et al., 2022	Multimodal Mindfulness Program	Passive	Stress	1	+	+	+	+	!	!	!	
	Young et al., 2023	Multimodal Mindfulness Program	Active	Stress	1	+	+	+	+	!	!	!	
	Zheng et al., 2024	MBCT or MBCT-based Program	Passive	Stress	1	+	+	+	+	!	!	!	

Fig. S3.3 Risk of Bias Assessment Plot for Stress.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	Acabchuk et al., 2020	Multimodal Mindfulness Program	Active	Psychological Distress	1	!	+	+	!	+	!	+	Low risk
	Boyd & Alexander, 2022	MBCT or MBCT-based Program	Active	Psychological Distress	1	+	+	!	+	!	!	!	Some concerns
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	High risk
	Galante et al., 2018	Multimodal Mindfulness Program	Passive	Psychological Distress	1	+	+	+	+	+	+	+	
	Guo et al., 2019	MBSR or MBSR-based Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	D1 Randomisation process
	Hanley et al., 2019	MBSR or MBSR-based Program	Passive	Psychological Distress	1	+	+	+	+	+	+	+	D2 Deviations from the intended interventions
	Jain et al., 2007	MBSR or MBSR-based Program	Passive	Psychological Distress	1	+	+	!	+	!	!	!	D3 Missing outcome data
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Psychological Distress	1	+	+	+	+	!	!	!	D4 Measurement of the outcome
	Joss et al., 2024	MBSR or MBSR-based Program	Active	Psychological Distress	1	!	+	+	+	!	!	!	D5 Selection of the reported result
	Latt et al., 2024	Multimodal Mindfulness Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	
	Lee & Nam, 2025	Mindfulness Meditation	Passive	Psychological Distress	1	!	+	+	+	!	!	!	
	Loucks et al., 2021	Mindfulness Meditation	Active	Psychological Distress	1	+	+	+	+	+	+	+	
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	
	McEvoy et al., 2017	Multimodal Mindfulness Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	
	Pickett et al., 2024	Multimodal Mindfulness Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	
	Ratanasiripong et al., 2015	Multimodal Mindfulness Program	Passive	Psychological Distress	1	!	+	+	+	!	!	!	
	Repo et al., 2022	Multimodal Mindfulness Program	Passive	Psychological Distress	1	+	+	+	+	!	!	!	
	Ritvo et al., 2021	Mindfulness Meditation	Passive	Psychological Distress	1	+	+	+	+	+	+	+	
	Saldana, 2022	MBSR or MBSR-based Program	Passive	Psychological Distress	1	!	+	+	+	!	!	!	
	Schulte-Frankenfeld & Trautwein, 2022	MBSR or MBSR-based Program	Active	Psychological Distress	1	+	+	+	+	!	!	!	
	Shapiro et al., 2011	MBSR or MBSR-based Program	Passive	Psychological Distress	1	!	+	+	+	!	!	!	
	Walsh et al., 2016	Multimodal Mindfulness Program	Passive	Psychological Distress	1	!	+	+	+	!	!	!	

Fig. S3.4 Risk of Bias Assessment Plot for Psychological Distress.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Adventure-Heart & Proeve, 2017	Mindfulness Meditation	Active	Positive Affect	1	+	+	+	+	!	!	+
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Positive Affect	1	+	+	+	+	!	!	!
	de Sousa et al., 2021	Mindfulness Meditation	Active	Positive Affect	1	+	+	+	+	!	!	!
	de Tore et al., 2023	Multimodal Mindfulness Program	Passive	Positive Affect	1	+	+	+	+	!	!	
	Delgado et al., 2010	Mindfulness Meditation	Active	Positive Affect	1	+	+	!	+	!	!	D1 Randomisation process
	Falb, 2016	MBCT or MBCT-based Program	Active	Positive Affect	1	+	+	+	+	!	!	D2 Deviations from the intended interventions
	Fazia et al., 2023	Mindfulness Meditation	Passive	Positive Affect	1	+	+	+	+	!	!	D3 Missing outcome data
	Goldberg et al., 2021	Mindfulness Meditation	Active	Positive Affect	1	+	+	!	+	+	+	D4 Measurement of the outcome
	Hirshberg et al., 2018	Mindfulness Meditation	Active	Positive Affect	1	+	+	!	+	+	+	D5 Selection of the reported result
	Hooper et al., 2024	Mindfulness Meditation	Passive	Positive Affect	1	+	+	!	+	!	!	
	Komariah et al., 2022	MBSR or MBSR-based Program	Active	Positive Affect	1	!	+	+	+	!	!	
	Modrego-Alarcon et al., 2021	MBSR or MBSR-based Program	Passive	Positive Affect	1	+	+	+	+	+	+	
	O'Hare & Gemelli, 2023	Mindfulness Meditation	Passive	Positive Affect	1	+	+	+	+	!	!	
	O'Leary & Dockray, 2015	Multimodal Mindfulness Program	Passive	Positive Affect	1	!	+	!	+	!	!	
	Song & Lindquist, 2015	Multimodal Mindfulness Program	Active	Positive Affect	1	!	!	+	+	!	!	
	Q. Wang et al., 2023	MBCT or MBCT-based Program	Active	Positive Affect	1	+	+	+	+	!	!	
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Positive Affect	1	!	+	+	+	!	!	

Fig. S3.5 Risk of Bias Assessment Plot for Positive Affect.

Intention-to-treat	StudyID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	Adventure-Heart & Proeve, 2017	Mindfulness Meditation	Active	Negative Affect	1	+	+	+	+	!	!	+	Low risk
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Negative Affect	1	+	+	+	+	!	!	!	Some concerns
	deSousa et al., 2021	Mindfulness Meditation	Active	Negative Affect	1	+	+	+	+	!	!	!	High risk
	Delgado et al., 2010	Mindfulness Meditation	Active	Negative Affect	1	+	+	!	+	!	!	!	
	Falb, 2016	MBCT or MBCT-based Program	Active	Negative Affect	1	+	+	+	+	!	!	!	D1 Randomisation process
	Fazia et al., 2023	Mindfulness Meditation	Passive	Negative Affect	1	+	+	+	+	!	!	!	D2 Deviations from the intended interventions
	Goldberg et al., 2021	Mindfulness Meditation	Active	Negative Affect	1	+	+	!	+	+	+	+	D3 Missing outcome data
	Hirshberg et al., 2018	Mindfulness Meditation	Active	Negative Affect	1	+	+	!	+	+	+	+	D4 Measurement of the outcome
	Hooper et al., 2024	Mindfulness Meditation	Passive	Negative Affect	1	+	+	!	+	!	!	!	D5 Selection of the reported result
	Komariah et al., 2022	MBSR or MBSR-based Program	Active	Negative Affect	1	!	+	+	+	!	!	!	
	Modrego-Alarcon et al., 2021	MBSR or MBSR-based Program	Passive	Negative Affect	1	+	+	+	+	+	+	+	
	O'Hare & Gemelli, 2023	Mindfulness Meditation	Passive	Negative Affect	1	+	+	+	+	!	!	!	
	O'Leary & Dockray, 2015	Multimodal Mindfulness Program	Passive	Negative Affect	1	!	+	!	+	!	!	!	
	Rubin et al., 2024	Multimodal Mindfulness Program	Passive	Negative Affect	1	+	+	+	+	!	!	!	
	Song & Lindquist, 2015	Multimodal Mindfulness Program	Active	Negative Affect	1	!	!	+	+	!	!	!	
	Taylor et al., 2014	Mindfulness Application	Passive	Negative Affect	1	+	+	+	+	!	!	!	
	Q. Wang et al., 2023	MBCT or MBCT-based Program	Active	Negative Affect	1	+	+	+	+	!	!	!	

Fig. S3.6 Risk of Bias Assessment Plot for Negative Affect.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Acabchuk et al., 2020	Multimodal Mindfulness Program	Active	Mindfulness	1	!	+	+	!	+	!	Low risk
	Ainsworth et al., 2013	Mindfulness Meditation	Passive	Mindfulness	1	+	+	!	+	!	!	Some concerns
	Alhawathem et al., 2022	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	+	+	High risk
	Alzahran et al., 2023	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	+	!	
	Bi et al., 2024	MBSR or MBSR-based Program	Active	Mindfulness	1	+	+	!	+	!	!	D1 Randomisation process
	Cavanagh et al., 2013	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	D2 Deviations from the intended interventions
	Cheese et al., 2024	Mindfulness Meditation	Passive	Mindfulness	1	+	+	!	+	!	!	D3 Missing outcome data
	Cheshure et al., 2023	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	!	+	!	!	D4 Measurement of the outcome
	Chu et al., 2022	Mindfulness Application	Passive	Mindfulness	1	+	+	+	+	!	!	D5 Selection of the reported result
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	de Sousa et al., 2021	Mindfulness Meditation	Active	Mindfulness	1	+	+	+	+	!	!	
	de Tore et al., 2023	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Dvorakova et al., 2017	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Falb, 2016	MBCT or MBCT-based Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Falsafi, 2016	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	!	+	!	!	
	Gan et al., 2023	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Greeson et al., 2014	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Guo et al., 2019	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Hasselberg et al., 2020	Multimodal Mindfulness Program	Passive	Mindfulness	1	!	+	+	+	!	!	
	Hazlett-Stevens & Oren, 2017	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	!	+	!	!	
	Isham et al., 2022	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Jaiswal et al., 2024	Multimodal Mindfulness Program	Passive	Mindfulness	1	!	+	!	+	!	!	
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Joss et al., 2024	MBSR or MBSR-based Program	Active	Mindfulness	1	!	+	+	+	!	!	
	Karing, 2023	Mindfulness Application	Passive	Mindfulness	1	+	+	!	+	!	!	
	Karing, 2024	MBSR or MBSR-based Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Kim et al., 2020	Mindfulness Meditation	Active	Mindfulness	1	+	+	!	+	!	!	
	Kingston et al., 2007	Mindfulness Meditation	Passive	Mindfulness	1	+	+	+	+	!	!	
	Komariah et al., 2022	MBSR or MBSR-based Program	Active	Mindfulness	1	!	+	+	+	!	!	
	Kuhlmann et al., 2016	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	+	+	
	Lee & Nam, 2025	Mindfulness Meditation	Passive	Mindfulness	1	!	+	+	+	!	!	
	F. Liu et al., 2024	MBCT or MBCT-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	W. Liu et al., 2024	Mindfulness Meditation	Passive	Mindfulness	1	+	+	+	+	!	!	
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Loucks et al., 2021	Mindfulness Meditation	Active	Mindfulness	1	+	+	+	+	+	+	
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Mak et al., 2023	Multimodal Mindfulness Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Martinez-Rubio et al., 2021	Multimodal Mindfulness Program	Active	Mindfulness	1	+	+	+	+	!	!	
	McEvoy et al., 2017	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Min et al., 2023	Multimodal Mindfulness Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Moir et al., 2016	Mindfulness Meditation	Passive	Mindfulness	1	+	+	+	+	!	!	
	Nguyen-Feng et al., 2017	Mindfulness Application	Active	Mindfulness	1	+	+	+	+	!	!	
	Orosa-Duarte et al., 2021	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Ozturk & Toruner, 2022	Mindfulness Meditation	Active	Mindfulness	1	+	+	+	+	+	+	
	Phang et al., 2015	Mindfulness Meditation	Active	Mindfulness	1	!	+	+	+	!	!	
	Pickett et al., 2024	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Plummer et al., 2018	MBSR or MBSR-based Program	Active	Mindfulness	1	!	+	+	+	!	!	
	Priebe & Kurtz-Costes, 2022	Mindfulness Meditation	Passive	Mindfulness	1	+	+	+	+	!	!	
	Purdie et al., 2023	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Radosavljevic & Farb, 2023	Mindfulness Meditation	Passive	Mindfulness	1	+	+	+	+	!	!	
	Schulte-Frankenfeld & Trautwein, 2022	MBSR or MBSR-based Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Seppala et al., 2020	MBSR or MBSR-based Program	Passive	Mindfulness	1	!	+	+	+	!	!	
	Simonsson et al., 2021	Multimodal Mindfulness Program	Active	Mindfulness	1	!	+	+	+	!	!	
	Sun et al., 2022	Multimodal Mindfulness Program	Passive	Mindfulness	1	+	+	+	+	+	+	
	Tanay et al., 2012	MBCT or MBCT-based Program	Passive	Mindfulness	1	+	+	+	+	!	!	
	Taylor et al., 2014	Mindfulness Application	Passive	Mindfulness	1	+	+	+	+	!	!	
	Thabrew et al., 2022	MBSR or MBSR-based Program	Passive	Mindfulness	1	+	+	+	+	+	+	
	van der Zwan et al., 2015	Multimodal Mindfulness Program	Active	Mindfulness	1	+	+	+	+	!	!	
	Vollbehre et al., 2025	Multimodal Mindfulness Program	Active	Mindfulness	1	!	+	+	+	!	!	
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Mindfulness	1	!	+	+	+	!	!	
	Xiong et al., 2022	Mindfulness Application	Passive	Mindfulness	1	!	+	+	+	!	!	
	Zainal et al., 2024	Mindfulness Meditation	Active	Mindfulness	1	+	+	+	+	+	+	
	Zeidan et al., 2010	Multimodal Mindfulness Program	Passive	Mindfulness	1	!	+	+	+	!	!	
	Zhong et al., 2024	Mindfulness Meditation	Passive	Mindfulness	1	+	+	+	+	!	!	

Fig. S3.7 Risk of Bias Assessment Plot for Mindfulness.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	Bi et al., 2024	MBSR or MBSR-based Program	Active	Observing	1	+	+	!	+	!	!	+	Low risk
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Observing	1	+	+	+	+	!	!	!	Some concerns
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Observing	1	+	+	+	+	!	!	!	High risk
	Falb, 2016	MBCT or MBCT-based Program	Active	Observing	1	+	+	+	+	!	!	!	
	Feruglio et al., 2021	Mindfulness Meditation	Active	Observing	1	+	+	!	+	!	!	!	D1 Randomisation process
	Y. Gao et al., 2024	MBSR or MBSR-based Program	Passive	Observing	1	+	+	+	+	!	!	!	D2 Deviations from the intended interventions
	Huberty et al., 2019	Mindfulness Application	Passive	Observing	1	+	+	+	+	+	+	+	D3 Missing outcome data
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Observing	1	+	+	+	+	!	!	!	D4 Measurement of the outcome
	Karing, 2024	MBSR or MBSR-based Program	Active	Observing	1	+	+	+	+	!	!	!	D5 Selection of the reported result
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Observing	1	!	+	+	+	!	!	!	
	Liu et al., 2023	Mindfulness Meditation	Passive	Observing	1	+	+	+	+	!	!	!	
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Observing	1	+	+	+	+	!	!	!	
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Observing	1	+	+	+	+	!	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Observing	1	+	+	+	+	!	!	!	
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Observing	1	+	+	+	+	+	+	+	
	Ritvo et al., 2021	Mindfulness Meditation	Passive	Observing	1	+	+	+	+	+	+	+	
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Observing	1	+	+	+	+	!	!	!	
	Taylor et al., 2014	Mindfulness Application	Passive	Observing	1	+	+	+	+	!	!	!	
	Vorontsova-Wenger et al., 2022	Multimodal Mindfulness Program	Passive	Observing	1	+	+	+	+	!	!	!	
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Observing	1	!	+	+	+	!	!	!	
	Xiong et al., 2022	Mindfulness Application	Passive	Observing	1	!	+	+	+	!	!	!	
	Yang et al., 2018	Mindfulness Meditation	Active	Observing	1	+	+	+	+	!	!	!	
	Yang et al., 2022	Multimodal Mindfulness Program	Passive	Observing	1	+	+	+	+	!	!	!	
	Zhong et al., 2024	Mindfulness Meditation	Passive	Observing	1	+	+	+	+	!	!	!	

Fig. S3.8 Risk of Bias Assessment Plot for Observing.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall		
	Bi et al., 2024	MBSR or MBSR-based Program	Active	Describing	1	+	+	!	+	!	!	+	Low risk
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Describing	1	+	+	+	+	!	!	!	Some concerns
	de Sousa et al., 2021	Mindfulness Meditation	Active	Describing	1	+	+	+	+	!	!	!	High risk
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Describing	1	+	+	+	+	!	!	!	
	Falb, 2016	MBCT or MBCT-based Program	Active	Describing	1	+	+	+	+	!	!	!	D1 Randomisation process
	Feruglio et al., 2021	Mindfulness Meditation	Active	Describing	1	+	+	!	+	!	!	!	D2 Deviations from the intended interventions
	Y. Gao et al., 2024	MBSR or MBSR-based Program	Passive	Describing	1	+	+	+	+	!	!	!	D3 Missing outcome data
	Huberty et al., 2019	Mindfulness Application	Passive	Describing	1	+	+	+	+	+	+	+	D4 Measurement of the outcome
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Describing	1	+	+	+	+	!	!	!	D5 Selection of the reported result
	Karing, 2024	MBSR or MBSR-based Program	Active	Describing	1	+	+	+	+	!	!	!	
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Describing	1	!	+	+	+	!	!	!	
	Liu et al., 2023	Mindfulness Meditation	Passive	Describing	1	+	+	+	+	!	!	!	
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Describing	1	+	+	+	+	!	!	!	
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Describing	1	+	+	+	+	!	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Describing	1	+	+	+	+	!	!	!	
	Marens et al., 2023	Multimodal Mindfulness Program	Passive	Describing	1	+	+	+	+	!	!	!	
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Describing	1	+	+	+	+	+	+	+	
	Ritvo et al., 2021	Mindfulness Meditation	Passive	Describing	1	+	+	+	+	+	+	+	
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Describing	1	+	+	+	+	!	!	!	
	Taylor et al., 2014	Mindfulness Application	Passive	Describing	1	+	+	+	+	!	!	!	
	Vorontsova-Wenger et al., 2022	Multimodal Mindfulness Program	Passive	Describing	1	+	+	+	+	!	!	!	
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Describing	1	!	+	+	+	!	!	!	
	Xiong et al., 2022	Mindfulness Application	Passive	Describing	1	!	+	+	+	!	!	!	
	Zhong et al., 2024	Mindfulness Meditation	Passive	Describing	1	+	+	+	+	!	!	!	

Fig. S3.9 Risk of Bias Assessment Plot for Describing.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Bi et al., 2024	MBSR or MBSR-based Program	Active	Awareness	1	+	+	!	+	!	!	+
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Awareness	1	+	+	+	+	!	!	+
	de Sousa et al., 2021	Mindfulness Meditation	Active	Awareness	1	+	+	+	+	!	!	+
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Awareness	1	+	+	+	+	!	!	+
	Falb, 2016	MBCT or MBCT-based Program	Active	Awareness	1	+	+	+	+	!	!	+
	Feruglio et al., 2021	Mindfulness Meditation	Active	Awareness	1	+	+	!	+	!	!	+
	Y. Gao et al., 2024	MBSR or MBSR-based Program	Passive	Awareness	1	+	+	+	+	!	!	+
	Huberty et al., 2019	Mindfulness Application	Passive	Awareness	1	+	+	+	+	!	!	+
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Awareness	1	+	+	+	+	!	!	+
	Karing, 2024	MBSR or MBSR-based Program	Active	Awareness	1	+	+	+	+	!	!	+
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Awareness	1	!	+	+	+	!	!	+
	Liu et al., 2023	Mindfulness Meditation	Passive	Awareness	1	+	+	+	+	!	!	+
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Awareness	1	+	+	+	+	!	!	+
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Awareness	1	+	+	+	+	!	!	+
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Awareness	1	+	+	+	+	!	!	+
	Marenius et al., 2023	Multimodal Mindfulness Program	Passive	Awareness	1	+	+	+	+	!	!	+
	McEvoy et al., 2017	Multimodal Mindfulness Program	Passive	Awareness	1	+	+	+	+	!	!	+
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Awareness	1	+	+	+	+	!	!	+
	Ritvo et al., 2021	Mindfulness Meditation	Passive	Awareness	1	+	+	+	+	!	!	+
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Awareness	1	+	+	+	+	!	!	+
	Smeets et al., 2014	MBSR or MBSR-based Program	Passive	Awareness	1	!	+	+	+	!	!	+
	Taylor et al., 2014	Mindfulness Application	Passive	Awareness	1	+	+	+	+	!	!	+
	Vorontsova-Wenger et al., 2022	Multimodal Mindfulness Program	Passive	Awareness	1	+	+	+	+	!	!	+
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Awareness	1	!	+	+	+	!	!	+
	Xiong et al., 2022	Mindfulness Application	Passive	Awareness	1	!	+	+	+	!	!	+
	Zhong et al., 2024	Mindfulness Meditation	Passive	Awareness	1	+	+	+	+	!	!	+

+

 Low risk

!

 Some concerns

!

 High risk

D1

 Randomisation process

D2

 Deviations from the intended interventions

D3

 Missing outcome data

D4

 Measurement of the outcome

D5

 Selection of the reported result

Fig. S3.10 Risk of Bias Assessment Plot for Awareness.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Bi et al., 2024	MBSR or MBSR-based Program	Active	Nonjudging	1	+	+	!	+	!	!	Low risk
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Nonjudging	1	+	+	+	+	!	!	Some concerns
	de Sousa et al., 2021	Mindfulness Meditation	Active	Nonjudging	1	+	+	+	+	!	!	High risk
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Nonjudging	1	+	+	+	+	!	!	
	Falb, 2016	MBCT or MBCT-based Program	Active	Nonjudging	1	+	+	+	+	!	!	D1 Randomisation process
	Feruglio et al., 2021	Mindfulness Meditation	Active	Nonjudging	1	+	+	!	+	!	!	D2 Deviations from the intended interventions
	Y. Gao et al., 2024	MBSR or MBSR-based Program	Passive	Nonjudging	1	+	+	+	+	!	!	D3 Missing outcome data
	Huberty et al., 2019	Mindfulness Application	Passive	Nonjudging	1	+	+	+	+	+	+	D4 Measurement of the outcome
	Karing, 2024	MBSR or MBSR-based Program	Active	Nonjudging	1	+	+	+	+	!	!	D5 Selection of the reported result
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Nonjudging	1	!	+	+	+	!	!	
	Liu et al., 2023	Mindfulness Meditation	Passive	Nonjudging	1	+	+	+	+	!	!	
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Nonjudging	1	+	+	+	+	!	!	
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Nonjudging	1	+	+	+	+	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Nonjudging	1	+	+	+	+	!	!	
	Marenius et al., 2023	Multimodal Mindfulness Program	Passive	Nonjudging	1	+	+	+	+	!	!	
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Nonjudging	1	+	+	+	+	+	+	
	Ritvo et al., 2021	Mindfulness Meditation	Passive	Nonjudging	1	+	+	+	+	+	+	
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Nonjudging	1	+	+	+	+	!	!	
	Taylor et al., 2014	Mindfulness Application	Passive	Nonjudging	1	+	+	+	+	!	!	
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Nonjudging	1	!	+	+	+	!	!	
	Xiong et al., 2022	Mindfulness Application	Passive	Nonjudging	1	!	+	+	+	!	!	
	Yang et al., 2022	Multimodal Mindfulness Program	Passive	Nonjudging	1	+	+	+	+	!	!	
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Nonjudging	1	+	+	+	+	!	!	
	Zhong et al., 2024	Mindfulness Meditation	Passive	Nonjudging	1	+	+	+	+	!	!	

Fig. S3.11 Risk of Bias Assessment Plot for Nonjudging.

Intention-to-treat	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Bi et al., 2024	MBSR or MBSR-based Program	Active	Nonreactivity	1	+	+	!	+	!	!	Low risk
	Crone et al., 2023	Multimodal Mindfulness Program	Passive	Nonreactivity	1	+	+	+	+	!	!	Some concerns
	de Sousa et al., 2021	Mindfulness Meditation	Active	Nonreactivity	1	+	+	+	+	!	!	High risk
	de Vibe et al., 2013	MBSR or MBSR-based Program	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Falb, 2016	MBCT or MBCT-based Program	Active	Nonreactivity	1	+	+	+	+	!	!	D1 Randomisation process
	Feruglio et al., 2021	Mindfulness Meditation	Active	Nonreactivity	1	+	+	!	+	!	!	D2 Deviations from the intended interventions
	Y. Gao et al., 2024	MBSR or MBSR-based Program	Passive	Nonreactivity	1	+	+	+	+	!	!	D3 Missing outcome data
	Huberty et al., 2019	Mindfulness Application	Passive	Nonreactivity	1	+	+	+	+	+	+	D4 Measurement of the outcome
	Karing, 2024	MBSR or MBSR-based Program	Active	Nonreactivity	1	+	+	+	+	!	!	D5 Selection of the reported result
	Kou et al., 2025	Multimodal Mindfulness Program	Passive	Nonreactivity	1	!	+	+	+	!	!	
	Liu et al., 2023	Mindfulness Meditation	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Lothes et al., 2022	Multimodal Mindfulness Program	Active	Nonreactivity	1	+	+	+	+	!	!	
	MacDonald & Neville, 2022	MBSR or MBSR-based Program	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Mak et al., 2015	MBSR or MBSR-based Program	Active	Nonreactivity	1	+	+	+	+	!	!	
	Marenius et al., 2023	Multimodal Mindfulness Program	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Noone & Hogan, 2018	Mindfulness Meditation	Active	Nonreactivity	1	+	+	+	+	+	+	
	Salcido-Cibrian et al., 2019	MBSR or MBSR-based Program	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Smeets et al., 2014	MBSR or MBSR-based Program	Passive	Nonreactivity	1	!	+	+	+	!	!	
	Taylor et al., 2014	Mindfulness Application	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Vorontsova-Wenger et al., 2022	Multimodal Mindfulness Program	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Westbrock & Dohnke, 2022	Multimodal Mindfulness Program	Passive	Nonreactivity	1	!	+	+	+	!	!	
	Xiong et al., 2022	Mindfulness Application	Passive	Nonreactivity	1	!	+	+	+	!	!	
	Yang et al., 2022	Multimodal Mindfulness Program	Passive	Nonreactivity	1	+	+	+	+	!	!	
	Jia-Yuan et al., 2022	MBSR or MBSR-based Program	Active	Nonreactivity	1	+	+	+	+	!	!	
	Zhong et al., 2024	Mindfulness Meditation	Passive	Nonreactivity	1	+	+	+	+	!	!	

Fig. S3.12 Risk of Bias Assessment Plot for Nonreactivity.