

Online Supplementary Material 5: Extended Results of Subgroup Analyses and Meta-Regressions

File Contents

Table S5.1 Results of Subgroup Analyses for Intervention and Study Characteristics	1
Table S5.2 Results of Meta-Regression Analyses for Intervention and Study Characteristics	2

Table S5.1 Results of Subgroup Analyses for Intervention and Study Characteristics

Moderator / Level	Estimate (SE)	95% CI	p (Unadjusted)	padj (Holm)
Risk of Bias				
Low	0.32 (0.14)	[0.05, 0.59]	0.021	0.021
Some Concerns	0.50 (0.06)	[0.38, 0.63]	<.001	<.001
Comparator Type				
Active	0.25 (0.09)	[0.07, 0.43]	0.007	0.007
Passive	0.59 (0.07)	[0.46, 0.72]	<.001	<.001
Sample Type				
Clinical	0.46 (0.29)	[-0.11, 1.03]	0.117	0.117
Non-Clinical	0.47 (0.06)	[0.36, 0.59]	<.001	<.001
Sub-Clinical	0.47 (0.14)	[0.19, 0.75]	<.001	0.002
Intervention Type				
MBCT / MBCT-based	0.79 (0.20)	[0.39, 1.19]	<.001	<.001
MBSR / MBSR-based	0.46 (0.11)	[0.25, 0.67]	<.001	<.001
Mindfulness App	0.40 (0.20)	[0.00, 0.80]	0.048	0.096
Mindfulness Meditation	0.22 (0.12)	[-0.01, 0.45]	0.061	0.096
Multimodal Program	0.58 (0.09)	[0.40, 0.76]	<.001	<.001
Delivery Mode				
Face-to-Face	0.59 (0.08)	[0.44, 0.73]	<.001	<.001

Hybrid	0.32 (0.19)	[-0.05, 0.69]	0.09	0.133
Mobile App	0.44 (0.21)	[0.03, 0.85]	0.035	0.104
Online	0.24 (0.13)	[-0.02, 0.49]	0.066	0.133
Self-Guided	0.48 (0.18)	[0.13, 0.83]	0.007	0.029
Intervention Duration				
Brief (1–10 days)	0.14 (0.23)	[-0.32, 0.60]	0.546	0.546
Brief (2–5 weeks)	0.40 (0.09)	[0.22, 0.57]	<.001	<.001
Long (13+ weeks)	0.41 (0.30)	[-0.17, 0.99]	0.167	0.333
Single Session	0.51 (0.22)	[0.09, 0.93]	0.018	0.054
Standard (6–12 weeks)	0.59 (0.09)	[0.42, 0.76]	<.001	<.001

Table S5.2 Results of Meta-Regression Analyses for Intervention and Study Characteristics

Moderator Analysis	Contrast / Variable	k	b [95% CI]	SE	z	p-value
Comparator Type	Intercept	454	0.25 [0.07, 0.43]	0.09	2.7	0.007
	(Active Control) Passive Control	454	0.34 [0.12, 0.57]	0.11	3.02	0.003
Participant Age (Intervention Group)	Intercept	272	1.33 [0.49, 2.17]	0.43	3.09	0.002
	Mean Age	272	-0.04 [-0.08, 0.00]	0.02	-2.04	0.041
Participant Gender (Intervention Group)	Intercept	315	1.00 [0.54, 1.46]	0.23	4.26	<.001
	% Female	315	-0.73 [-1.34, -0.12]	0.31	-2.36	0.018
Delivery Mode	Intercept (Face-to-Face)	454	0.59 [0.44, 0.73]	0.08	7.71	<.001
	Hybrid	454	-0.27 [-0.66, 0.13]	0.2	-1.32	0.188
	Mobile App	454	-0.15 [-0.58, 0.29]	0.22	-0.66	0.507
	Online	454	-0.35 [-0.64, -0.06]	0.15	-2.35	0.019
	Self-Guided	454	-0.10 [-0.49, 0.28]	0.19	-0.53	0.594

Intervention Type	Intercept (MBCT/MBCt-based)	454	0.79 [0.39, 1.19]	0.2	3.9	<.001
	MBSR / MBSR-based	454	-0.33 [-0.78, 0.12]	0.23	-1.43	0.152
	Mindfulness App	454	-0.39 [-0.95, 0.17]	0.29	-1.36	0.175
	Mindfulness Meditation	454	-0.57 [-1.03, -0.11]	0.23	-2.42	0.016
	Multimodal Program	454	-0.21 [-0.64, 0.23]	0.22	-0.92	0.356
Risk of Bias	Intercept (Low Risk)	454	0.32 [0.05, 0.59]	0.14	2.31	0.021
	Some Concerns	454	0.19 [-0.11, 0.48]	0.15	1.23	0.22
Intervention Duration	Intercept (Very Brief)	454	0.14 [-0.32, 0.60]	0.23	0.6	0.546
	Brief (2–5 weeks)	454	0.25 [-0.23, 0.74]	0.25	1.02	0.308
	Standard (6–12 weeks)	454	0.45 [-0.04, 0.93]	0.25	1.8	0.071
	Long (13+ weeks)	454	0.27 [-0.47, 1.01]	0.38	0.71	0.477
	Single Session	454	0.37 [-0.25, 0.99]	0.32	1.16	0.246
Sample Type	Intercept (Clinical)	454	0.46 [-0.12, 1.03]	0.29	1.57	0.117
	Non-Clinical	454	0.02 [-0.57, 0.60]	0.3	0.06	0.953
	Sub-Clinical	454	0.02 [-0.62, 0.65]	0.32	0.05	0.962
Baseline Mindfulness	Intercept	116	0.43 [0.08, 0.79]	0.18	2.41	0.016
	Baseline Score	116	0.002 [-0.003, 0.01]	0	0.73	0.467
