

Emotion regulation and mental health across cultures: a systematic review and meta-analysis

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Supplementary Information

The following are the description for each supplementary table. Table S2, Table S3, Table S4, and Table S5 can be found in this Supplementary Information Document. Table S1 was uploaded as an individual editable file for better presentation.

Table S1 Summary of Studies Included in the Meta-Analysis

Uploaded Separately.

Table S2 Analysis of Effect Sizes (r) of ER on Positive Functioning and Psychopathology by Study Design (All Null Hypothesis Significance Tests Were Two Sided)

Study Design	<i>k</i>	<i>n</i>	ES	95% CI	<i>Q</i>	<i>I</i> ²	Egger's Test <i>p</i>	ES_Trim and Fill
Reappraisal-Positive Functioning								
Cross-sectional	99	40036	.29***	[.26, .31]	654.47***	85.0%	.252	.32***
Longitudinal	8	4610	.25***	[.19, .31]	18.31 ^{.011}	61.8%	.663	.24***
Reappraisal-Psychopathology								
Cross-sectional	329	206292	-.21***	[-.23, -.19]	5095.40***	93.6%	.039	-.25***
Longitudinal	25	11379	-.16***	[-.21, -.12]	115.07***	79.1%	.032	-.11***
Quasi-Experimental	15	2144	-.45***	[-.53, -.37]	64.33***	78.2%	.551	-.48***
Suppression-Positive Functioning								
Cross-sectional	83	30479	-.13***	[-.16, -.10]	409.15***	80.0%	.070	-.11***
Longitudinal	6	4578	-.06 ^{.457}	[-.24, .13]	61.86***	91.9%	.587	-.13 ^{.154}
Suppression-Psychopathology								
Cross-sectional	269	141587	.16***	[.15, .18]	2302.17***	88.4%	.004	.11***
Longitudinal	15	10105	.19***	[.12, .25]	75.77***	81.5%	.760	.19***
Quasi-Experimental	12	1478	.32***	[.23, .41]	33.79***	67.4%	.189	.27***

Note: Asterisks indicate the levels of statistical significance with ****p* < .001, and other *p*-values shown as superscripts.

Table S3 Analysis of Effect Sizes (r) of ER on Positive Functioning and Psychopathology by Measurement (All Null Hypothesis Significance Tests Were Two Sided)

Reappraisal Measure	<i>k</i>	<i>n</i>	ES	95% CI	<i>Q</i>	<i>I</i> ²	Egger's Test <i>p</i>	ES_Trim and Fill
Reappraisal-Positive Functioning								
CERQ	3	891	.26 ^{.080}	[-.08, .55]	6.67 ^{.036}	70.0%	.298	.36 ^{.017}
ERQ	94	38119	.29***	[.26, .31]	503.96***	81.5%	.501	.31***
ERQ-CA	9	5159	.29***	[.20,.38]	70.21***	88.6%	.724	.29***
Reappraisal-Psychopathology								
CERQ	39	15619	-.26***	[-.33, -.17]	621.41***	93.9%	.001	-.11 ^{.046}
ERQ	317	199522	-.21***	[-.23, -.19]	4540.20***	93.0%	.049	-.28***
ERQ-CA	10	3585	-.35***	[-.45, -.24]	64.20***	86.0%	.826	-.35***

Note: Asterisks indicate the levels of statistical significance with ****p* < .001, and other *p*-values shown as superscripts.

Table S4 Analysis of Effect Sizes (r) of ER on Positive Functioning and Psychopathology by Age Group (All Null Hypothesis Significance Tests Were Two Sided)

Age Groups	<i>k</i>	<i>n</i>	ES	95% CI	<i>Q</i>	<i>I</i> ²	Egger's Test <i>p</i>	ES_Trim and Fill
Reappraisal-Positive Functioning								
Adolescents	16	13846	.28***	[.21, .36]	211.33***	92.9%	.559	.31***
Adults	87	30247	.29***	[.27, .31]	405.35***	78.8%	.769	.31***
Reappraisal-Psychopathology								
Adolescents	63	39714	-.17***	[-.21, -.13]	1043.92***	94.1%	.994	-.17***
Adults	294	176018	-.23***	[-.24, -.21]	4322.77***	93.2%	.201	-.23***
Suppression-Positive Functioning								
Adolescents	14	11103	-.08 ^{.014}	[-.14, -.02]	84.17***	84.6%	.728	-.08 ^{.014}
Adults	71	23401	-.14***	[-.17, -.11]	347.66***	79.9%	.567	-.13***
Suppression-Psychopathology								
Adolescents	47	28063	.22***	[.18, .27]	425.58***	89.2%	.963	.22***
Adults	243	123670	.16***	[.14, .18]	1803.26***	86.6%	< .001	.09***

Note: Asterisks indicate the levels of statistical significance with *** $p < .001$, and other p -values shown as superscripts.

Table S5 Analysis of Effect Sizes (r) of ER on Positive Functioning and Psychopathology by Publication Year (All Null Hypothesis Significance Tests Were Two Sided)

Publication Year Groups	<i>k</i>	<i>n</i>	ES	95% CI	<i>Q</i>	<i>I</i> ²	Egger's Test <i>p</i>	ES_Trim and Fill
Reappraisal-Positive Functioning								
Old (2010 and Before)	7	835	.25 ^{.002}	[.14, .36]	9.67 ^{.139}	38.0%	.962	.27 ^{***}
Recent (2010-2020)	50	17291	.29 ^{***}	[.26, .32]	153.29 ^{***}	68.0%	.581	.29 ^{***}
New (After 2020)	50	26520	.28 ^{***}	[.24, .32]	517.94 ^{***}	90.5%	.342	.31 ^{***}
Reappraisal-Psychopathology								
Old (2010 and Before)	31	8438	-.13 ^{***}	[-.20, -.06]	236.29 ^{***}	87.3%	.018	-.04 ^{.302}
Recent (2010-2020)	168	75629	-.23 ^{***}	[-.25, -.20]	1717.90 ^{***}	90.3%	.023	-.17 ^{***}
New (After 2020)	170	135748	-.22 ^{***}	[-.24, -.19]	3339.96 ^{***}	94.9%	.048	-.29 ^{***}
Suppression-Positive Functioning								
Old (2010 and Before)	7	835	-.24 ^{.002}	[-.35, -.13]	10.71 ^{.098}	44.0%	.004	-.16 ^{.003}
Recent (2010-2020)	41	14081	-.16 ^{***}	[-.20, -.12]	203.64 ^{***}	80.4%	.717	-.15 ^{***}
New (After 2020)	41	20141	-.09 ^{***}	[-.12, -.05]	206.50 ^{***}	80.6%	.975	-.09 ^{***}
Suppression-Psychopathology								
Old (2010 and Before)	23	3149	.25 ^{***}	[.18, .32]	92.46 ^{***}	76.2%	.169	.16 ^{***}
Recent (2010-2020)	134	60240	.18 ^{***}	[.16, .20]	722.98 ^{***}	81.6%	.784	.18 ^{***}
New (After 2020)	139	89781	.15 ^{***}	[.13, .17]	1508.48 ^{***}	90.9%	.013	.10 ^{***}

Note: Asterisks indicate the levels of statistical significance with *** $p < .001$, and other p -values shown as superscripts.