

## Complete search strategy

*PubMed*

July 7, 2024

| Query                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Items found |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| ((mindfulness[mesh] OR meditation[mesh]) OR (mindful*[tiab] OR meditat*[tiab] OR awareness[tiab] OR compassion*[tiab] OR acceptance[tiab] OR decentering[tiab] OR defusion[tiab] OR non?judgment*[tiab] OR “body scan”[tiab])) AND (craving[mesh] OR (crav*[tiab] AND (food*[tiab] OR eating*[tiab] OR sugar*[tiab] OR sweet*[tiab] OR chocolate*[tiab])))<br><br>Boolean version:<br>#1 mindfulness[mesh] OR meditation[mesh]<br>#2 mindful*[tiab] OR meditat*[tiab] OR awareness[tiab] OR compassion*[tiab] OR acceptance[tiab] OR decentering[tiab] OR defusion[tiab] OR non?judgment[tiab] OR “body scan”[tiab]<br>#3 #1 OR #2<br>#4 craving[mesh]<br>#5 crav*[tiab] AND (food[tiab] OR eating*[tiab] OR sugar*[tiab] OR sweet*[tiab] OR chocolate[tiab])<br>#6 #4 OR #5<br>#7 #3 AND #6 | 235         |

*Embase*

July 7, 2024

| Query                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Items found |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| ('meditation'/exp OR 'meditation':ti,ab,kw OR 'mindfulness meditation'/exp OR 'mindfulness meditation':ti,ab,kw OR 'mindfulness-based meditation':ti,ab,kw OR 'mindful eating'/exp OR 'awareness'/exp OR 'awareness':ti,ab,kw OR meditat*:ti,ab OR mindful*:ti,ab OR 'mindfulness'/exp OR 'mindfulness':ti,ab,kw OR 'compassion'/exp OR compassion*:ti,ab OR 'acceptance'/exp OR acceptance:ti,ab OR 'decentering'/exp OR decentering:ti,ab OR defusion:ti,ab OR 'non judgment*':ti,ab OR nonjudgment*:ti,ab OR 'body scanning'/exp OR 'body scan':ti,ab) AND ('food craving'/exp OR 'cravings for certain foods':ti,ab,kw OR 'food craving':ti,ab,kw OR 'food cravings':ti,ab,kw OR 'sweet craving'/exp OR 'craving for sugary food':ti,ab,kw OR 'craving for sweet':ti,ab,kw OR 'cravings for sweets':ti,ab,kw OR 'cravings of sweet foods':ti,ab,kw OR 'sucrose craving':ti,ab,kw OR 'sugar craving':ti,ab,kw OR 'sweet craving':ti,ab,kw OR 'sweets craving':ti,ab,kw OR (crav*:ti,ab AND (food*:ti,ab OR eating*:ti,ab OR sugar*:ti,ab OR sweet*:ti,ab OR chocolate*:ti,ab))) | 203         |

*Web of Science*

July 7, 2024

| Query                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Items found |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| (TS =( mindful* OR meditat* OR awareness OR compassion* OR acceptance OR decentering OR defusion OR non-judgment* OR nonjudgment* OR “body scan” )) AND (TS=( crav* AND (food* OR eating* OR sugar* OR sweet* OR chocolate*)))                                                                                                                                                                                                                                                                                                                           | 378         |
| <i>ProQuest</i><br><i>July 7, 2024</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |             |
| Query                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Items found |
| (NOFT( mindful* OR meditat* OR awareness OR compassion* OR acceptance OR decentering OR defusion OR non-judgment* OR nonjudgment* OR “body scan”) AND NOFT( crav* AND (food* OR eating* OR sugar* OR sweet* OR chocolate*))) NOT (News AND Book)                                                                                                                                                                                                                                                                                                         | 185         |
| <i>Scopus</i><br><i>July 7, 2024</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |             |
| Query                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Items found |
| ( TITLE-ABS-KEY ( ( crav*) AND ( food* OR eating* OR sugar* OR sweet* OR chocolate* ) ) ) AND ( TITLE-ABS-KEY ( mindful* OR meditat* OR awareness OR acceptance OR decentering OR non-judgment* OR nonjudgment* OR compassion* OR defusion OR “body scan” ) )                                                                                                                                                                                                                                                                                            | 247         |
| <i>CENTRAL</i><br><i>July 7, 2024</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |             |
| Query                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Items found |
| #1 MeSH descriptor: [Mindfulness] explode all trees<br>#2 MeSH descriptor: [Meditation] explode all trees<br>#3 (mindfulness OR mindful OR compassion OR acceptance OR decentering OR defusion OR "body scan" OR "non-judgment" OR nonjudgment OR awareness OR meditation OR meditate):ti,ab,kw<br>#4 #1 OR #2 OR #3<br>#5 MeSH descriptor: [Craving] explode all trees<br>#6 ((craving OR cravings OR craver OR cravers) AND (food OR eating OR sugar OR sugary OR sweet OR sweets OR chocolate OR chocolates)):ti,ab,kw<br>#7 #5 OR #6<br>#8 #4 AND #7 | 189         |