Excluded studies		
	Publication	**Reason for Exclusion**
1	Arch JJ, Brown KW, Goodman RJ, Della Porta MD, Kiken LG, Tillman S. Enjoying food without caloric cost: The impact of brief mindfulness on laboratory eating outcomes. Behav Res Ther. 2016;79:23-34.	Irrelevant outcome
2	Keesman M, Aarts H, Hafner M, Papies EK. The Decentering Component of Mindfulness Reduces Reactions to Mental Imagery. Motivation Science. 2020;6(1):34-42.	Irrelevant outcome
3	Mercado D, Werthmann J, Antunes-Duarte T, Campbell IC, Schmidt U. A randomised controlled feasibility study of food-related computerised attention training versus mindfulness training and waiting-list control for adults with overweight or obesity: the FOCUS study. J Eat Disord. 2023;11(1):61.	Irrelevant outcome
4	Pepe RB, Coelho GSdMA, Miguel FdS, Gualassi AC, Sarvas MM, Cercato C, et al. Mindful eating for weight loss in women with obesity: a randomised controlled trial. British Journal of Nutrition. 2023;130(5):911-20.	Irrelevant outcome
5	Radin RM, Epel ES, Mason AE, Vaccaro J, Fromer E, Guan J, et al. Impact of digital meditation on work stress and health outcomes among adults with overweight: A randomized controlled trial. PLoS One. 2023;18(3):e0280808.	Irrelevant outcome
6	Sagui-Henson SJ, Radin RM, Jhaveri K, Brewer JA, Cohn M, Hartogensis W, et al. Negative Mood and Food Craving Strength Among Women with Overweight: Implications for Targeting Mechanisms Using a Mindful Eating Intervention. Mindfulness. 2021;12(12):2997-3010.	Irrelevant outcome
7	van Beurden SB, Smith JR, Lawrence NS, Abraham C, Greaves CJ. Feasibility Randomized Controlled Trial of ImpulsePal: Smartphone App–Based Weight Management Intervention to Reduce Impulsive Eating in Overweight Adults. JMIR Form Res. 2019;3(2):e11586.	Irrelevant patient population
8	Carriere K, Siemers N, Thapar S, Knauper B. Proof-of-concept testing of a mobile application-delivered mindfulness exercise for emotional eaters: RAIN delivered as a step-by-step image sequence. Mhealth. 2024;10:24.	No control group
9	Mason AE, Jhaveri K, Cohn M, Brewer JA. Testing a mobile mindful eating intervention targeting craving-related eating: feasibility and proof of concept. J Behav Med. 2018;41(2):160-73.	No control group
10	Sun S, Nardi W, Murphy M, Scott T, Saadeh F, Roy A, et al. Mindfulness-Based Mobile Health to Address Unhealthy Eating Among Middle-Aged Sexual Minority Women With Early Life Adversity: Mixed Methods Feasibility Trial. J Med Internet Res. 2023;25:e46310.	No control group
11	Taylor VA, Moseley I, Sun S, Smith R, Roy A, Ludwig VU, et al. Awareness drives changes in reward value which predict eating behavior change: Probing reinforcement learning using experience sampling from	No control group

	mobile mindfulness training for maladaptive eating. J Behav Addict. 2021;10(3):482-97.	
12	Amey R. Learning to self-soothe without food: emotion regulation, self-compassion and eating disorders [Ph.D.]. England: University of London, University College London (United Kingdom); 2017.	Patient overlap with Serpell et. al. (2019)
13	Baquedano C, Lopez V, Cosmelli D, Lutz A. Electrophysiological evidence of the differential modulation of approach-related processes toward attractive foods by immersive or mindful viewing conditions. Eur J Neurosci. 2020;51(9):1971-86.	Patient overlap with Baquedano et. al. (2017)
14	Fisher NR. The Relationship between Mindfulness, Emotion Regulation, Habitual Thinking and Eating Behaviours [Ph.D.]. England: Liverpool John Moores University (United Kingdom); 2014.	Patient overlap with Fisher et. al. (2016)
15	Jenkins K. Mindfulness and eating: An exploration of effects and mediators [Ph.D.]. Wales: Swansea University (United Kingdom); 2013.	Patient overlap with Jenkins et. al. (2014)
16	Blau LE. Feasibility of Acceptance-Based Health Coaching Targeting Food Cravings in Pregnancy [Ph.D.]. United States -- New York: State University of New York at Albany; 2021.	Irrelevant intervention
17	Bradley LE, Forman EM, Kerrigan SG, Butryn ML, Herbert JD, Sarwer DB. A Pilot Study of an Acceptance-Based Behavioral Intervention for Weight Regain After Bariatric Surgery. Obesity Surgery. 2016;26(10):2433-41.	Irrelevant intervention
18	Bradley LE, Forman EM, Kerrigan SG, Goldstein SP, Butryn ML, Thomas JG, et al. Project HELP: a Remotely Delivered Behavioral Intervention for Weight Regain after Bariatric Surgery. Obesity Surgery. 2017;27(3):586-98.	Irrelevant intervention
19	Buscemi J, Rybak TM, Berlin KS, Murphy JG, Raynor HA. Impact of food craving and calorie intake on body mass index (BMI) changes during an 18-month behavioral weight loss trial. Journal of Behavioral Medicine. 2017;40(4):565-73.	Irrelevant intervention
20	Carels RA, Caroline Miller J, Selensky JC, Hlavka R, Solar C, Rossi J, et al. Using an acceptance-based behavioral approach as a supplement to obesity treatment: A stepped-care approach. Journal of Contextual Behavioral Science. 2019;12:98-105.	Irrelevant intervention
21	Forman EM, Hoffman KL, Juarascio AS, Butryn ML, Herbert JD. Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women. Eat Behav. 2013;14(1):64-8.	Irrelevant intervention
22	Forman EM, Butryn ML, Manasse SM, Crosby RD, Goldstein SP, Wyckoff EP, et al. Acceptance-based versus standard behavioral treatment for obesity: Results from the mind your health randomized controlled trial. Obesity. 2016;24(10):2050-6.	Irrelevant intervention
23	Giacobbi P, Long D, Nolan R, Shawley S, Johnson K, Misra R. Guided imagery targeting exercise, food cravings, and stress: a multi-modal randomized feasibility trial. Journal of behavioral medicine. 2018;41(1):87-98.	Irrelevant intervention

24	Hoffman KL. Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women [Ph.D.]. United States -- Pennsylvania: Drexel University; 2010.	Irrelevant intervention
25	Kliemann N, Croker H, Johnson F, Beeken RJ. Development of the Top Tips Habit-Based Weight Loss App and Preliminary Indications of Its Usage, Effectiveness, and Acceptability: Mixed-Methods Pilot Study. JMIR Mhealth Uhealth. 2019 May 10;7(5):e12326. doi: 10.2196/12326. PMID: 31094352; PMCID: PMC6533874.	Irrelevant intervention
26	Masih T, Dimmock JA, Epel E, Guelfi KJ. An 8-Week Relaxation Program Consisting of Progressive Muscle Relaxation and Mindfulness Meditation to Reduce Stress and Attenuate Stress-Driven Eating. Appl Psychol Health Well Being. 2020;12(1):188-211.	Irrelevant intervention
27	Schnepper R, Richard A, Wilhelm FH, Blechert J. A combined mindfulness-prolonged chewing intervention reduces body weight, food craving, and emotional eating. J Consult Clin Psychol. 2019;87(1):106-11.	Irrelevant intervention
28	Beekman JB. Self-Compassionate Perspective in the Face of Social Rejection: Effects on Eating Cognitions and Behaviors [Ph.D.]. United States -- District of Columbia: The George Washington University; 2016.	Reporting issues
29	Forman EM, Hoffman KL, McGrath KB, Herbert JD, Brandsma LL, Lowe MR. A comparison of acceptance- and control-based strategies for coping with food cravings: an analog study. Behav Res Ther. 2007;45(10):2372-86.	Reporting issues
30	Hamilton J, Fawson S, May J, Andrade J, Kavanagh DJ. Brief guided imagery and body scanning interventions reduce food cravings. Appetite. 2013;71:158-62.	Reporting issues
31	Hulbert-Williams L, Hulbert-Williams NJ, Nicholls W, Williamson S, Poonia J, Hochard KD. Ultra-brief non-expert-delivered defusion and acceptance exercises for food cravings: A partial replication study. J Health Psychol. 2019;24(12):1698-709.	Reporting issues
32	Jenkins KT, Tapper K. Resisting chocolate temptation using a brief mindfulness strategy. British Journal of Health Psychology. 2014;19(3):509-22.	Reporting issues
33	Moffitt R, Brinkworth G, Noakes M, Mohr P. A comparison of cognitive restructuring and cognitive defusion as strategies for resisting a craved food. Psychology and Health. 2012;27(SUPPL. 2):74-90.	Reporting issues