

Supplemental Materials

Figure S1
PRISMA Flow Chart

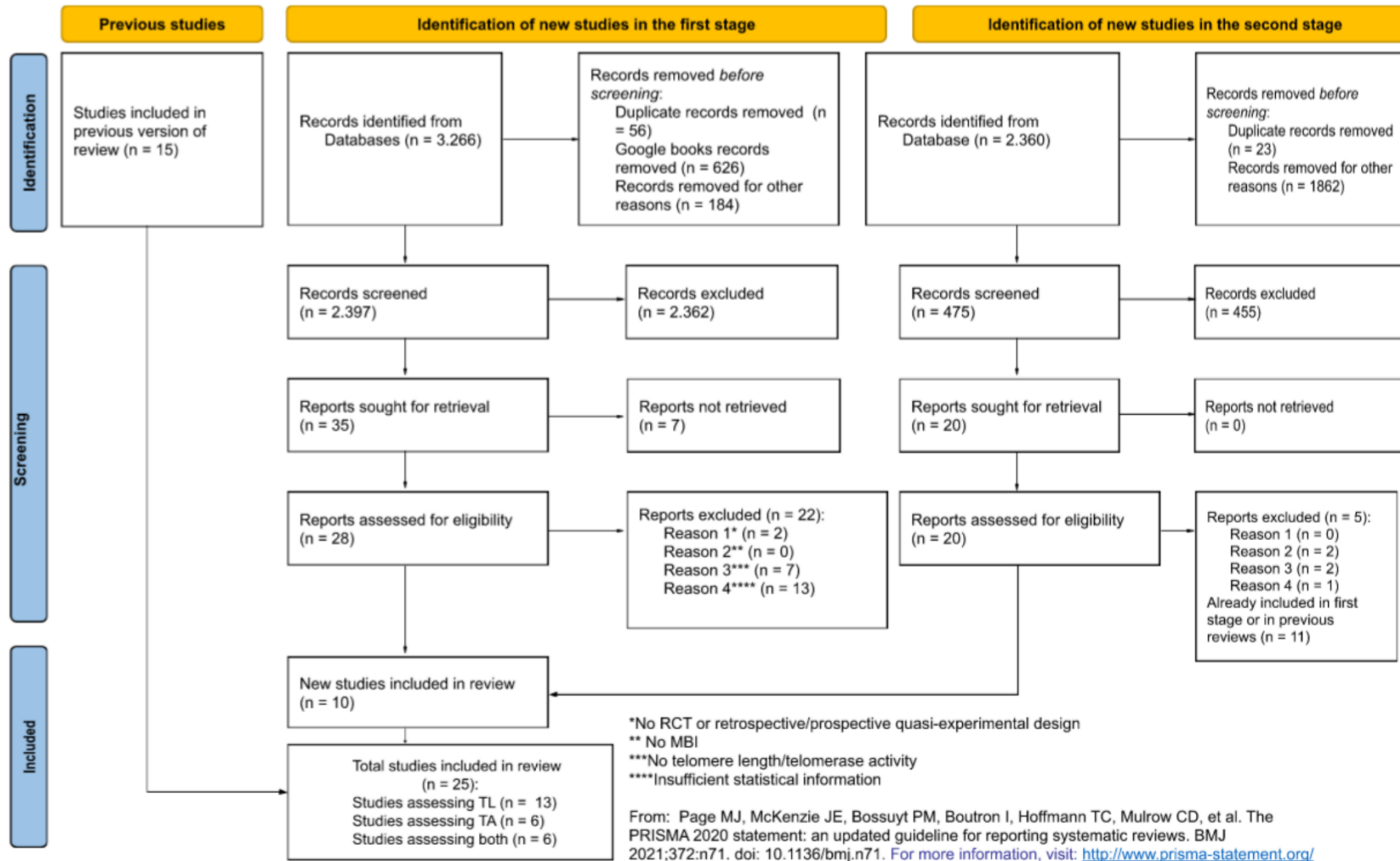


Figure S2
Forest Plot for Telomere Length

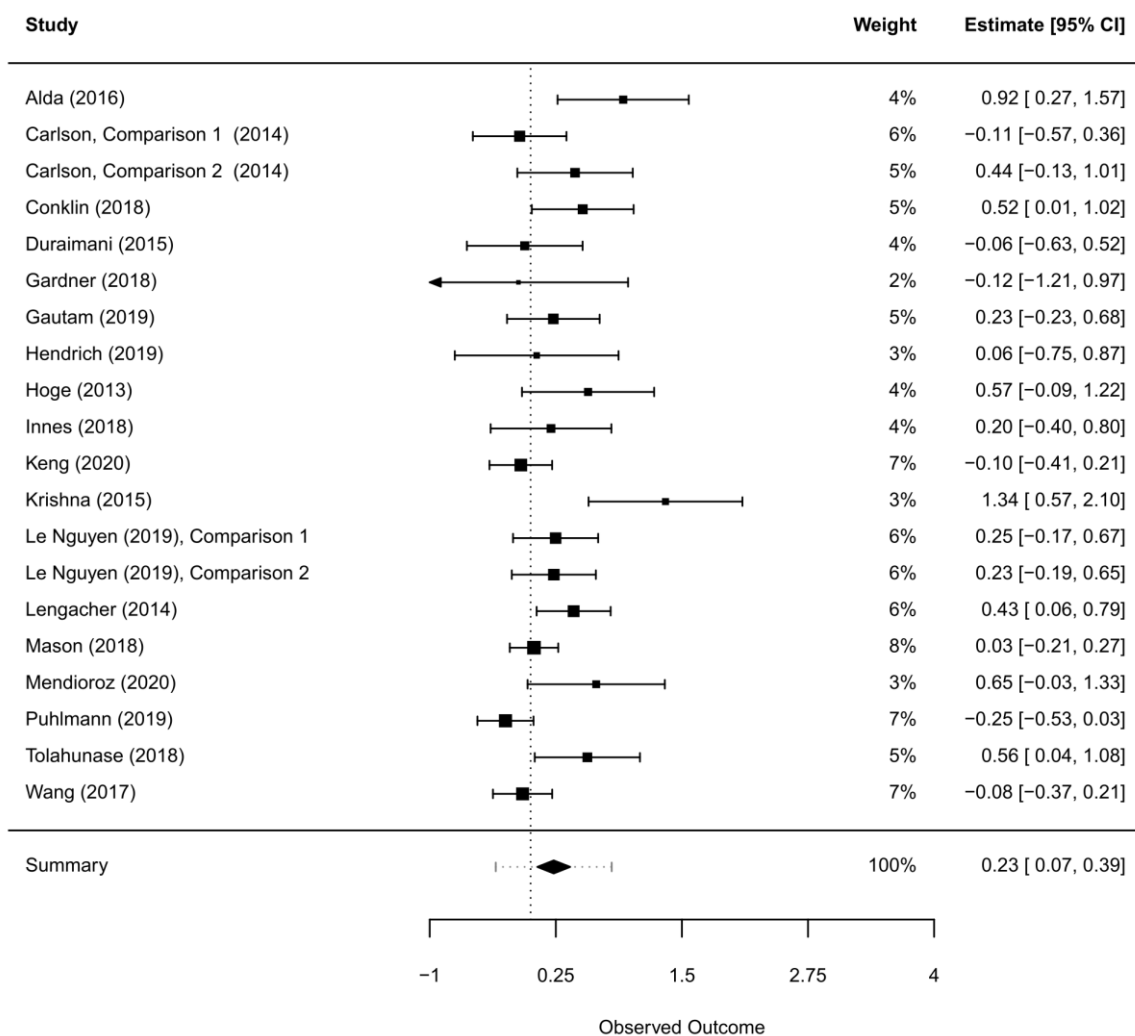


Figure S3
Forest Plot for Telomerase Activity

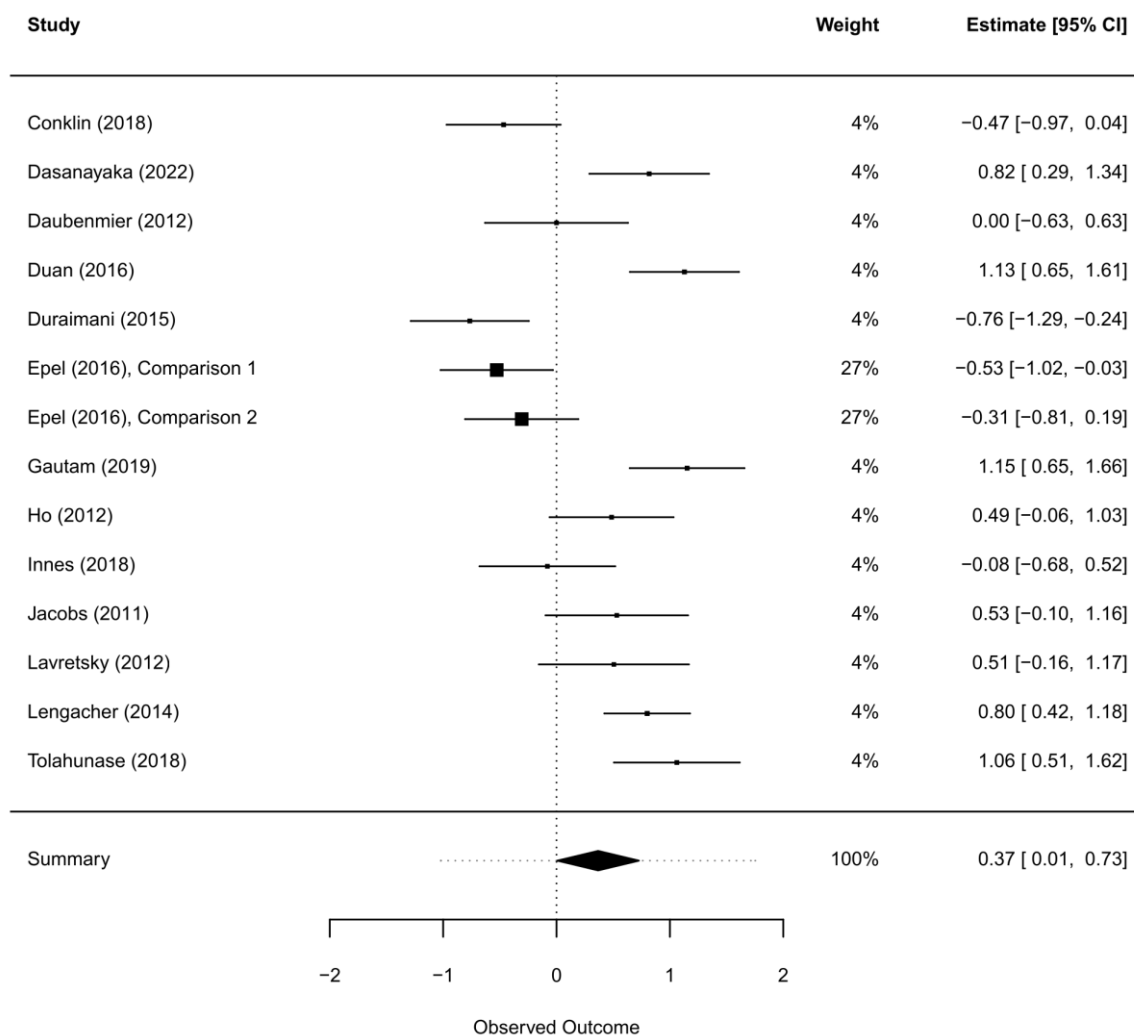


Figure S4

Risk of Bias of Individual RCTs According to Cochrane Risk of Bias Tool (McGuinness & Higgins, 2020)

		Risk of bias						
		D1	D2	D3	D4	D5	D6	Overall
Study	Carlson et al. (2014)							
	Daubenmier et al. (2012)							
	Duan et al. (2016)							
	Duraimani et al. (2015)							
	Epel et al. (2016)							
	Gardner (2018)							
	Gautam et al. (2019)							
	Hendrich (2019)							
	Ho et al. (2012)							
	Innes et al. (2018)							
	Jacobs et al. (2011)							
	Keng et al. (2020)							
	Lavretsky et al. (2012)							
	Lengacher et al. (2014)							
	Le Nguyen et al. (2019)							
	Mason et al. (2018)							
	Puhlmann et al. (2019)							
	Tolahunase et al. (2018)							
	Wang et al. (2017)							

D1: Sequence Selection
D2: Allocation Concealment
D3: Blinding Personnel
D4: Blinding Assessors
D5: Incomplete Data
D6: Selective Reporting

Judgement
 High
 Unclear
 Low

Note. Ratings of Carlson et al. (2014), Daubenmier et al. (2012), Epel et al. (2016), Gautam et al. (2019), Ho et al. (2012), Innes et al. (2018), Keng et al. (2020), Lavretsky et al. (2012),

Lengacher et al. (2014), Tolahunase et al. (2018), and Weng et al. (2017) were taken from Dunn and Dimolareva (2022); ratings of Le Nguyen et al. (2019) and Puhlmann et al. (2019) were taken from Dasanayaka et al. (2021).

Figure S5

Summary Risk of Bias for RCTs According to Cochrane Risk of Bias Tool (McGuinness & Higgins, 2020)

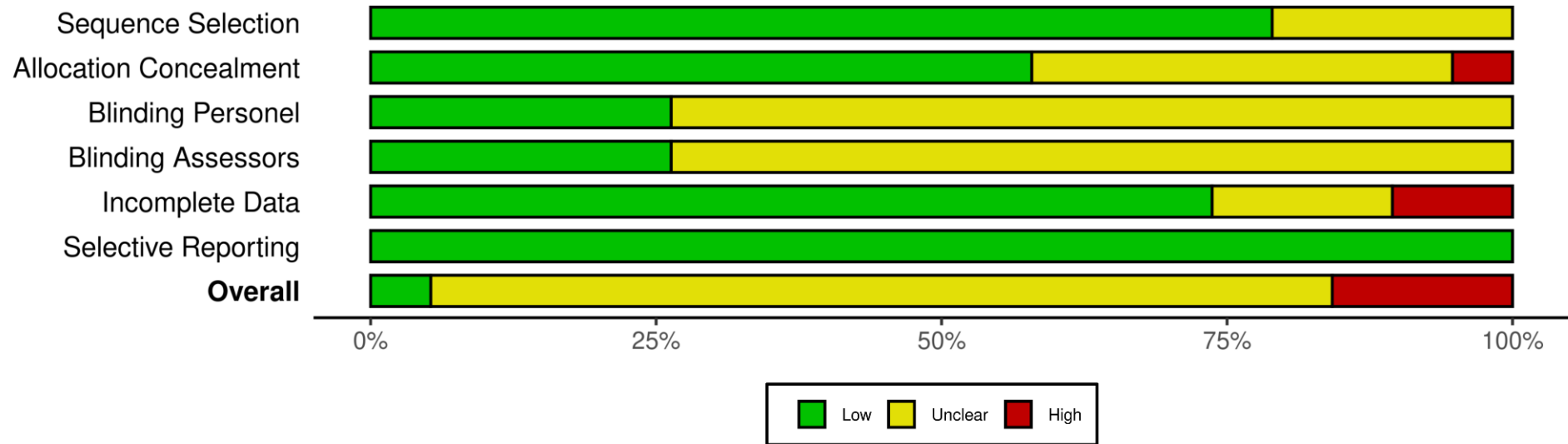


Figure S6

Risk of Bias for the Quasi-Experimental Design of Conklin et al. (2018) with robvis (McGuinness & Higgins, 2020)

		Risk of bias										
		D1	D2	D3	D4	D5	D6	D7	D8	D9	Overall	
Study	Conklin et al. (2018)											
		D1: Causality D2: Sample Representativeness D3: Compare Group Treatment D4: Control Group D5: Outcome Assessment D6: Follow Up D7: Outcome Inclusion D8: Outcome Measurement Reliability D9: Statistical Analysis									Judgement Unclear Low	

Figure S7*Risk of Bias for Case-Control Studies with robvis (McGuinness & Higgins, 2020)*

		Risk of bias									
		D1	D2	D3	D4	D5	D6	D7	D8	D9	Overall
Study	Alda et al. (2016)	+	+	+	+	+	+	+	+	+	+
	Hoge et al. (2013)	+	+	+	+	+	+	+	+	+	+
	Krishna et al. (2015)	-	+	-	-	-	X	X	+	-	X
	Mendioroz et al. (2020)	+	-	+	+	+	+	+	+	+	-

D1: Comparability
 D2: Case Control Matching
 D3: Case Control Identification Criterita
 D4: Exposure Measurement Quality
 D5: Exposure Measurement Equality
 D6: Confounding Identification
 D7: Confounding Strategies
 D8: Outcome Measurement Quality
 D9: Statistical Analysis

Judgement
 X High
 - Unclear
 + Low

Figure S8

Summary Risk of Bias for Case-Control Studies with robvis (McGuinness & Higgins, 2020)

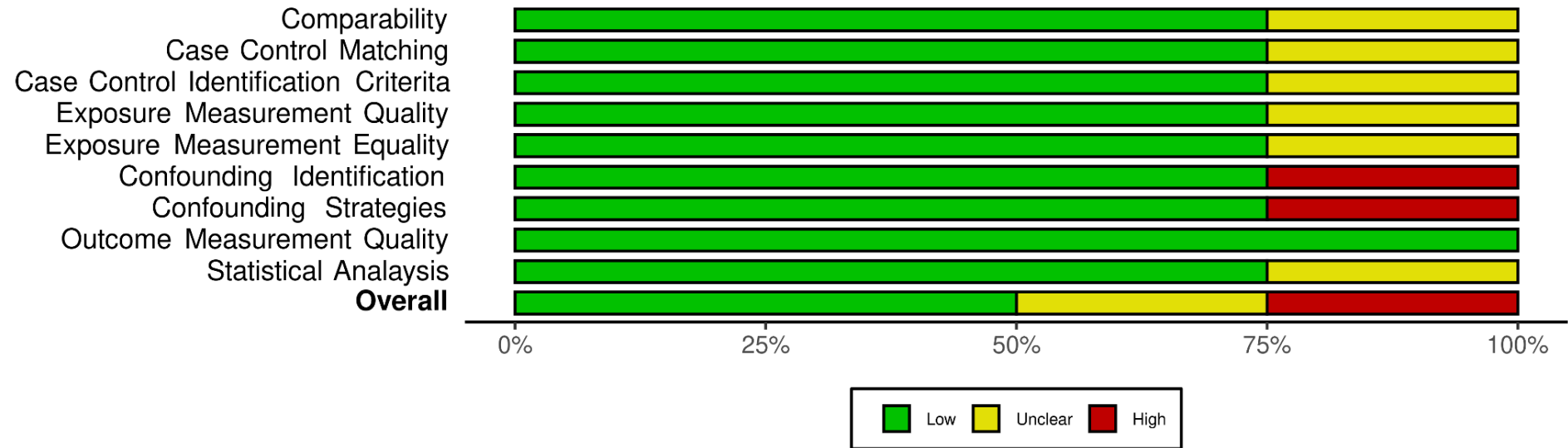
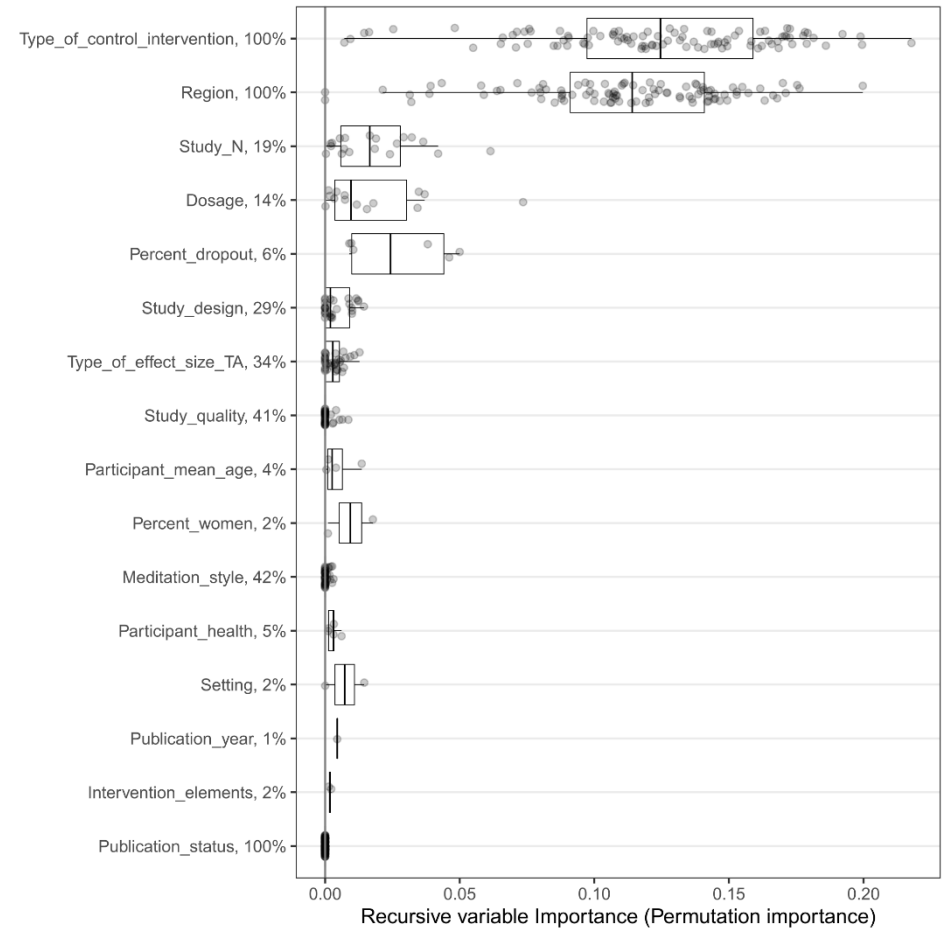
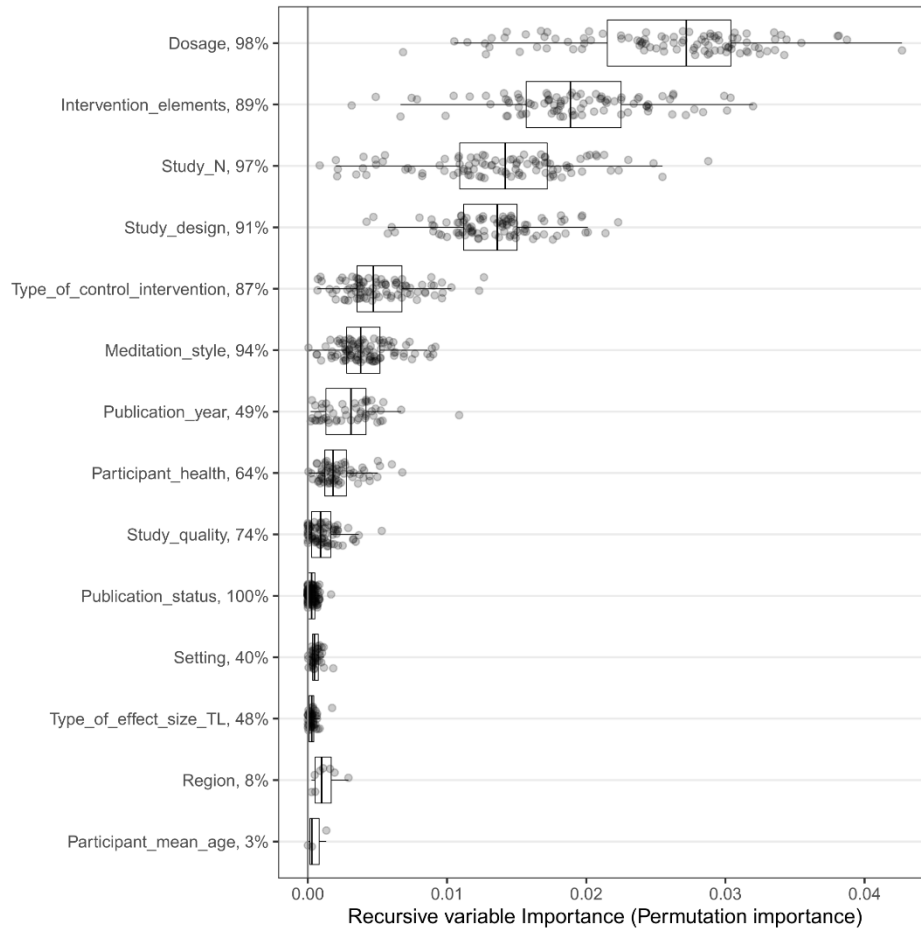


Figure S9

Relative Variable Importance (Left: Telomere Length, Right: Telomerase Activity)



Studies Included in the Meta-Analysis

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- Gardener, C. M. (2018). *Exploring the effects of acceptance and commitment therapy (ACT) on biomarkers of stress in breast cancer survivors* [Bachelor of Science thesis, University of Southern Queensland]. USQ ePrints. <http://eprints.usq.edu.au/id/eprint/35883>
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