

Supplementary material: Results of the meta-analyses for the questionnaire items (forest plots with confidence intervals)

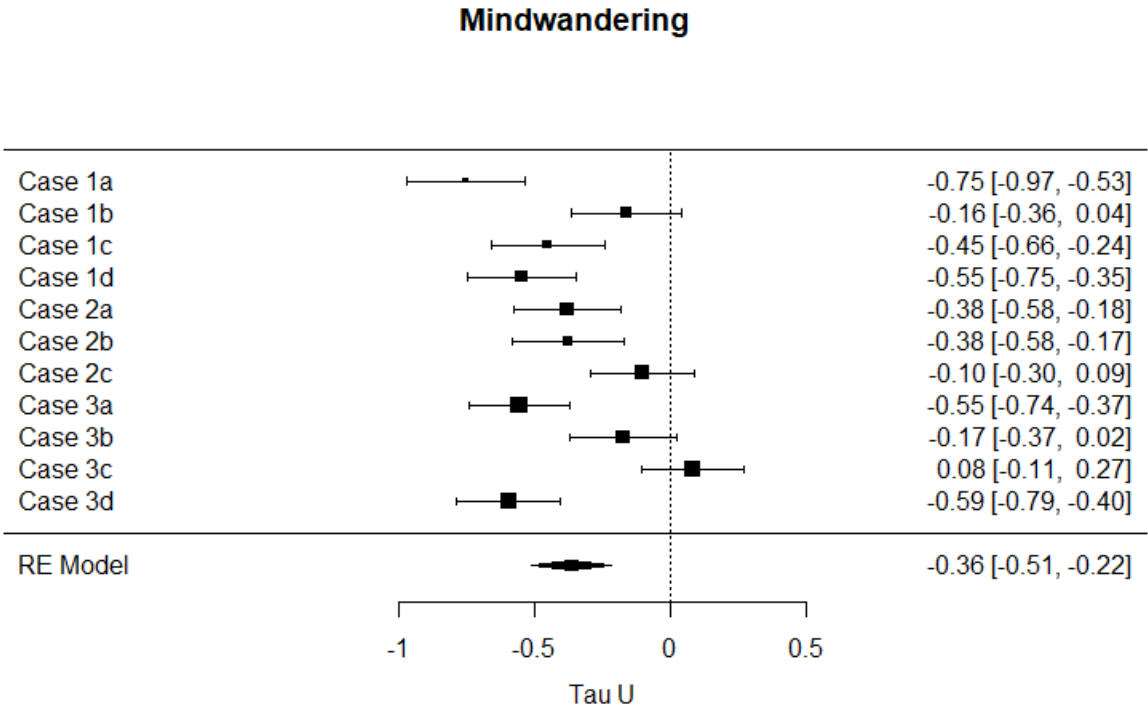


Figure S1. Forest plot of the effect sizes (Tau-U) for mindwandering.

Decentering

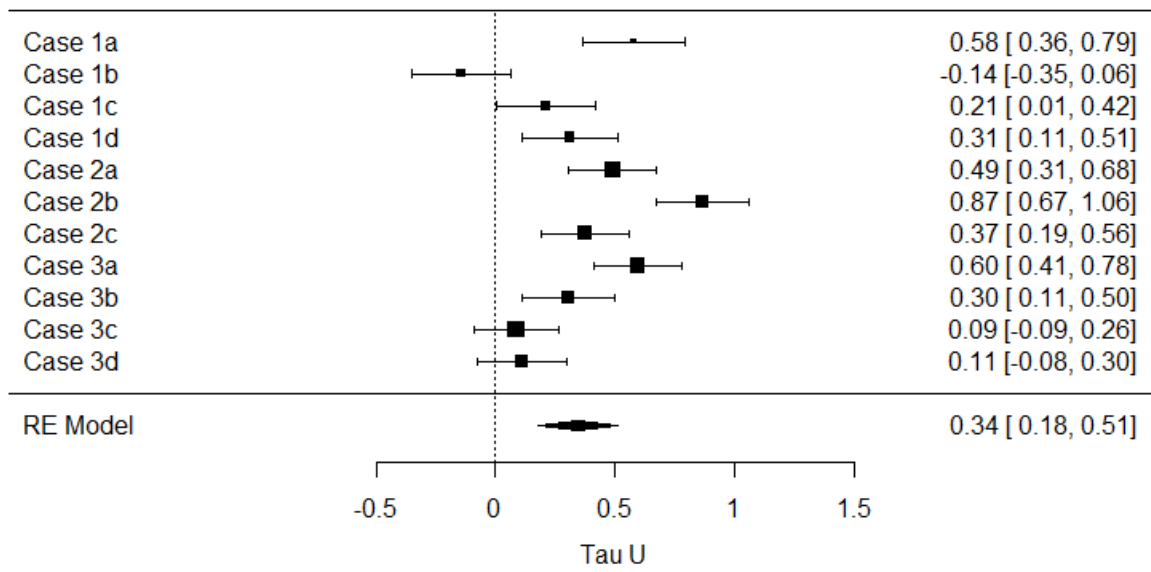


Figure S2. Forest plot of the effect sizes (Tau-U) for decentering.

PANAS positive

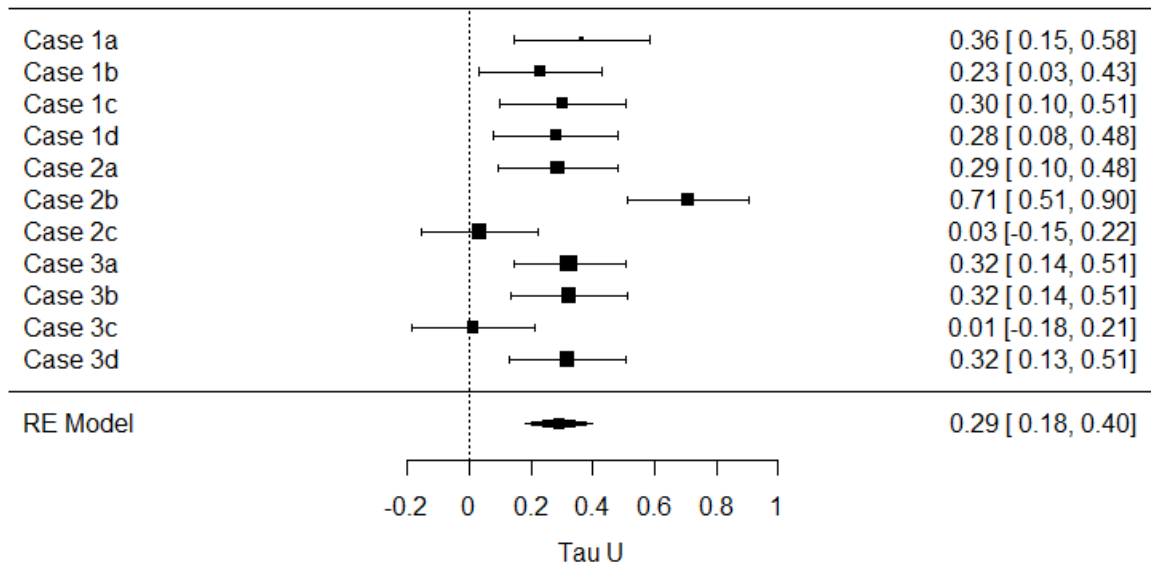


Figure S3. Forest plot of the effect sizes (Tau-U) for PANAS+.

Wellbeing

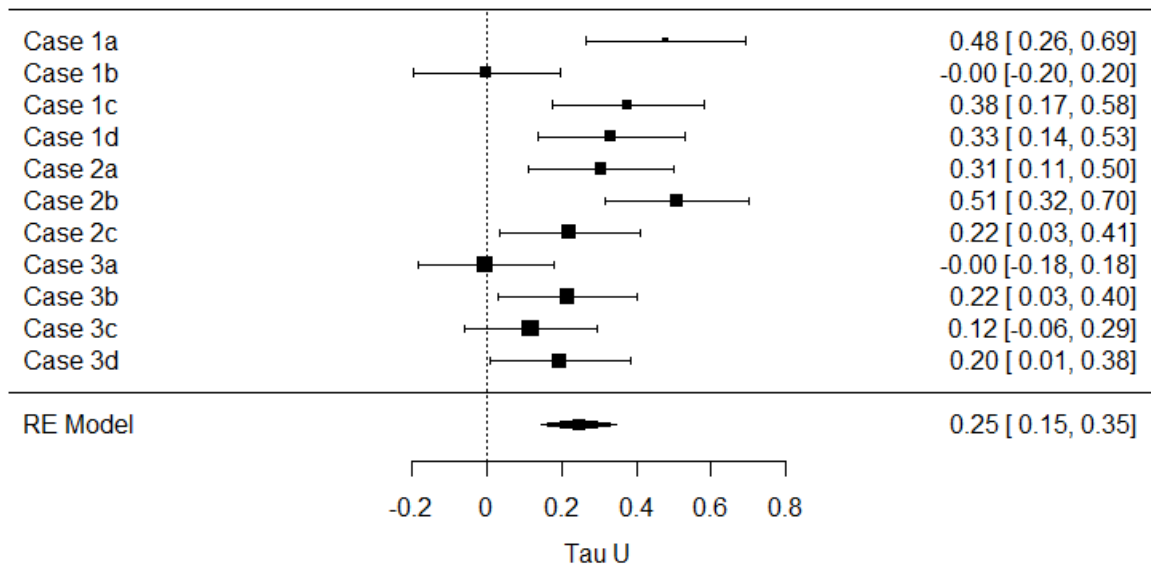


Figure S4. Forest plot of the effect sizes (Tau-U) for well-being.

PANAS, negative

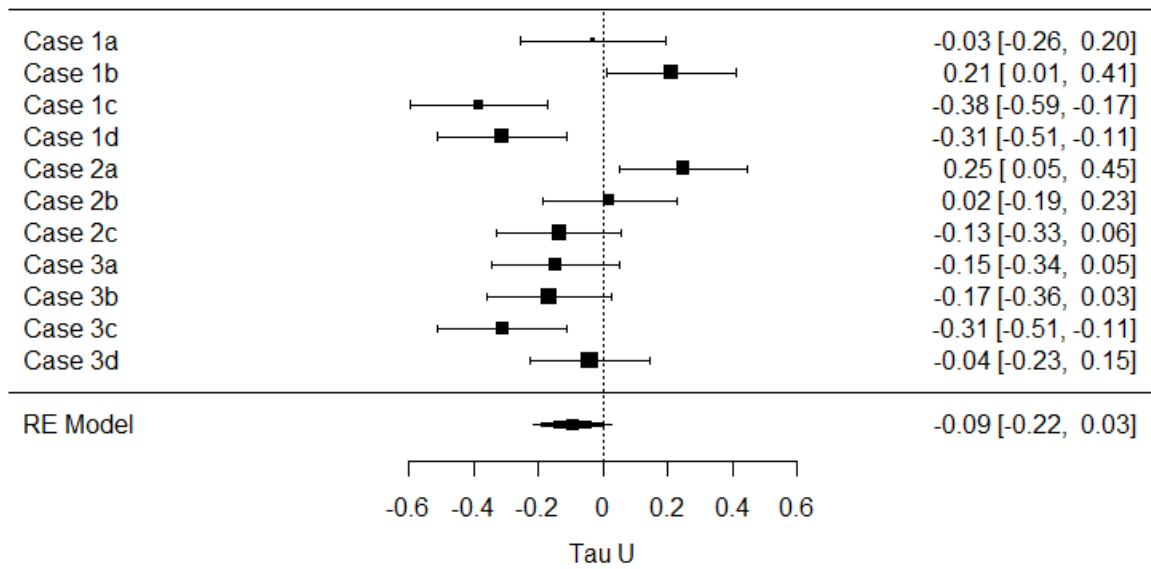


Figure S5. Forest plot of the effect sizes (Tau-U) for PANAS-.

ER Reappraisal

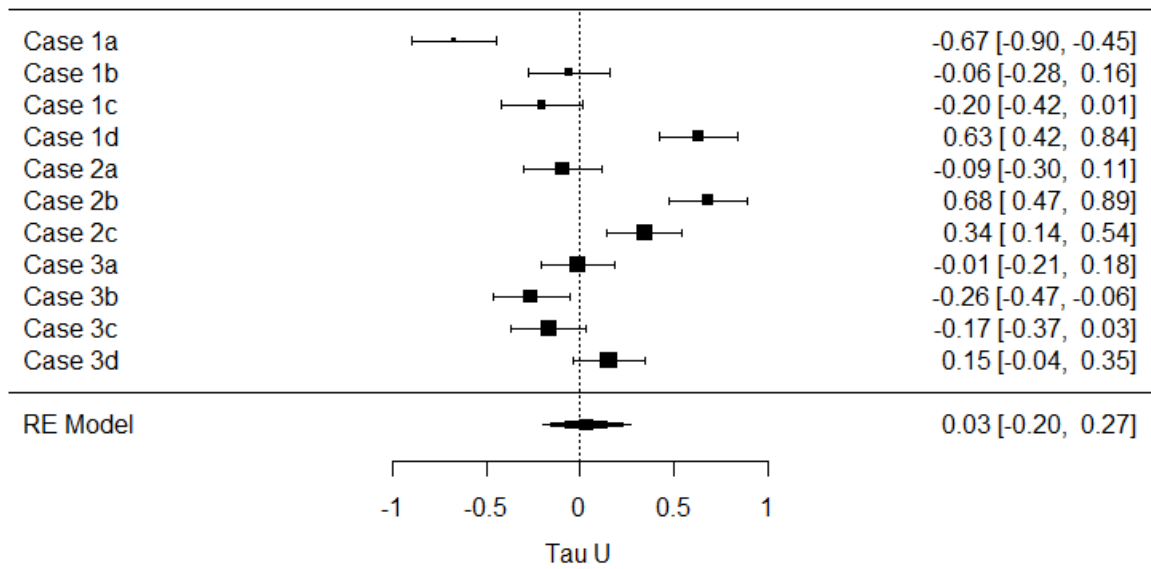


Figure S6. Forest plot of the effect sizes (Tau-U) for ER reappraisal.

ER Suppression

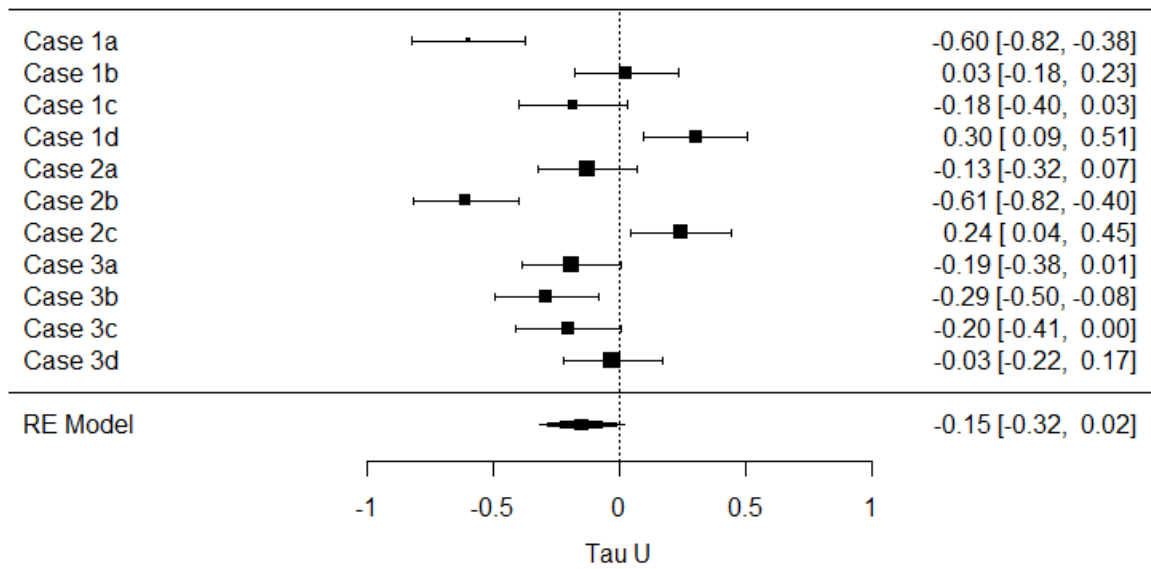


Figure S7. Forest plot of the effect sizes (Tau-U) for ER suppression.