Table 3. Effect sizes and 95% confidence intervals for mindfulness induction compared to comparison groups on measures of emotion regulation strategies

| Strategy  | CT | First Author | Measure | EXI induction | MF *n* | CT *n* | SMD | LCI | UCI |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Experiential Avoidance | MW | Carlin | TP | Fear | 25 | 25 | 0.31 | -0.24 | 0.87 |
| MAL | Hooper | IRAP | Negative affect | 15 | 9 | 0.13 | -0.70 | 0.96 |
|  |  | Hooper | AAQ | Negative affect | 15 | 9 | 0.28 | -0.54 | 1.12 |
| Decentering | AAR | Feldman1 | TMS | None | 68 | 63 | 0.33 | -0.02 | 0.67 |
| Feldman2 | TMS | None | 68 | 59 | **0.40** | **0.05** | **0.75** |
| Rumination | AAR | Hilt3 | VAS | Negative affect | 31 | 33 | -0.37 | -0.87 | 0.12 |
| Villa1 | VAS | Negative affect | 38 | 37 | **-0.48** | **-0.94** | **-0.02** |
| DIS | Hilt | VAS | Negative affect | 31 | 32 | 0.09 | -0.40 | 0.58 |
| MW | Cooke-Long | ARS | Injustice | 27 | 25 | **-1.30** | **-1.89** | **-0.70** |
| NOIN | Villa | VAS | Negative affect | 38 | 36 | **-2.09** | **-2.65** | **-1.52** |
| Response Modulation | DIS | Yusainy | TCRT | None | 30 | 29 | -0.01 | -0.51 | 0.52 |

Note. Significant effect sizes are in boldface. *CT* = comparison group; *MW* = mind wandering; *MAL* = maladaptive alternative regulation; *AAR* = alternative adaptive regulation; *DIS* = distraction; *NOIN* = no instruction; *n =* number of participants in induction group; *MF =* mindfulness; *SMD =* standardised mean difference; *LCI =* lower confidence intervals; *UCI =* upper confidence intervals; *TP =* task persistence*; IRAP =* Implicit Relational Assessment procedure*; AAQ =* Acceptance and Action questionnaire; *TMS =* Toronto Mindfulness scale*; VAS =* Visual Analogue scale*; ARS =* Anger Rumination scale*; TCRT =* Taylor Competitive Reaction Time task; *EXI* = experimental induction.

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