Table 4. Effect sizes and 95% confidence intervals for mindfulness induction compared to comparison groups on measures of executive functions.

| EF Component | CT | First author | Measure | MF *n* | CT *n* | ES | LCI | UCI |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Inhibition | AAR | Keng (2013)1\* | Stroop | 43 | 43 | **-0.67** | **-1.10** | **-0.23** |
|  |  | Keng (2017)1\* | Stroop | 38 | 43 | 0.20 | -0.24 | 0.64 |
|  | DIS | Larson | Flanker Err | 28 | 27 | -0.20 | -0.73 | 0.33 |
|  |  | Larson | Flanker RT | 28 | 27 | -0.03 | -0.87 | 0.19 |
|  |  | Mrazek | SART Err | 19 | 20 | **-0.77** | **-1.42** | **-0.12** |
|  |  | Mrazek | SART RT CVa | 19 | 20 | **-0.72** | **-1.37** | **-0.08** |
|  |  | Watier2 | Stroop Emo | 25 | 23 | **0.79** | **0.20** | **1.38** |
|  |  | Watier3 | Stroop Emo | 25 | 24 | 0.50 | -0.07 | 1.07 |
|  | MAL | Keng (2017)4\* | Stroop | 38 | 42 | 0.40 | -0.04 | 0.85 |
|  |  | Mrazek | SART Err | 19 | 21 | **-0.93** | **-1.59** | **-0.27** |
|  |  | Mrazek | SART RT CV | 19 | 21 | **-0.73** | **-1.38** | **-0.09** |
|  | NOIN | Keng (2013)\* | Stroop | 43 | 43 | **-0.55** | **-0.98** | **-0.12** |
| Shifting | AAR | Johnson1 | TMA | 41 | 251 | -0.30 | -0.80 | 0.21 |
|  |  | Johnson | TMB | 41 | 25 | -0.09 | -0.59 | 0.41 |
|  | DIS | Johnson | TMB | 41 | 26 | 0.28 | -0.22 | 0.77 |
|  |  | Johnson | TMA | 41 | 26 | 0.32 | -0.18 | 0.81 |
| Updating | AAR | Johnson5 | DSB | 41 | 25 | -0.15 | -0.65 | 0.35 |
|  |  | Johnson | TB | 41 | 25 | -0.12 | -0.62 | 0.38 |
|  |  | Johnson | DSF | 41 | 25 | -0.09 | -0.59 | 0.41 |
|  |  | Johnson | SDMT | 41 | 25 | 0.07 | -0.43 | 0.57 |
|  | DIS | Weger\* | Maths | 18 | 18 | **0.94** | **0.24** | **1.63** |
|  |  | Johnson | DSB | 41 | 26 | -0.24 | -0.73 | 0.26 |
|  |  | Johnson | DSF | 41 | 26 | -0.23 | -0.73 | 0.26 |
|  |  | Johnson | SDMT | 41 | 26 | -0.19 | -0.68 | 0.30 |
|  |  | Johnson | TB | 41 | 26 | 0.06 | -0.43 | 0.56 |

Note. Significant effect sizes are in boldface. *AAR* = alternative adaptive regulation; *DIS*  = distraction; *MAL* = maladaptive alternative regulation; *NOIN* = no instruction; *n =* number of participants in induction group; *SMD =* standardised mean difference, *LCI =* lower confidence intervals; *UCI =* upper confidence intervals; *RT CV* = reaction time coefficient of variability; *TMA =* Trail Making Test A*; DSB =* Digit Span Backward*; TB =* Two-Back task*; DSF =* Digit Span Forward*; TMB =* Trail Making Test B*; SDMT =* Symbol Digit Modalities test*; SART =* Sustained Attention to Response task*; Err =* error; *RT =* reaction time*; Emo =* emotional; *Inc =* incongruent, *FIX =* fixed interval schedule

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a RT CV or reaction time of coefficient variability calculated by the authors as standard deviation of reaction time divided by mean reaction time

\*Experimental design included an additional experimental induction (see table 1 for details)