Table 1. Overview of study characteristics across all included studies, including descriptions of mindfulness and comparison inductions

| Author (year) Country | Study Design/ Procedure/ Randomised | N (attrition) | Quality | Mindfulness induction components | | | | | | Mindfulness induction duration (mins)/ descriptor/ script / origin | Comparison induction(s)/ Manipulation Check | Experimental Induction (EXI) method/ inducing/ manipulation check/ measure |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Focus attention | Regulate attention | Aware present moment | Aware breath/ body | Aware thoughts/ emotions | Attitude |
| Arch & Craske (2006) USA | POST; EXI-MF-EXI-EXI; R | 60 (-) | WK | X |  | X | X |  |  | 15; Ind; Exerts; KZ + SEG | MW MAL; Y | Images; NA; Y; PANAS |
| Bing-Canar, Pizzuto, & Compton (2016) USA | POST; NR | 44 (7) | WK | X |  | X | X |  |  | 15; Exe; No; KZ + LARS | DIS; No | - |
| Broderick (2005) USA | PRE-POST; EXI-MF; R | 209 (32) | MOD |  |  |  | X |  | X | 8; Cond; No; KZ | DIS; Y | Statements + music; Sad; Y; PANAS |
| Carlin & Ahrens (2014) USA | POST; MF-EXI; R | 100 (-) | WK | X |  |  | X |  |  | 15; Ind; No; ARCH + KZ | MW; No | Film; Fear; Y; maths test |
| Cooke Long & Christian (2015) USA | PRE-POST; MF-EXI; R | 117 (8) | WK | X |  | X | X |  | X | 12; Man; Exerts; KIKE | NOIN; No | Feedback; Inj; Y; PANAS |
| Erisman & Roemer (2010) USA | PRE-POST; EXI-MF; R | 33 (3) | WK | X |  |  | X | X | X | 10; Exp; Full; SEG | DIS; No | Film; Sad; Y; PANAS |
| Feldman, Greeson, & Senville (2010) USA | POST; R | 190 (-)a | WK |  | X |  | X |  | X | 15; None; No; SEG + ARCH | AAR AAR; Y | - |
| Heppner et al. (2008) USA | POST; MF-EXI; R | 60 (3) | WK | X |  |  | X |  |  | 6; Ind; Full; KZ | NOIN; No | Peer feedback; Ang; No; Noise Blast |
| Hilt & Pollak (2012) USA | PRE-POST; EXI-MF; R | 102 (6)b | MOD |  |  | X | X | X | X | 8; Int; Exert; BROD | AAR DIS; No | Feedback + Rum; NA + Rum; Y; PANAS |
| Hooper, Villatte, Neofotistou, & McHugh (2010) UK | PRE-POST; EXI-MF; NR | 50 (26) | WK | X |  |  |  |  |  | 10; Ind; No; ARCH | MAL; Y | Images; NA; No; IRAP + AAQ |
| Johnson, Gur, David, & Currier (2013) USA | PRE-POST; R | 92 (-) | WK | X |  |  | X | X | X | 25; SS; Full; ZEID | AAR DIS; Y | - |
| Keng, Robins, Smoski, Dagenbach & Leary (2013) USA | PRE-POST; MF-EXI; R | 125 (29) | WK |  |  | X | X | X | X | 10; Cond; SUP; SING | AAR NOIN; Y | Recall event + music; SAD; Y; VAS |
| Keng, Tan, Eisenlohr-Moul, & Smoski (2017) SIN | PRE-POST; MF-EXI; R | 171 (46) | WK |  |  |  |  | X | X | 10; Cond; No; SING | AAR MAL; Y | Recall event + music; Sad; Y; VAS |
| Kiken & Shook (2014) USA | POST; MF-EXI; R | 102 (-) | WK | X | X | X | X | X | X | 10; Ind; No; ARCH + KIKE | MW; No | Thought list + music; Sad; Y; VAS |
| Kuehner, Huffziger, & Liebsch (2009) GER | PRE-POST; EXI-MF; R | 60 (-) | WK |  |  | X | X | X | X | 8; Con; Exerts; SEG + HEID + SING | DIS MAL; No | Event recall + music; Sad; Y; PANAS |
| Larson, Steffen, & Primosch, (2013) USA | POST; R | 62 (7) | WK | X |  | X | X |  |  | 14; Int; No; KZ2 | DIS; No | - |
| McHugh, Procter, Herzog, Schock, & Reed (2012) UK | POST; R | 19 (-) 30 (-) | WK | X | X |  | X |  |  | 15; Ind; Full; None | MW; No | - |
| Molet, Macquet, Lefebvre, & Williams (2013) FRA | POST; MF-EXI; R | 48 (-) | WK | X |  | X | X |  |  | 12; Ind; No; MCH | MW; Y | Computer game; Ost; Y; Affect Scale |
| Mrazek, Smallwood, & Schooler (2012) USA | POSTc; R | 60 (-) | WK | X |  |  | X | X | X | 8; Task; No; None | DIS NOIN; No | - |
| Ortner & Zelazo (2012) CAN | PRE-POST; EXI-MF; R | 52 (-) | WK | X | X | X | X | X | X | 10; Man; No; SEG | DIS NOIN; Y | Event recall; Ang; Y; PANAS |
| Remmers, Topolinski & Koole (2016) GER | PRE-POST; EXI-MF; R | 78 (6) | MOD |  |  | X |  |  | X | 5; Ind; No; HUF | DIS RUM; No | Event recall + music + statements; Sad; Y; IPANAT |
| Reynolds, Lin, Zhou, & Consedine (2015) NZ | PRE-POST; MF-EXI; R | 104 (3) | MOD |  |  |  | X | X |  | 10; Ind; No; ERIS | DIS; Y | Smell; Dis; Y; DES |
| Villa & Hilt (2014) USA | PRE-POST; EXI-MF; R | 114 (3) | WK | X |  | X | X | X | X | 8; Int; No; BROD | DIS NOIN; No | Event recall + music + rum; NA + rum; Y; PANAS |
| Watford & Stafford (2015) USA | POST; MF-EXI; R | 70 (-)d | MOD |  |  |  | X | X |  | 15; Int; No; ERIS + KZ | DIS; Y | Images + sounds; NA; Y; PANAS |
| Watier & Dubois (2016) CAN | POST; R | 78 (6) | WK |  |  | X | X | X |  | 10; SS; No; ERIS | DIS DIS; Y | - |
| Weger, Hooper, Meier, & Hopthrow (2012) UK | PRE-POST; MF-EXI; R | 71 (-) | WK | X |  |  | X | X |  | 15; Int; No; HEPP | DIS; No | Task instruction; Ste Thr; Y; Math test |
| Yusainy & Lawrence (2015) UK | PRE-POST; R | 110 (8)e | WK | X | X |  | X |  | X | 15; Ind; No; WILL + KRA | DIS; No | - |

*Note. SIN =* Singapore, *GER* = Germany, *FRA =* France*, CAN =* Canada*, NZ =* New Zealand*, N =* whole sample; *MF =* Mindfulness induction; *EXI* = Experimental induction; *R =* randomised; *NR* = not randomised; *WK =* weak; *MOD =* moderate; *Ind* = Induction; *Exe =* exercise; *Cond* = condition; *Man* = manipulation; *Exp* = experimental; *Int* = intervention; *SS =* single session; *KZ =* Kabat-Zinn (1990); *SEG =* Segal (2002); *LARS*  = Larson, Steffen, and Primosch (2013); *ARCH*  = Arch and Craske (2006); *KIKE* = Kiken and Shook (2011)*; BROD* = Broderick (2005); *ZEID* = Zeidan, Johnson, Diamond, David, and Goolkasian (2010);  *SING* = Singer and Dobson (2007); *HEID* = Heidenreich and Michalak (2003); *KZ2* = Kabat-Zinn (2006); *MCH*  = McHugh et al. (2012); *HUF* = Huffziger and Kuehner (2009) *ERIS =* Erisman and Roemer (2010); *HEPP* = Heppner et al. (2008); *WILL* = Williams and Penman (2011); *KRA* = Kramer, Weger, and Sharma (2013); *SUP =*  supplementary online material; *MW* = mind wandering; *MAL =* maladaptive alternative regulation; *Y* = yes; *DIS* = distraction; *NOIN* = no instruction; *AAR* = alternative adaptive regulation; *NA* = negative affect; *PANAS* = Positive and negative affect schedule; *Sad =* sadness; *Inj =* injustice; *Ang =* anger; *Rum =* rumination; *VAS =* visual analogue scale; *Ost =* ostracism; *IPANAT* = Implicit Positive Affect and Negative Affect Test; *DES* = Differential Emotion Scale; *Ste Thr* = stereotype threat.

Participant attrition rates were averaged where exclusion rates differed between statistical tests within a single sample.

a All participants were female

b Participants age 9-14 years’ old

c SART practice trials took place pre-induction

d Both negative and positive affect were manipulated experimentally, only data from negative affect induction are presented here

e A self-control depletion activity was administered to some participants, data for those participating in the depletion activity is excluded from this review.