Table 2.Effect sizes for overall and sub-group meta-analysis of effect of induction on regulation of negative affect.

| Overall effect or methodological subgroup | | k | MF n | CT n | SMD | LCI | UCI |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Overall Effect | | 15 | 418 | 422 | **-0.28** | **-0.44** | **-0.11** |
| Comparison group a | Distraction | 8 | 142 | 227 | -0.01 | -0.22 | 0.21 |
| Mind wandering | 4 | 100 | 108 | **-0.58** | **-0.86** | **-0.30** |
| Maladaptive regulation | 5 | 81 | 138 | **-0.38** | **-0.65** | **-0.11** |
| No instruction | 4 | 64 | 105 | **-0.50** | **-0.82** | **-0.18** |
| Emotion induction specificity | Specific emotion | 11 | 291 | 297 | **-0.24** | **-0.42** | **-0.06** |
| General negative affect | 4 | 127 | 125 | -0.32 | -0.73 | 0.10 |
| Emotion induction personal relevance | High | 8 | 215 | 220 | **-0.35** | **-0.57** | **-0.14** |
| Low | 7 | 202 | 202 | -0.19 | -0.46 | 0.08 |
| Induction order b | Emotion: mindfulness | 6 | 174 | 174 | -0.22 | -0.45 | 0.02 |
| Mindfulness: emotion | 8 | 209 | 209 | **-0.30** | **-0.58** | **-0.02** |
| Mindfulness induction duration c | 5-15 minutes | 15 | 418 | 422 | -0.03 | -0.09 | 0.03 |
| Design | Post test | 5 | 121 | 121 | -0.34 | -0.70 | 0.02 |
| Pre-post test | 10 | 297 | 301 | **-0.26** | **-0.44** | **-0.05** |
| Outcome measure | PANAS | 8 | 217 | 210 | -0.26 | -0.54 | 0.02 |
| Other | 7 | 200 | 212 | -**0.29** | **-0.50** | **-0.09** |

*Note.* Significant effect sizes are in boldface*. k =* number of studies in subgroup*; MF =* mindfulness; *CT =* comparison group; *n =* number of participants in induction group*; SMD =* standardised mean difference*; LCI =* lower confidence interval*; UCI =* upper confidence interval

*a* Where mindfulness group was used as comparator against more than one comparison group the mindfulness group *N* was divided by the number of times the data was entered in the analysis; Alternative adaptive regulation not entered as subgroup analysis as subgroup contained data from only two studies.

b Arch et al (2006) was not entered as emotion inductions were repeated more than once.

c Meta-regression of induction length calculated on Comprehensive Meta-Analysis software version 3; the value denoted under heading SMD represents the regression coefficient.