

Supplemental material 2 - Intervention and implementation data

Author name(s) & date	MBP	Randomisation method	Programme length	No. of sessions	Duration	Dose	Time of intervention	End point & follow up	Home practice	Teacher experience	Adherence to programme	Attrition	Researcher Allegiance	Quality of intervention
Aherne, C. Moran, A.P. & Lonsdale, C. (2011)	CD "Guided meditations Practices" Williams et al 2007	Stratified according to gender and sport then randomised	6 weeks	0	10 Minutes per day & 30 mins twice weekly	660 minutes	Unclear	End of MBI	Daily	CD only. Reminder by text	Unclear	0	3	0
Ajichi, B. Mohebi, M. Zarei, S. & Kiseley, S. (2021)	MAC	Computersied	7 weeks	7	45 mins plus + X3 home practice	525 minutes	Unclear	2 months post	At least 3 per week	Authors - guided by clinical psychologist	Unclear	3 2 MBI 1 Control	4	2
Carraça, B. Sampa, B. Rosado, Palmi, J. (2018)	MBSoccerP - Modified from MBSR, MAC, & Compassion & Mind	Randomised - not defined	8 weeks	9	90-120 minutes	945 minutes	Unclear	End of MBI	Structured tasks each week	Unclear	Unclear	3 2 MBI 1 Control	3	2
Jones, B. Kuar, S. Miller, M., Spencer, R. (2020)	MBSR	Quasi randomised based on availability due to class schedule (no baseline differences)	9 weeks	8	75 minutes	600 minutes	Pre/early season	Performance test - week 6 of MBI. Questionnaires at end of MBI. Actigraphy 14 weeks post	10 min daily prior to sleeping	Professional instructor	Good adherence	0	4	3
Josefsson, T. Ivarsson, A. Gustafsson, H. Stenling, A. Lindvall, M. Tomberg, M. & Böry, M. (2019)	MAC	Restricted shuffle randomisation	7 weeks	7	50 minutes	700 minutes	Unclear	End of MBI	Audio files provided	Two sports psychologist with experience of delivering MAC	Unclear	0	4	1
Kubesia, C. & Chan, J. (2017)	MAC adaptation	Randomised using random number generator	5 weeks	5	60 minutes	350 minutes	Unclear	End of MBI	Between session home activities	MSc students with minimal training	High Adherence	1 MBI	4	0
MacDougall, H. O'Halloran, P. Sherry, E. & Shields, N. (2019)	MAC	Concealed allocation block randomised	8 weeks	8	45 minutes	360 minutes	Unclear	End of MBI	Between session home activities	Certified mindfulness teacher with experience in sport	High Adherence	0	2	2
Mehnsafar, A.M. Strahler, J. Gazzerani, P. Khabazi, M. Sánchez, C.J.J. Moosakhani, A. & Zadeh, A.M. (2019)	MBSR, MAC, MBCT adaptation	Random allocation software	8 weeks	16	60 minutes	960 minutes	During selection tournament	8 weeks post	30 mins per day. Guided by CD. Reminder by text	Unclear - sessions recorded and checked for quality	High Adherence	0	4	2
Moan, F. Abrahamson, F. Furur, P. (2015)	MBI based on MBSR	Block randomisation	12 weeks	4	2 hour	480 minutes	Unclear	End of MBI	Significant daily practice with schedule	Experienced mindfulness coach - sessions reviewed	Unclear	27 6 MBI 21 Control	4	3
Naderi, A. Shaabani, F. Zandi, H., Calmeto, L., Brewer, B. (2020)	MAC	Stratified by injury history and competitive level	7 weeks	7	45 minutes	315 minutes	Early season	5 months post	Audio session 10 minutes daily	PhD Clinical psychology student	Very High Adherence	8 3 MBI 5 control	3	1
Norouzi, E., Gerber, M., Mansour, F., Vaezmosavi, M., Putise, U., & Brand, S. (2020)	MBSR	Randomised - not defined	8 weeks	8	90 minutes	720 minutes	Early retirement	4 weeks post	Audio file, daily. Reviewed in sessions	Trained clinical psychologists	High Adherence	0	4	3
Rooks, J., Morrison, A. Goolsarran, M. Rogers, S. & Amisha, J. (2017)	MBSR adaptation	Stratified by position and performance	4 weeks	4	45 minutes	180 minutes	Pre-season - high load interval + selection	End of MBI	Daily audio file. 12 minutes 4 times plw	Unclear	High Adherence	0	2	1