

## Supplemental material 3

## Risk of bias assessment - Joanna Briggs Checklist for randomised controlled trials

	Aherne et al (2011)	Ajilchi et al (2021)	Carraça et al (2018)	Jones et al (2020)	Josefsson et al (2018)	Kubesia & Chan (2017)	MacDougall et al (2019)	Mehrsafar et al (2019)	Moen et al (2015)	Naderi et al (2020)	Norouzi et al (2020)	Rooks et al (2017)
Was true randomisation used for assignment of participants to treatment groups?	Orange	Green	Orange	Red	Green	Green	Green	Green	Red	Orange	Orange	Red
Was allocation to treatment groups concealed?	Orange	Orange	Red	Red	Green	Green	Green	Green	Red	Orange	Orange	Red
Were treatment groups similar at baseline?	Green	Green	Green	Green	Green	Red	Red	Green	Red	Green	Green	Green
Were participants blind to treatment assignment?	Red	Red	Red	Red	Orange	Red	Red	Red	Red	Orange	Red	Green
Were those delivering treatments blind to treatment assignment?	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Were outcome assessors blind to treatment assignment?	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey	Grey
Were treatment groups treated identically other than the intervention of interest?	Green	Green	Orange	Green	Green	Green	Green	Red	Orange	Green	Green	Green
Was follow up complete? If not, were differences between groups in terms of their follow up adequately described and analysed?	Green	Green	Green	Orange	Red	Green	Green	Green	Green	Green	Green	Green
Were participants analysed in the group to which they were randomised?	Green	Red	Red	Red	Red	Red	Green	Green	Green	Red	Green	Red
Were outcomes measured in the same way for the treatment group?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Were outcomes measured in a reliable way?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Was appropriate statistical analysis used?	Red	Red	Red	Green	Red	Red	Orange	Orange	Red	Green	Green	Green
Was the trial design appropriate, and any deviations from the standard RCT design accounted for in the conduct and analysis of the trial?	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
<b>Overall Quality of study:</b>	Moderate (7/11)	Moderate (7/11)	Low (5/11)	Moderate (6/11)	Moderate (7/11)	Moderate (7/11)	Moderate (8/11)	Moderate (8/11)	Low (5/11)	Moderate (7/11)	Moderate (8/11)	Moderate (8/11)
<b>Risk of Bias:</b>	Low	Unclear	High	N/A								

## Supplemental material 4 - GRADE assesment

Author(s): K Myall et al. 2022

Question: Mindfulness compared to TUE for improving mental health related outcomes

Setting: Elite sport

Bibliography:

Certainty assessment							N <sup>o</sup> of patients		Effect		Certainty	Importance
N <sup>o</sup> of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Mindfulness	TUE	Relative (95% CI)	Absolute (95% CI)		
<b>Mindfulness (follow up: median 2 weeks; assessed with: Questionnaire)</b>												
10	randomised trials	not serious	not serious	not serious	not serious	publication bias strongly suspected	232	226	-	SMD 0.62 SD higher (0.22 higher to 1.03 higher)	⊕⊕⊕○ MODERATE	IMPORTANT
<b>Anxiety (follow up: median 2 weeks; assessed with: Questionnaire)</b>												
6	randomised trials	not serious	serious	not serious	serious	strong association	213	196	-	SMD 0.87 SD lower (1.59 lower to 0.16 lower)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Depression (follow up: median 2 weeks; assessed with: Questionnaire)</b>												
3	randomised trials	not serious	not serious	not serious	serious	publication bias strongly suspected strong association	91	75	-	SMD 0.90 SD lower (2.05 lower to 0.25 higher)	⊕⊕⊕○ MODERATE	CRITICAL
<b>Psych wellbeing (follow up: median 2 weeks; assessed with: Questionnaire)</b>												
5	randomised trials	not serious	serious	not serious	not serious	strong association	120	117	-	SMD 0.96 SD higher (0.05 higher to 1.86 higher)	⊕⊕⊕○ MODERATE	IMPORTANT
<b>Psych distress (follow up: median 2 weeks; assessed with: Questionnaire)</b>												
3	randomised trials	not serious	not serious	not serious	not serious	none	174	161	-	SMD 0.40 SD lower (0.61 lower to 0.18 lower)	⊕⊕⊕⊕ HIGH	IMPORTANT
<b>Stress (follow up: median 2 weeks; assessed with: Questionnaire)</b>												
5	randomised trials	not serious	not serious	not serious	serious	strong association	77	76	-	SMD 0.91 SD lower (1.61 lower to 0.2 lower)	⊕⊕⊕⊕ HIGH	IMPORTANT

CI: Confidence interval; SMD: Standardised mean difference