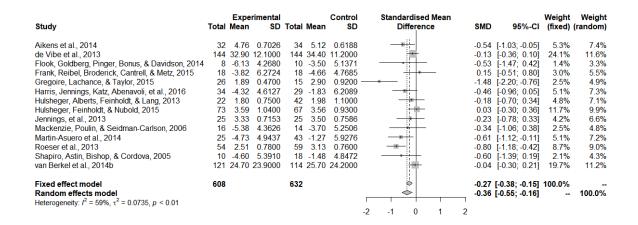


Supplementary files for Mindfulness-based interventions in the workplace: An inclusive metaanalysis of their impact upon wellbeing

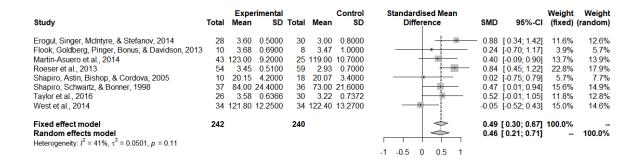
	Experimenta	Control	Standardised Mean	Weight Weight		
Study	Total Mean SD	Total Mean SD	Difference	SMD 95%-CI (fixed) (rando	m)	
Pipe et al., 2009	15 0.23 0.2000			-0.21 [-0.90; 0.49] 11.7% 11.7		
Roeser et al., 2013	54 38.78 12.8400			-0.69 [-1.07; -0.31] 39.2% 39.2		
Shapiro, Schwartz, & Bonner, 1998	37 36.20 9.1048			-0.60 [-1.07; -0.13] 25.7% 25.7		
Song & Lindquist, 2015	21 2.80 4.1000			-0.50 [-1.10; 0.10] 15.7% 15.7		
Sood, Sharma, Schroeder, & Gorman, 2014	11 45.50 11.2000	11 53.30 16.0000	*	-0.54 [-1.40; 0.31] 7.8% 7.8	%	
Fixed effect model	138	146	→	-0.57 [-0.81; -0.33] 100.0%		
Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $\rho = 0.82$				-0.57 [-0.81; -0.33] 100.0	%	
Heterogeneity: $I = 0\%$, $\tau = 0$, $p = 0.82$			-1 -0.5 0 0.5 1			

	Experimenta	I Control	Standardised Mean		Weight Weight
Study	Total Mean Si) Total Mean SD	Difference	SMD 959	%-CI (fixed) (random)
Pipe et al., 2009	15 0.23 0.200	0 17 0.28 0.2600		-0.21 [-0.90;	0.49] 11.7% 11.7%
Roeser et al., 2013	54 38.78 12.840	59 47.02 10.7700		-0.69 [-1.07; -	0.31] 39.2% 39.2%
Shapiro, Schwartz, & Bonner, 1998	37 36.20 9.104	36 41.80 9.2784	- +	-0.60 [-1.07; -0	0.13] 25.7% 25.7%
Song & Lindquist, 2015	21 2.80 4.100	23 5.90 7.4000		-0.50 [-1.10; (0.10 15.7% 15.7%
Sood, Sharma, Schroeder, & Gorman, 2014	11 45.50 11.200	11 53.30 16.0000	-	-0.54 [-1.40;	0.31] 7.8% 7.8%
Fixed effect model	138	146	\limits	-0.57 [-0.81; -0	0.33] 100.0%
Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.82$				-0.57 [-0.81; -0	0.33] 100.0%
Tretter ogenery. 7 = 070, t = 0, p = 0.02			-1 -05 0 05 1		

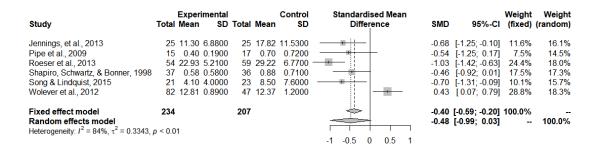
Supplementary figure 1 - Forest plot of anxiety outcomes



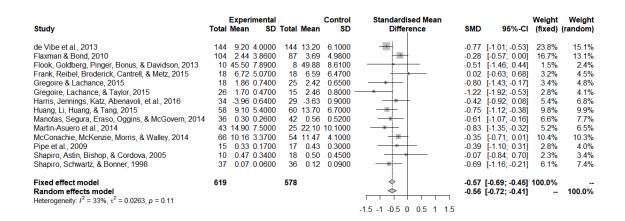
Supplementary figure 2 - Forest plot of burnout outcomes



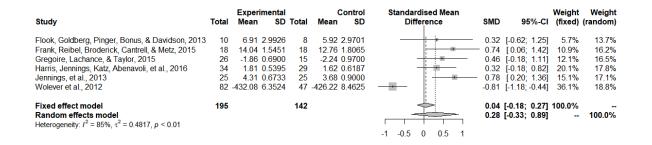
Supplementary figure 3 - Forest plot of compassion outcomes



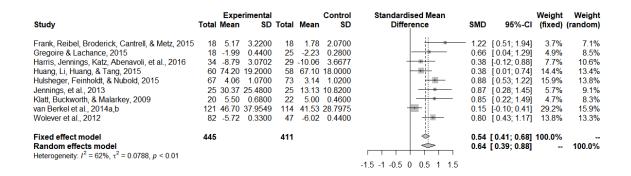
Supplementary figure 4 - Forest plot of depression outcomes



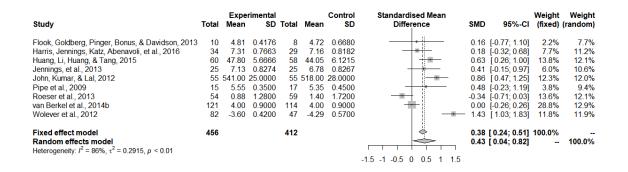
Supplementary figure 5 - Forest plot of distress outcomes



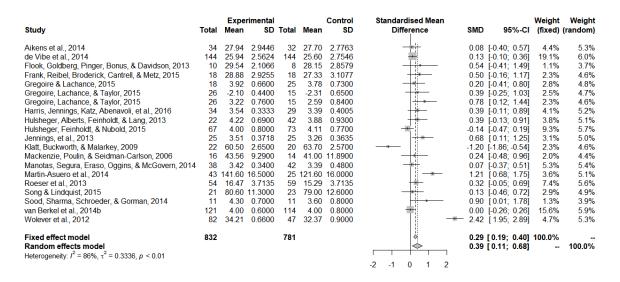
Supplementary figure 6 - Forest plot of emotional regulation outcomes



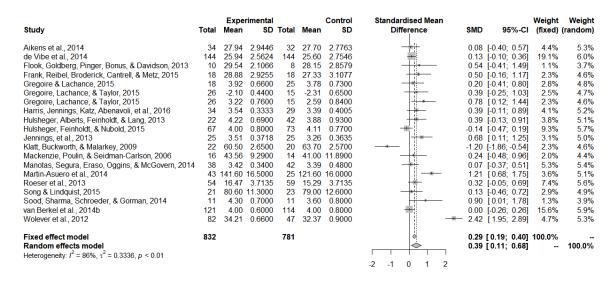
Supplementary figure 7 - Forest plot of health outcomes



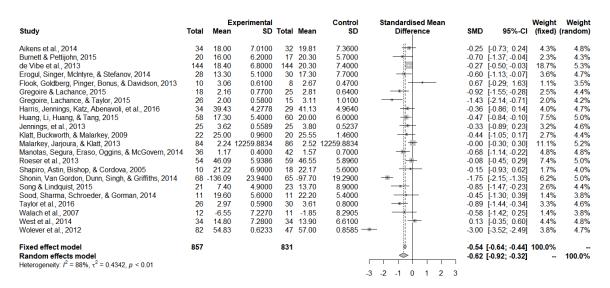
Supplementary figure 8 - Forest plot of job performance outcomes



Supplementary figure 9 - Forest plot of mindfulness outcomes



Supplementary figure 10 - Forest plot of positive wellbeing outcomes



Supplementary figure 11 - Forest plot of stress outcomes