

Supplemental Material for the article

A Meta-Analysis of the Relationship between Trait Mindfulness and Substance Use Behaviors

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Supplemental Table. Mindfulness and Substance Use Measures and Aspects

Variable	Traits and Behaviors	Measures	Reference
Mindfulness Measures	Observing	Kentucky inventory of mindfulness skills' observing scale	Baer et al. (2004)
		Five facet mindfulness questionnaire's observing scale	Baer et al. (2006)
		Composite mindfulness questionnaire's observing scale	Baer et al. (2006)
	Describing	Kentucky inventory of mindfulness skills' describing scale	Baer et al. (2004)
		Five facet mindfulness questionnaire's describing scale	Baer et al. (2006)
		Composite mindfulness questionnaire's describing scale	Baer et al. (2006)
	Awareness	Kentucky inventory of mindfulness skills' awareness scale	Baer et al. (2004)
		Five facet mindfulness questionnaire's awareness scale	Baer et al. (2006)
		Freiburg mindfulness inventory (specific items)*	Buchheld et al. (2001)
	Non-judgment	Composite mindfulness questionnaire's awareness subscale	Baer et al. (2006)
		Kentucky inventory of mindfulness skills' non-judgment scale	Baer et al. (2004)
		Five facet mindfulness questionnaire's non-judgment scale	Baer et al. (2006)

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Variable	Traits and Behaviors	Measures	Reference
Mindfulness Measures	Non-judgment (cont.)	Freiburg mindfulness inventory (specific items)* Difficulties in emotion regulation scale's emotional non-acceptance scale Toronto mindfulness scale's decentering scale	Buchheld et al. (2001) Gratz and Roemer (2004) Davis et al. (2009)
	Non-reactivity	Five facet mindfulness questionnaire's non-reactivity scale Cognitive and affective mindfulness scale Freiburg mindfulness inventory (specific items)* Toronto mindfulness scale's curiosity scale Composite mindfulness questionnaire's non-reactivity scale	Baer et al. (2006) Feldman et al. (2007) Buchheld et al. (2001) Davis et al. (2009) Baer et al. (2006)
	Unidimensional	Mindful attention and awareness scale Self-compassion scale's mindfulness subscale Child Acceptance and Mindfulness Measure Five Facet Mindfulness Questionnaire Freiburg Mindfulness Inventory Kentucky Inventory of Mindfulness Skills Composite Mindfulness Questionnaire	Brown and Ryan (2003) Neff (2003) Greco and Baer (2009) Baer et al. (2006) Buchheld et al. (2001) Baer et al. (2004) Baer et al. (2006)

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Variable	Traits and Behaviors	Measures	Reference
Substance Use Measures	Abstinence	Timeline Follow-Back	Sobell and Sobell (1992)
	Lifetime Substance Use	Marijuana Smoking History Questionnaire Life History Calendar	Bonn-Miller and Zvolensky (2005) Freedman et al. (1988)
	Past Month(s) Substance Use	Substance Use Questionnaire CDC Youth Risk Behavior Survey Quantity Frequency Index Behavioral Risk Factor Surveillance System Survey Questionnaire Timeline Follow-Back Opiate Treatment Index's Alcohol Scale Quantity Frequency Questionnaire Marijuana Smoking History Questionnaire	LePera (2011) Eaton et al. (2012) Hagman et al. (2007) Remington et al. (1988) Sobell and Sobell (1992) Darke et al. (1992) Dimeff et al. (1999) Bonn-Miller and Zvolensky (2005)
	Past Week(s) Substance Use	Daily Drinking (or Drug Taking) Questionnaire Smoking Status Questionnaire Timeline Follow-Back	Collins et al. (1985) Adams et al. (2012c) Sobell & Sobell (1992)
	Problematic substance use	Alcohol Use (or Drug Use) Disorder Identification Test Michigan Alcohol Screening Test Fagerstrom Test for Nicotine Dependence Rutgers Alcohol Problems Index Daily Drinking (or Drug Taking) Questionnaire NIAAA's Alcohol Consumption Questions Young Adult Alcohol Problems Screening Test Severity of Dependence Scale Alcohol Quantity and Frequency Questionnaire PHQ Alcohol Abuse and Dependence Scale	Babor et al. (1992) Selzer (1971) Yamada et al. (2009) White and Labouvie (1989) Collins et al. (1985) NIAAA (2003) Hurlbut and Sher (1992) Gossop et al., 1995 Sobell & Sobell (2003) Spitzer et al. (1999)

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Variable	Traits and Behaviors	Measures	Reference
Substance Use Measures	Substance Use Duration	Timeline Follow-Back	Sobell & Sobell (1992)
	Substance Use Frequency	Alcohol Use (or Drug Use) Disorder Identification Test NIAAA's Alcohol Consumption Questions Timeline Follow-Back	Babor et al. (1992) Sobell & Sobell (1992)
	Substance Use Quantity	Behavioral Risk Factor Surveillance System Survey Questionnaire NIAAA's Alcohol Consumption Questions Smoking History Questionnaire Alcohol Quantity and Frequency Questionnaire	Remington et al. (1988) NIAAA (2003) Brown et al. (2002) Sobell & Sobell (2003)
	Substance Use Quantity-Frequency	Timeline Follow-Back Alcohol Use (or Drug Use) Disorder Identification Test	Sobell & Sobell (1992) Babor et al. (1992)
	Typical Substance Use	Alcohol Use (or Drug Use) Disorder Identification Test Heaviness of Smoking Index CORE Alcohol and Drug Survey Behavioral Risk Factor Surveillance System Survey Questionnaire	Babor et al. (1992) Heatherton et al. (1989) Presley et al. (1994) Remington et al. (1988)