**Supplementary Material 1: Search string for MEDLINE (via PubMed)**

|  |
| --- |
| 01. "Anxiety Disorders"[Mesh] OR "Agoraphobia"[Mesh] OR "Neurocirculatory Asthenia"[Mesh] OR "Obsessive-Compulsive Disorder"[Mesh] OR "Panic Disorder"[Mesh] OR "Phobic Disorders"[Mesh] OR "Stress Disorders, Traumatic"[Mesh] OR OR "Stress Disorders, Post-Traumatic"[Mesh] OR "Stress Disorders, Traumatic, Acute"[Mesh] |
| 02. anxiety OR “generalized anxiety disorder” OR GAD OR agoraphobia\* OR neurocirculatory asthenia\* OR “effort syndrome” OR “cardiac neurosis” OR “cardiac neuroses” OR “hyperkinetic heart syndrome” OR OCD OR “obsessive-compulsive” OR “obsessive compulsive” OR panic OR “social phobia” OR “social anxiety” OR phobi\* OR traumatic stress disorder\* OR post-traumatic stress disorder\* OR posttraumatic stress disorder\* OR posttraumatic stress disorder\* OR PTSD OR post-traumatic neuros\* OR post traumatic neuros\* OR posttraumatic neuros\* OR acute stress disorder\* |
| 03. #1 OR #2 |
| 04. “Attentional meditation”[TW] OR “Attention regulation”[TW] OR “Awareness”[TW] OR “Meta-awareness”[TW] OR “Focussed attention”[TW] OR “Jhana Practice”[TW] OR “Breath Counting”[TW] OR “Body Awareness”[TW] OR “Shamatha”[TW] OR “Mantra recitation”[TW] OR “Open monitoring”[TW] OR “Cultivation of Attention”[TW] OR “Choiceless Awareness”[TW] OR “Mindfulness-based Stress Reduction”[TW] OR MBSR[TW] OR “Dialectical Behavior Therapy”[TW] OR “Dialectical Behaviour Therapies”[TW] OR DBT[TW] OR “Mindfulness-based Cognitive Therapy”[TW] OR “Mindfulness-based Cognitive Therapies”[TW] OR MBCT[TW] OR “Acceptance and Commitment Therapy”[TW] OR “Acceptance and Commitment Therapies”[TW] OR ACT[TW] OR “Acceptance-based Behavioral Therapy”[TW] OR “Acceptance-based Behavioral Therapies”[TW] OR “Acceptance-based Behavioural Therapy”[TW] OR “Acceptance-based Behavioural Therapies”[TW] OR ABBT[TW] OR “Constructive meditation”[TW] OR “Cognitive Reappraisal”[TW] OR “Perspective taking”[TW] OR “Self-Schema”[TW] OR “Loving-kindness”[TW] OR “Compassion”[TW] OR “Bodhichitta Vow”[TW] OR “Bodhisattva Vow”[TW] OR “Centering Prayer”[TW] OR “Centring Prayer”[TW] OR “Compassion Cultivation Training”[TW] OR “Cognitively-based Compassion Training”[TW] OR “Six Recollections”[TW] OR “Four Thoughts”[TW] OR “Contemplations of Mortality”[TW] OR “Well-being Therapy”[TW] OR “Well-being Therapies”[TW] OR “Development stage”[TW] OR “Meditation on Foulness”[TW] OR “Imagination-based meditation”[TW] OR “Self-compassion”[TW] OR “Compassionate meditation”[TW] OR “Compassion imagery meditation”[TW] OR “Compassionate Mind Training”[TW] OR “Mindful Self-Compassion therapy”[TW] OR “Mindful Self-Compassion therapies”[TW] OR MSC OR “Compassion Focused Therapy” OR “Compassion Focused Therapies” OR CFT[TW] OR Imagery[TW] OR Visualization[TW] OR “Directed reverie therapy”[TW] OR “Directed reverie therapies”[TW] OR “Deconstructive meditation”[TW] OR “Self-inquiry”[TW] OR “Insight”[TW] OR “First Foundation of Mindfulness”[TW] OR “Second Foundation of Mindfulness”[TW] OR “Third Foundation of Mindfulness”[TW] OR “Fourth Foundation of Mindfulness”[TW] OR Vipassana[TW] OR “Analytical Meditation”[TW] OR “Koan Practice”[TW] OR Muraqaba[TW] OR Mahamudra[TW] OR Dzogchen[TW] OR Shikantaza[TW] OR Meditation[TW] OR Transcendental[TW] OR Mindfulness[TW] OR “Self-monitoring”[TW] OR “Self-regulation”[TW] OR “Present-moment”[TW] OR “Moment-by-moment”[TW] OR “Conscious experience”[TW] OR “Contemplative practice”[TW] OR Theravada[TW] OR Zen[TW] OR Tibetan[TW] OR Sufi[TW] OR “Advaita Vedanta”[TW] OR Christian[TW] OR “Greco-Roman Philosophy”[TW] OR mindful\*[TW] OR meditat\*[TW] |
| 05. Relaxation[TW] OR Relax\*[TW] OR “Relaxation Therapy”[TW] OR “Muscle Relaxation”[TW] OR “Autogenic Training”[TW] OR “Applied Relaxation”[TW] OR “Relaxing Music”[TW] OR “Relaxation by Music”[TW] OR “music therapy”[TW] OR “music therapies”[TW] OR “Breathing Exercise”[TW] OR “Breathing exercises”[TW] OR “Respiratory muscle training”[TW] OR “Respiration techniques”[TW] |
| 06†. ((clinical[Title/Abstract] AND trial[Title/Abstract]) OR clinical trials as topic[MeSH Terms] OR clinical trial[Publication Type] OR random\*[Title/Abstract] OR random allocation[MeSH Terms] OR therapeutic use[MeSH Subheading]) |
| 07. #3 AND #4 AND #5 AND #6 |

**†**methodological search filter