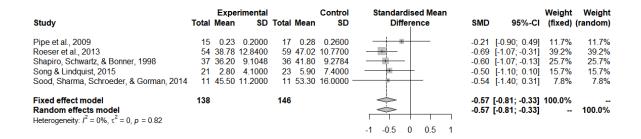
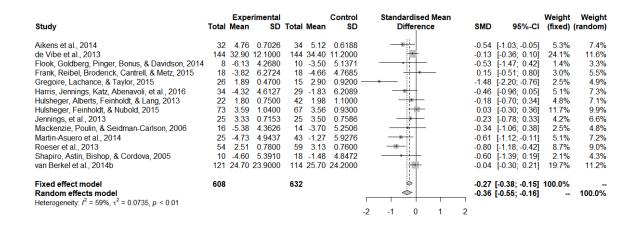
Supplementary files for Mindfulness-based interventions in the workplace: An inclusive metaanalysis of their impact upon wellbeing

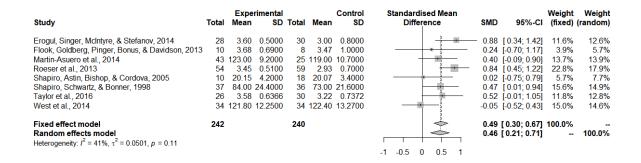
	Experimental	Control	Standardised Mean		Weight Weight
Study	Total Mean SD	Total Mean SD	Difference	SMD 95%	CI (fixed) (random)
Pipe et al., 2009	15 0.23 0.2000	17 0.28 0.2600		-0.21 [-0.90; 0.4	19] 11.7% 11.7%
Roeser et al., 2013	54 38.78 12.8400	59 47.02 10.7700		-0.69 [-1.07; -0.3	31] 39.2% 39.2%
Shapiro, Schwartz, & Bonner, 1998	37 36.20 9.1048	36 41.80 9.2784	- +	-0.60 [-1.07; -0.1	[3] 25.7% 25.7%
Song & Lindquist, 2015	21 2.80 4.1000	23 5.90 7.4000		-0.50 [-1.10; 0.1	[0] 15.7% 15.7%
Sood, Sharma, Schroeder, & Gorman, 2014	11 45.50 11.2000	11 53.30 16.0000	*	-0.54 [-1.40, 0.3	31] 7.8% 7.8%
Fixed effect model	138	146	→	-0.57 [-0.81; -0.3	3] 100.0%
Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, $p = 0.82$				-0.57 [-0.81; -0.3	33] 100.0%
Heterogeneity. $I = 0.00$, $\tau = 0.02$			-1 -0.5 0 0.5 1		



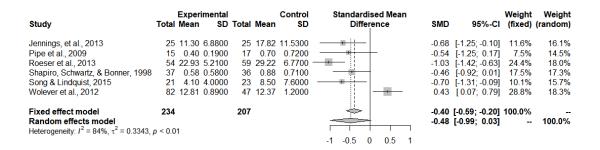
Supplementary figure 1 - Forest plot of anxiety outcomes



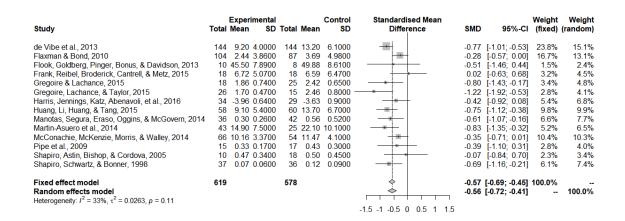
Supplementary figure 2 - Forest plot of burnout outcomes



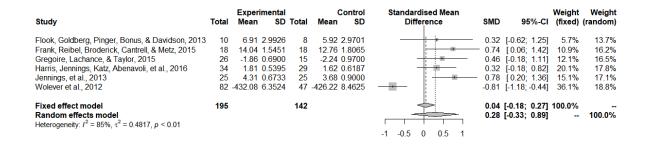
Supplementary figure 3 - Forest plot of compassion outcomes



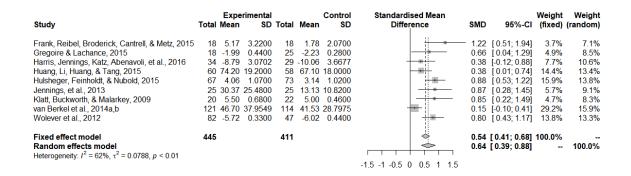
Supplementary figure 4 - Forest plot of depression outcomes



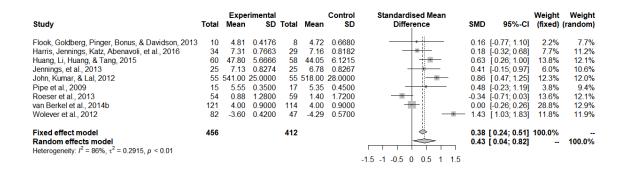
Supplementary figure 5 - Forest plot of distress outcomes



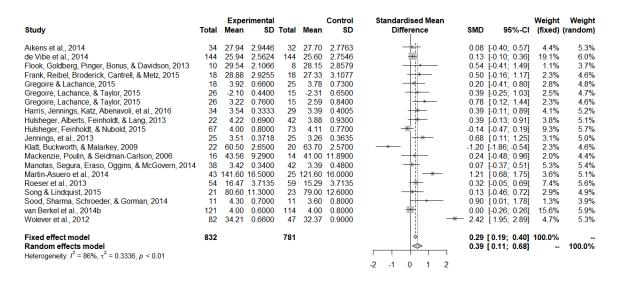
Supplementary figure 6 - Forest plot of emotional regulation outcomes



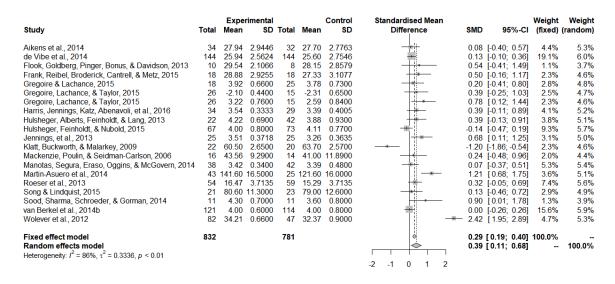
Supplementary figure 7 - Forest plot of health outcomes



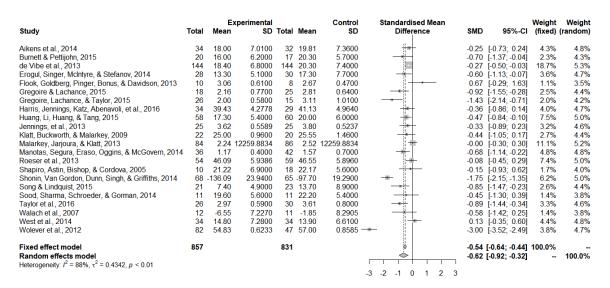
Supplementary figure 8 - Forest plot of job performance outcomes



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