

Running title: Mindfulness in the workplace

**Supplementary table 1: QATQS scoring assessment of intervention studies**

Authors	Selection bias	Design	Cofounders	Blinding	Data collection	Attrition	Global
(Aikens et al., 2014)	2	1	3	3	2	1	3
(Baccarani et al., 2013)	3	2	3	3	2	1	3
(Burnett & Pettijohn, 2015)	3	2	2	3	1	2	3
(Cohen-Katz et al., 2005)	2	2	2	3	1	1	2
(De Vibe et al., 2013)	2	1	1	1	1	1	1
(A. M. Duchemin et al., 2015)	1	1	1	1	1	1	1
(Erogul et al., 2014)	1	1	1	1	1	2	1
(Flaxman & Bond, 2010)	2	2	2	2	1	3	2
(Flook et al., 2013)	1	1	1	3	1	1	1
(Franco et al., 2010)	2	2	2	2	1	3	2
(Frank et al., 2015)	3	2	2	3	1	3	3
(Gockel et al., 2013)	2	1	1	2	1	2	2
(Grégoire & Lachance, 2015)	2	2	2	2	1	1	2
(Grégoire et al., 2015)	2	2	1	2	1	2	2
(Gregory, 2015)	3	2	2	3	1	2	3

Running title: Mindfulness in the workplace

(Harris et al., 2015)	2	2	2	2	1	1	2
(Huang et al., 2015)	1	1	2	2	1	1	1
(Hülshager et al., 2013)	1	1	1	1	1	1	1
(Hülshager et al., 2015)	2	2	2	3	1	2	2
(Jay et al., 2014)	1	1	1	2	1	1	1
(Jennings et al., 2013)	1	2	2	2	1	2	2
(John et al., 2012)	2	3	3	3	3	3	3
(Klatt et al., 2009)	2	2	3	3	1	1	2
(Klatt et al., 2015)	3	3	3	3	1	2	3
(Leroy et al., 2013)	2	2	3	3	1	2	3
(Mackenzie et al., 2006)	3	2	2	3	1	2	3
(Malarkey et al., 2013)	2	2	3	2	1	1	2
(Manotas et al., 2014)	2	2	1	3	1	2	2
(Martín-Asuero et al., 2014)	2	2	2	3	1	1	2
(McConachie et al., 2014)	2	1	1	3	1	2	2
(Mealer et al., 2014)	1	1	1	2	1	1	1
(Moody et al., 2013)	1	1	1	2	1	2	1
(Pidgeon et al., 2014)	1	1	1	1	1	2	1
(Pipe et al., 2009)	2	1	2	1	1	1	1
(Ramsey & Jones, 2015)	2	2	1	2	1	1	2

Running title: Mindfulness in the workplace

(Roeser et al., 2013)	1	1	2	2	1	2	2
(Shapiro et al., 1998)	1	1	2	1	1	1	1
(Shapiro et al., 2005)	1	1	2	2	1	3	2
(Shonin et al., 2014)	1	1	1	1	2	1	1
(Song & Lindquist, 2015)	1	1	2	1	1	1	1
(Sood et al., 2014)	1	1	1	1	1	1	1
(Taylor et al., 2015)	1	1	2	2	1	2	2
(van Berkel et al., 2014a)	1	1	1	3	1	1	1
(van Berkel et al., 2014b)	1	1	1	1	1	1	1
(Walach et al., 2007)	2	2	2	1	1	2	2
(West et al., 2014)	1	1	1	1	1	2	1
(Wolever et al., 2012)	1	1	1	1	1	1	1

---