**Appendix 1: Search Strategy**

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| **PubMed – Date 02/09/2020** |
| ID | Search terms | Hits |
| 1 | meditation[MeSH Terms]) OR mindful\*[Title/Abstract]) OR meditat\*[Title/Abstract] | 14017 |
| 2 | "randomized controlled trial"[Publication Type]) OR "controlled clinical trial"[Publication Type]) OR random\*[Title/Abstract] | 1,313,459 |
| Results | Search #1 AND #2 with limiters: “Humans”, “English”, “Adults” | 1779 |
| **EMBASE - Date 02/09/2020** |
| ID | Search terms | Hits |
| 1 | (‘meditation’/exp/mj OR ‘mindfulness’/exp.mj OR meditat\*:ab,ti OR mindful\*:ab,ti) AND ([controlled clinical trial]/lim OR [randomized controlled trial]/lim) AND [adult]/lim | 1293 |
| **PsycINFO - Date 02/09/2020** |
| ID | Search terms | Hits |
| 1 | MA ( meditation or mindfulness ) OR TI meditat\* OR AB meditat\* OR TI mindful\* OR AB mindful\* AND PT randomized controlled trialsLimiters: English, Human, Adults | 5241 |
| **CINAHL - Date 02/09/20** |
| ID | Search terms | Hits |
| 1 | MH meditation OR MH mindfulness OR TI meditat\* OR AB meditat\* OR TI mindful\* OR AB mindful\*Limiters: Adults, Clinical Trials, Randomized Controlled Trials, English, USA | 303 |
| **Cochrane Central Register of Controlled Trials - Date 02/09/20** |
| ID | Search terms | Hits |
| 1 | MeSH descriptor: [Meditation] this term only OR MeSH descriptor: [Mindfulness] this term only OR (meditat\*):ti,ab,kw OR (mindful\*):ti,ab,kw AND (randomized\*):ptLimiter: in trials | 2014 |

**Appendix 2: Oxford Implementation Index (short form)**

