

Supplementary material

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Supplementary material S1: PRISMA 2020 checklist.

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			Page
Title	1	Identify the report as a systematic review.	Title page, Abstract
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Abstract
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	3-8
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	8
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	9
Information sources	6	Specify all databases, registers, websites, organizations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	9-10
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Supplementary material
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	10
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	10-11
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	10-11
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	10-11
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	11
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	11-12

Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	11-12
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	11-12, Supplementary material
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Figure 2, Supplementary material
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	11-12
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	13
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	12-13
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	13
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	n.a.
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	13, Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Supplementary material
Study characteristics	17	Cite each included study and present its characteristics.	Supplementary material
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	14-15, Supplementary material
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Figure 2-4
Results of syntheses	20a	For each synthesis, briefly summarize the characteristics and risk of bias among contributing studies.	Table 1-3, Supplementary material
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Table 1-3, Figure 2-4
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Table 1-4
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Table 1-3
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	15-16, Digital appendix
Certainty of	22	Present assessments of certainty (or confidence) in the body of	n.a.

evidence		evidence for each outcome assessed.	
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	17-24
	23b	Discuss any limitations of the evidence included in the review.	20-23
	23c	Discuss any limitations of the review processes used.	22-23
	23d	Discuss implications of the results for practice, policy, and future research.	17-24
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	9, 22
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	9, 22
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Supplementary material
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	25
Competing interests	26	Declare any competing interests of review authors.	25
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	25

Notes. This checklist has been adapted from Table 1 in Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brennan, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., ... Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *Systematic Reviews*, 10(1), 89. <https://doi.org/10.1186/s13643-021-01626-4>.

Supplementary material S2: Adaptations to registration and protocol.

We included studies that measured our secondary outcomes - screen time and nomophobia - regardless of whether they also measured the primary outcome (PUI), and added search terms related nomophobia in the search strings. Additionally, we searched Embase and Google Scholar to increase the sensitivity and capture more grey literature. Initially, we planned to use the Effective Public Health Practice Project Quality Assessment tool for quantitative studies (EPHPP; Armijo-Olivo et al., 2012) for quality assessment. However, we opted for the Methodological Quality Appraisal Tool for non-randomized, cross-sectional studies (Davids et al., 2017), which is more suitable for the cross-sectional studies prevalent in our dataset. To reduce heterogeneity and improve conceptual precision, we focused on trait mindfulness and excluded studies on state mindfulness. Finally, we initially intended to answer the present reviews question of how is the empirical relationship between measures of trait mindfulness and PUI on a construct level together with the question of how effective mindfulness-based interventions are in reducing signs of PUI. However, as these two questions differ substantially in terms of methodology, content, and implications, we had to adapt and individualize the selection strategy for both questions, and now answer both questions in separate publications.

Supplementary material S3: Search Strategy for Medline, Embase, Google Scholar, PsycINFO, PSYINDEX, CINAHL, Web of Science Core Collection, and CENTRAL from data base inception to April 04, 2024.

Medline via the EBSCO Information Services system

#	Searches	Search modes	Search Oct 18, 2022	Search Apr 04, 2024
#1	TI (mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate) OR AB (mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate) OR SU (mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate)	Boolean/Phrase	19,872	4,124
#2	TI (MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”) OR AB (MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”) OR SU (MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”)	Boolean/Phrase	7,232	1,420
#3	S1 OR S2	Boolean/Phrase	24,566	5,070
#4	TI (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex) OR AB (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex) OR SU (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex)	Boolean/Phrase	313,242	56,269
#5	TI (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR	Boolean/Phrase	4,629,247	352,266

	impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR AB (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR SU (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate)			
#6	S4 AND S5	Boolean/Phrase	49,277	9,317
#7	TI nomophobia OR AB nomophobia OR SU nomophobia	Boolean/Phrase	124	61
#8	S6 OR S7	Boolean/Phrase	49,303	9,343
#9	S3 AND S8	Boolean/Phrase	474	156

Notes. TI = title; AB = abstract; SU = subject terms

* Indicates wildcard for every possible word ending.

Embase

	Searches	Search Oct 18, 2022	Search Apr 04, 2024
# 1	(mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate):ti,ab,kw	24,818	8,358
# 2	(MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR MBRP OR "mindfulness-based relapse prevention" OR DBT OR "dialectical behavioral therapy" OR "dialectical behavioural therapy" OR "dialectical behavior therapy" OR "dialectical behavioural therapy" OR "acceptance and commitment therapy"):ti,ab,kw	9,844	3,122
# 3	#1 OR #2	31,070	10,187
# 4	(internet OR internet-use OR virtual OR smartphone OR "smart phone" OR "mobile phone" OR "cell phone" OR cellphone OR cyber OR gaming OR videogam* OR "video gam*" OR video-gam* OR gambl* OR "social media" OR "social network*" OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR "online sex" OR online-sex):ti,ab,kw	318,890	10,4493
# 5	(addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate):ti,ab,kw	4,851,568	770,878
# 6	#4 AND #5	49,386	20,687
# 7	nomophobia:ti,ab,kw	144	86
# 8	#6 OR #7	49,429	20,721
# 9	#3 AND #8	476	541

Notes. ti,ab,kw: title, abstract, keywords.

* Indicates wildcard for every possible word ending.

GoogleScholar via Publish or Perish

Searches	Search Oct 18, 2022	Search Apr 04, 2024
"acceptance and commitment" OR dialectical OR mindfulness OR mindfullness OR mindfullnes OR mindful OR meditation AND "smartphone addiction" OR "mobile phone" OR "smartphones addiction" OR nomophobia	62	36

"cell phone" OR "internet addiction" OR "internet use" OR "mobile phones"	68	25
"mobile addiction"	4	3
pornography OR gaming OR shopping	48	21
"online gambling" OR "social media"	78	58
Sum	260	143

Notes. Search in titles only.

PsycInfo via the EBSCO Information Services system

#	Searches	Search modes	Search Oct 18, 2022	Search Apr 04, 2024
#1	TI (mindfulness OR mindfulness OR mindfulness OR mindful OR mindfulness-based OR meditation OR meditate) OR AB (mindfulness OR mindfulness OR mindfulness OR mindful OR mindfulness-based OR meditation OR meditate) OR SU (mindfulness OR mindfulness OR mindfulness OR mindful OR mindfulness-based OR meditation OR meditate)	Boolean/Phrase	27,130	2,863
#2	TI (MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”) OR AB (MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”) OR SU (MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”)	Boolean/Phrase	7,750	936
#3	S1 OR S2	Boolean/Phrase	31,416	3,451
#4	TI (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex) OR AB (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex) OR SU (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR	Boolean/Phrase	180,768	16,079

	gamb* OR "social media" OR "social network*" OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR "online sex" OR online-sex)			
#5	TI (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR AB (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR SU (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate)	Boolean/Phrase	1,345,006	55,994
#6	S4 AND S5	Boolean/Phrase	40,828	3,789
#7	TI nomophobia OR AB nomophobia OR SU nomophobia	Boolean/Phrase	89	28
#8	S6 OR S7	Boolean/Phrase	40,855	3,797
#9	S3 AND S8	Boolean/Phrase	508	83

Notes. TI = title; AB = abstract; SU = subject terms

* Indicates wildcard for every possible word ending.

PSYNDEX via the EBSCO Information Services system

#	Searches	Search modes	Search Oct 18, 2022	Search Apr 04, 2024
#1	TI (mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate) OR AB (mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate) OR SU (mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate)	Boolean/Phrase	2,567	213
#2	TI (MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR MBRP OR "mindfulness-based relapse prevention" OR DBT OR "dialectical behavioral therapy" OR "dialectical behavioural therapy" OR "dialectical behavior therapy" OR "dialectical behavioural therapy" OR "acceptance and commitment therapy") OR AB (MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR MBRP OR "mindfulness-based relapse prevention" OR DBT OR "dialectical behavioral therapy" OR "dialectical behavioural therapy" OR "dialectical behavior therapy" OR "dialectical behavioural therapy" OR "acceptance and commitment therapy") OR SU (MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR MBRP OR "mindfulness-based relapse prevention" OR DBT OR "dialectical behavioral therapy" OR "dialectical behavioural therapy" OR "dialectical behavior therapy" OR "dialectical behavioural therapy" OR "acceptance and commitment therapy")	Boolean/Phrase	1,009	61
#3	S1 OR S2	Boolean/Phrase	3,185	248
#4	TI (internet OR internet-use OR virtual OR smartphone OR "smart phone" OR "mobile phone" OR "cell phone" OR cellphone OR cyber OR gaming OR videogam* OR "video gam*" OR video-gam* OR gamb* OR "social media" OR "social network*" OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR	Boolean/Phrase	13,529	878

	shopping OR buying OR porn* OR cybersex OR cyber-sex OR "online sex" OR online-sex) OR AB (internet OR internet-use OR virtual OR smartphone OR "smart phone" OR "mobile phone" OR "cell phone" OR cellphone OR cyber OR gaming OR videogam* OR "video gam*" OR video-gam* OR gambl* OR "social media" OR "social network*" OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR "online sex" OR online-sex) OR SU (internet OR internet-use OR virtual OR smartphone OR "smart phone" OR "mobile phone" OR "cell phone" OR cellphone OR cyber OR gaming OR videogam* OR "video gam*" OR video-gam* OR gambl* OR "social media" OR "social network*" OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR "online sex" OR online-sex)			
#5	TI (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR AB (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR SU (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate)	Boolean/Phrase	85,660	2,747
#6	S4 AND S5	Boolean/Phrase	3,563	281
#7	TI nomophobia OR AB nomophobia OR SU nomophobia	Boolean/Phrase	1	2
#8	S6 OR S7	Boolean/Phrase	3,564	282
#9	S3 AND S8	Boolean/Phrase	42	7

Notes. TI = title; AB = abstract; SU = subject terms

* Indicates wildcard for every possible word ending.

CINAHL via the EBSCO Information Services system

#	Searches	Search modes	Search Oct 18, 2022	Search Apr 04, 2024
#1	TI (mindfulness OR mindfulness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate) OR AB (mindfulness OR mindfulness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate) OR SU (mindfulness OR mindfulness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate)	Boolean/Phrase	17,942	2,290
#2	TI (MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR MBRP OR "mindfulness-based relapse prevention" OR DBT OR "dialectical behavioral therapy" OR "dialectical behavioural therapy" OR "dialectical behavior therapy" OR "dialectical behavioural therapy" OR "acceptance and commitment therapy") OR AB (MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR MBRP OR "mindfulness-based relapse prevention" OR DBT OR "dialectical behavioral therapy" OR "dialectical behavioural therapy" OR "dialectical behavior therapy" OR "dialectical behavioural therapy" OR "acceptance and commitment therapy") OR SU (MBSR OR "mindfulness-based stress reduction" OR MBCT OR "mindfulness-based cognitive therapy" OR	Boolean/Phrase	3,675	579

	MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”)			
#3	S1 OR S2	Boolean/Phrase	19,903	2,644
#4	TI (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex) OR AB (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex) OR SU (internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex)	Boolean/Phrase	188,311	19,171
#5	TI (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR AB (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate) OR SU (addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate)	Boolean/Phrase	896,795	65,514
#6	S4 AND S5	Boolean/Phrase	24,592	3,447
#7	TI nomophobia OR AB nomophobia OR SU nomophobia	Boolean/Phrase	70	27
#8	S6 OR S7	Boolean/Phrase	24,609	3,455
#9	S3 AND S8	Boolean/Phrase	262	68

Notes. TI = title; AB = abstract; SU = subject terms

* Indicates wildcard for every possible word ending.

Web of Science Core Collection

	Searches	Search Oct 18, 2022	Search Apr 04, 2024
#1	TS=(mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate)	41,866	7,510
#2	TS=(MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”)	14,531	2,076
#3	#1 OR #2	52,471	8,975

#4	TS=(internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex)	1,396,725	195,371
#5	TS=(addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate)	5,146,294	464,951
#6	#4 AND #5	98,010	17,925
#7	TS=(nomophobia)	269	108
#8	#6 OR #7	98,076	17,957
#9	#3 AND #8	885	305

Notes. TS = Topic (searches title, abstract, keywords).

* Indicates wildcard for every possible word ending.

CENTRAL

	Searches	Search Oct 18, 2022	Search Apr 04, 2024
#1	(mindfulness OR mindfullness OR mindfullnes OR mindful OR mindfulness-based OR meditation OR meditate):ti,ab,kw in Trials	9,644	2,250
#2	(MBSR OR “mindfulness-based stress reduction” OR MBCT OR “mindfulness-based cognitive therapy” OR MBRP OR “mindfulness-based relapse prevention” OR DBT OR “dialectical behavioral therapy” OR “dialectical behavioural therapy” OR “dialectical behavior therapy” OR “dialectical behavioural therapy” OR “acceptance and commitment therapy”):ti,ab,kw in Trials	3,671	719
#3	#1 OR #2	11,313	2,620
#4	(internet OR internet-use OR virtual OR smartphone OR “smart phone” OR “mobile phone” OR “cell phone” OR cellphone OR cyber OR gaming OR videogam* OR “video gam*” OR video-gam* OR gambl* OR “social media” OR “social network*” OR whatsapp OR facebook OR twitter OR instagram OR youtube OR wechat OR tiktok OR douyin OR shopping OR buying OR porn* OR cybersex OR cyber-sex OR “online sex” OR online-sex):ti,ab,kw in Trials	37,651	8,518
#5	(addict* OR dependent* OR dependency OR disorder* OR problematic OR pathologic* OR overuse OR hyper OR impulsiv* OR excessive OR obsessive OR obsession* OR compulsiv* OR inappropriate):ti,ab,kw in Trials	277,731	31,202
#6	#4 AND #5	10015	2,326
#7	nomophobia:ti,ab,kw in Trials	7	3
#8	#6 OR #7	10,020	2,327
#9	#3 AND #8	557	199

Notes. ti,ab,kw: title, abstract, keywords.

* Indicates wildcard for every possible word ending.

Supplementary material S4: Records not retrieved.

Study	Search Oct 18, 2022	Search Apr 04, 2024
1. Brown, K. (2018). Can mindfulness reduce the impact social media has on body experience?	Data bank search	
2. Chen, B., Zheng, X., & Sun, X. (2023). The relationship between problematic social media use and online social anxiety: the roles of social media cognitive overload and dispositional mindfulness. <i>Psychol. Dev. Educ.</i> , 39, 743-751.		Data bank search
3. Das, S., Gaur, M., & Chauhan, P. (2022). Zooming into social media: A link between social media usage, fomo & mindfulness among adolescents. <i>AAYAM: AKGIM Journal of Management</i> , 12(2), 164-169.		Data bank search
4. Davoudi, R., & Manshaee, G. (2023). Exploring the effect adolescent mindfulness-based therapy, cognitive-behavioral therapy and emotion-focused therapy on academic buoyance and self-esteem among adolescents with nomophobia. <i>KMAN Counseling & Psychology Nexus</i> , 1(1).		Data bank search
5. Garcia-Collart, T., & Sousa, E. C. (2023). Decreasing the use of social media among students through mindfulness.		Data bank search
6. Ilanloo, H., Ahmadi, S., & Zaharakar, K. (2023). Comparison of the effectiveness of cognitive-based mindfulness group counselling and metacognitive therapy on academic procrastination and internet addiction in secondary Scholl students. <i>Journal of Applied Psychological Research</i> .		Data bank search
7. Liu, Q. (2019). Cumulative environmental risk and adolescent mobile phone addiction: the protective role of mindfulness (unpublished doctoral dissertation). <i>China: Central China Normal University</i> .	Data bank search	
8. Lynch, C. (2023). <i>Relationship between dispositional mindfulness, perceived stress and social media addiction in college students: An honors thesis</i> . (Doctoral dissertation, Iona University).		Data bank search
9. Nam, J., & Cho, Y. (2017). The relationship between the job seeking stress and the internet addiction: The mediating effects of mindfulness. <i>The Korean Association of Military Counseling</i> , 6(1), 31-49.	Data bank search	
10. Oh IS, Woo KG (2005). Exploring psychological and social factors related to computer game addiction among elementary school students. <i>Cons Stud</i> , 6, 563-571.	Citation search	
11. Prietz, C. (2010). Design strategies for promoting mindfulness in fashion shopping behaviors of female college students (Doctoral dissertation). <i>North Carolina State University</i> .	Data bank search	
12. Regan, K. E. B. (2022). <i>Do ACT constructs moderate associations between social media and eating pathology?</i> (Doctoral dissertation, Illinois Institute of Technology).		Data bank search
13. Sayfolahzadeh, M., & Nemati, S. (2019). Relationship between Internet Addiction and Marital Satisfaction and Mindfulness in teachers of Meshkinshahr. <i>National Conference on Social Hurts</i> .	Data bank search	
14. Silva, L. (n.d.). O uso de internet e as facetas do mindfulness: Um estudo correlacional the internet use and the mindfulness facets: a correlational study.	Data bank search	
15. Sun, X. P., Liu, X. X., & Li, Y. H. (2022). Relationship between mobile phone addiction, mindfulness level, emotional regulation self-efficacy and Taijiquan intervention in college students. In <i>Summary of the 12th National Sports Science Congress--Special Report (Sports Psychology Branch)</i> (pp. 3481-3482).		Data bank search
16. Ussa'adah, C. N. (2023). Pengaruh pelatihan mindfulness untuk menurunkan kecemasan jauh dari smartphone (nomophobia) pada mahasiswa.		Data bank search
17. Wehilani, I. G. (2022). Pengaruh mindfulness terhadap nomophobia yang dimoderasi trait neuroticism dan openness pada mahasiswa.		Data bank search
18. Zadehasan, F., Azimiasfar, S., & Mostafavi, E. (2023). Effectiveness of Mindfulness on Locus of Control and Nomophobia in Adolescents with Internet Addiction. <i>Journal of Assessment and Research in Applied Counseling (JARAC)</i> , 5(5).		Data bank search
19. Zhang, X. Z., & Peng, T. (2023). Impact of mindfulness on college freshmen mobile phone addiction tendency: The mediating effect of social anxiety. <i>China Journal of Health Psychology</i> , 31(5), 716-722.		Data bank search

Supplementary material S5: Excluded records with reasons for exclusion.

Study	Reason for exclusion
1. Abdollahi, P. S., Kamkar, A., & Khosravi, S. (2023). Effectiveness of dialectical behavioral therapy on loneliness and internet addiction in students. <i>Rooyesh-e-Ravanshenasi Journal (RRJ)</i> , 12(10), 191-200. https://doi.org/10.29252/rooyesh .	Wrong outcome
2. Aguilar, A. D. (2016). Living online: Addressing the psychological impact of social networking through mindfulness interventions. <i>Dissertation Abstracts International: Section B: The Sciences and Engineering</i> , 76(11). https://www.proquest.com/docview/1700412466	Wrong publication type
3. Ahmad, S., & Nurwianti, F. (2020). Using acceptance and commitment therapy (ACT) in a group setting to increase quality of life in university students with social media addictions. <i>Joint proceedings of the 3rd International Conference on Intervention and Applied Psychology (ICIAP 2019) and the 4th Universitas Indonesia Psychology Symposium for Undergraduate Research (UIPSUR 2019)</i> . https://doi.org/10.2991/assehr.k.201125.015	Wrong outcome
4. Ahmadi, M., Nikomanesh, Z., & Farnam, A. (2021). Effectiveness of stress-based mindfulness therapy on the students' feelings of loneliness and internet addiction. <i>Pajouhan Scientific Journal</i> , 19(4), 1-9. https://doi.org/10.52547/psj.19.4.1	Wrong outcome
5. Ahmadi, S., Ilanloo, H., & Zaharakar, K. (2022). The effectiveness of cognitive-based mindfulness group counseling on internet addiction and academic procrastination in secondary high school students. <i>Journal of Modern Psychological Researches</i> , 17(66), 13-24.	Wrong outcome
6. Aini, D., Bukhori, B., & Bakar, Z. (2021). The role of mindfulness and digital detox to adolescent nomophobia. <i>Proceedings of the First International Conference on Islamic History and Civilization, ICON-ISHIC 2020</i> . http://dx.doi.org/10.4108/eai.14-10-2020.2303861	Wrong outcome
7. Alavi, S., Ghanizadeh, M., Mohammadi, M., Jannatifard, F., Alamuti, S., & Farahani, M. (2021). The effects of cognitive-behavioral group therapy for reducing symptoms of internet addiction disorder and promoting quality of life and mental health. <i>Trends in Psychiatry and Psychotherapy</i> , 43(1), 47-56. https://doi.org/10.47626/2237-6089-2020-0010	Wrong outcome
8. Ansari MA, Gharlipour Z, Mohebi S, Sharifirad GR, Rahbar A. (2019). Effect of education based on the protection motivation theory on preventive behaviors of influenza a among high school students in Qom City, (Iran). <i>Qom University of Medical Sciences Journal</i> , 13(4), 22-33. https://doi.org/10.29252/qums.13.4.22	Wrong outcome
9. Anthony, V. W. L., Stanmyre, J., Mills Ph D, D., & Nower, L. (2023). The nuance of mindfulness among gamblers and video game players: empirical findings from latent profile analysis and links to intervention for problem gambling and problem video gaming. <i>Conference Abstract</i>	Wrong publication type
10. Anuradha, T., Jan, N., & Subramani, A. (2019). Social media addiction, culture code and mediation effect of mindfulness: a structural equation modelling access. <i>International Journal of Recent Technology and Engineering (IJRTE)</i> , 8(2S3), 1097-1102. https://doi.org/10.35940/ijrte.B1205.0782S319	Wrong outcome
11. Archer, S. (2020). Seeking relief from digital distraction? Use exercise, mindfulness, time in nature and digital breaks as a way to restore balance. <i>IDEA Fitness Journal</i> , 17(3), 44-48. https://www.ideafit.com/mind-body-recovery/seeking-relief-from-digital-distraction/	Wrong publication type
12. Armstrong, A. (2020). Mindfulness and consumerism: A social psychological investigation. <i>Dissertation Abstracts International: Section B: The Sciences and Engineering</i> , 81(2). https://www.proquest.com/docview/2282532472	Wrong context
13. Arnaud, N., Weymann, J., Lochbuhler, K., Pietsch, B., Rossa, M., Kraus, L., Thomasius, R., Hanewinkel, R., & Morgenstern, M. (2022). Effectiveness of an app-based intervention to reduce substance use, gambling, and digital media use in vocational school students: Study protocol for a randomized controlled trial. <i>Trials</i> , 23(1), 277. https://doi.org/10.1186/s13063-022-06231-x	Wrong outcome
14. Arpaci, I. (2021). Relationships between early maladaptive schemas and smartphone addiction: The moderating role of mindfulness. <i>International Journal of Mental Health and Addiction</i> , 19(3), 778–792. https://doi.org/10.1007/s11469-019-00186-y	Wrong outcome

15. Avinaash, T., & Lim, S. (2022). Flow experience, stress and mindfulness as predictors of internet addiction among university students in Malaysia. *Unpublished Bachelor thesis*. <http://eprints.utar.edu.my/4537/> Wrong outcome
16. Bansal, G., & Weinschenk, A. (2020). Something real about fake news: The role of polarization and social media mindfulness. *Americas Conference on Information Systems (AMCIS) 2020 Proceedings*, 8. https://aisel.aisnet.org/amcis2020/social_computing/social_computing/8 Wrong outcome
17. Barker, A. E. (2021). Promoting healthy internet gaming among preadolescent youth: A DBT-informed program. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 82(1). <https://www.proquest.com/docview/2423729544> Wrong outcome
Wrong publication type
18. Benson, A. L. (2015). Stopping overshopping model. In: Klontz, B., Britt, S., Archuleta, K. (Eds.) *Financial Therapy: Theory, Research, and Practice* (pp. 191-214). New York: Springer. https://doi.org/10.1007/978-3-319-08269-1_12 Wrong outcome
Wrong publication type
Wrong context
19. Benson, A. L., & Eisenach, D. A. (2013). Stopping overshopping: An approach to the treatment of compulsive-buying disorder. *Journal of Groups in Addiction & Recovery*, 8(1), 3-24. <https://doi.org/10.1080/1556035X.2013.727724> Wrong publication type
20. Benson, A. L., Eisenach, D., Abrams, L., & van Stolk-Cooke, K. (2014). Stopping Overshopping: A preliminary randomized controlled trial of group therapy for compulsive buying disorder. *Journal of Groups in Addiction & Recovery*, 9(2), 97-125. <https://doi.org/10.1080/1556035X.2014.868725> Wrong outcome
21. Benvenuti, M., & Mazzoni, E. (2016). Online and offline life: Key factors for a functional use of the Internet. *Annual Review of Cybertherapy and Telemedicine*, 14, 177-182. Wrong outcome
22. Berenjabadi, M. F., Pourhosein, M., & Argene, M. G. (2021). The effectiveness of acceptance and commitment therapy (ACT) on interpersonal difficulties and internet addiction among high school students. *Journal of Applied Psychology Research*, 12(2), 283-301. <https://doi.org/10.22059/japr.2021.310151.643639> Wrong outcome
23. Bharti, K., & Satsangi, A. K. (2023). Role of social media addiction on self-esteem and mediating effect of mindfulness. *International Journal of Management Concepts and Philosophy*, 16(2), 160-174. <https://doi.org/10.1504/IJMCP.2023.130047> Wrong outcome
24. Blanco, R. M. (2018). Experiential avoidance, mindfulness, and values clarification as moderators of the association between impulsivity and gambling behavior. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 78(7). <https://www.proquest.com/docview/1876540539> Wrong context
25. Blycker, G., & Potenza, M. (2017). Mindfulness-based interventions in the assessment, treatment and relapse prevention of compulsive sexual behaviors: Experiences from clinical practice. *Journal of Behavioral Addictions*, 6(Suppl. 1), 4-5. <https://doi.org/10.1556/JBA.6.2017.Suppl.1> Wrong outcome
Wrong context
26. Boroujen, M. A., Davoodi, I., & Zargar, Y. (2020). Effectiveness of acceptance and commitment therapy on quality of life and hours of Internet use in high school boys. *Medical Journal of Mashad University of Medical Sciences*, 62(5), 503-513. <https://doi.org/10.22038/mjms.2019.15124> Wrong outcome
27. Bothe, B., Baumgartner, C., Schaub, M., Demetrovics, Z., & Orosz, G. (2020). Hands-off: Study protocol of a two-armed randomized controlled trial of a web-based self-help tool to reduce problematic pornography use. *Journal of Behavioral Addictions*, 9(2), 433-445. <https://doi.org/10.1556/2006.2020.00037> Wrong outcome
Wrong publication type
28. Brem, M., Shorey, R., Anderson, S., & Stuart, G. (2019). Exploring gender differences in the relationship between dispositional mindfulness and compulsive sexual behavior among adults in residential substance use treatment. *Mindfulness*, 10(8), 1592–1602. <https://doi.org/10.1007/s12671-019-01117-7> Wrong outcome
Wrong publication type
29. Bucker, L., Westermann, S., Kuhn, S., & Moritz, S. (2019). A self-guided Internet-based intervention for individuals with gambling problems: Study protocol for a randomized controlled trial. *Trials*, 20(74), 1-8. <https://doi.org/10.1186/s13063-019-3176-z> Wrong outcome
Wrong publication type
Wrong context
30. Caninsti, R., & Rahayu, S. A. T. (2024). The role of smartphone addiction on bed procrastination and mindful eating behavior in adolescents. *Indigenous: Jurnal Ilmiah Psikologi*, 9(1), 1-13. <https://doi.org/10.23917/indigenous.v9i1.2804> Wrong outcome
31. Caviccholi, M., Ramella, P., Vassena, G., Simone, G., Prudenziati, F., Sirtori, F., Movalli, M., & Maffei, C. (2020). Mindful self-regulation of attention is a key protective factor for emotional dysregulation and addictive behaviors Wrong context

- among individuals with alcohol use disorder. *Addictive Behaviors*, 105, 106317. <https://doi.org/10.1016/j.addbeh.2020.106317>
32. Chaitanya Puthavayala, K., Rajesh, S. K., & Singh, D. (2022). Development, content validation, and feasibility of yoga module for smartphone addiction. *Advances in Mind-body Medicine*, 36(2), 14-22.
33. Chan, S., Solt, M. V., Cruz, R., Philp, M., & ... (2022). Social media and mindfulness: From the fear of missing out (FOMO) to the joy of missing out (JOMO). *Journal of Consumer Affairs*, 56(3), 1312-1331. <https://doi.org/10.1111/joca.12476>
34. Changrong, H (2021). Effect observation of mindfulness training combined with agomelatine tablets in treatment of Internet addiction disorder patients with depression. *Journal of Clinical Medicine in Practice*, 25(3), 43-46. <https://doi.org/10.7619/jcmp.20201337>
35. Charoensukmongkol, P. (2016). Mindful Facebooking: The moderating role of mindfulness on the relationship between social media use intensity at work and burnout. *Journal of Health Psychology*, 21(9), 1966-1980. <https://doi.org/10.1177/1359105315569096>
36. ChiCTR2000033273 (2020). A cluster randomized controlled trial of a group mindfulness-based cognitive programme for adolescents in Hong Kong: Its effect on smartphone behavior, symptoms of smartphone addiction and resilience. *Study registration*. <https://trialsearch.who.int/Trial2.aspx?TrialID=ChiCTR2000033273>
37. ChiCTR2300077020 (2023). Mindfulness and exercise combined intervention for depressive and insomnia symptoms in Chinese students: a four-arm randomized controlled study. *Study Registration*. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-02618600/full>
38. Chiu, S.-I. (2014). The relationship between life stress and smartphone addiction onT university student: A mediation model of learning self-efficacy and social self-efficacy. *Computers in Human Behavior*, 34, 49-57. <https://doi.org/10.1016/j.chb.2014.01.024>
39. Choi, E., Chun, M., Lee, I., Yoo, Y., & Kim, M. (2020). The effect of mind subtraction meditation intervention on smartphone addiction and the psychological wellbeing among adolescents. *International Journal of Environmental Research and Public Health*, 17(9), 3263. <https://doi.org/10.3390/ijerph17093263>
40. Christensen, D., Dowling, N., Jackson, A., Brown, M., Russo, J., Francis, K., & Umemoto, A. (2013). A proof of concept for using brief dialectical behavior therapy as a treatment for problem gambling. *Behaviour Change*, 30(2), 117-137. <https://doi.org/10.1017/bec.2013.10>
41. Christodoulou, E., Markopoulou, V., & Koutelidakis, A. E. (2024). Exploring the link between mindful eating, Instagram engagement, and eating disorders: A focus on orthorexia nervosa. *Psychiatry International*, 5(1), 27-38. <https://doi.org/10.3390/psychiatryint5010003>
42. Coyne, S. M., Weinstein, E., Sheppard, J. A., James, S., Gale, M., Van Alfen, M., ... & Banks, K. (2023). Analysis of social media use, mental health, and gender identity among US youths. *JAMA Network Open*, 6(7), e2324389-e2324389. <https://doi.org/10.1001/jamanetworkopen.2023.24389>
43. Crosby, J. M. (2012). Acceptance and commitment therapy for the treatment of compulsive pornography use: A randomized clinical trial. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 72(10). <https://www.proquest.com/docview/881105678>
44. Crosby, J., & Twohig, M. (2009). Acceptance and commitment therapy for the treatment of problematic pornography use: A case series of low behavioral rates. *Poster presentation at the annual convention of the Association for Behavioral and Cognitive Therapies in New York, NY*. https://digitalcommons.usu.edu/psych_facpub/1738/
45. Crosby, J., & Twohig, M. (2016). Acceptance and commitment therapy for problematic internet pornography use: A randomized trial. *Behavior Therapy*, 47(3), 355-366. <https://doi.org/10.1016/j.beth.2016.02.001>
46. Cruea, M.D. (2020). Gaming the Mind and Minding the Game: Mindfulness and Flow in Video Games. In: Kowert, R. (Eds.) *Video Games and Well-being*. *Palgrave Studies in Cyberpsychology*. Palgrave Pivot, Cham. https://doi.org/10.1007/978-3-030-32770-5_7
47. CTRI/2018/02/012129. (2018). Smartphone Addiction in College students. *Study protocol*. <https://trialsearch.who.int/Trial2.aspx?TrialID=CTRI/2018/02/012129>

48. CTRI/2021/09/036797. (2021). Effect of Yoga based intervention for smartphone addiction. *Study protocol*.
<https://trialsearch.who.int/Trial2.aspx?TrialID=CTRI/2021/09/036797> Wrong outcome
Wrong publication type
49. CTRI/2022/07/043918. (2022). Usefulness of an online based psychological management for excessive smart phone use among college students. *Study protocol*.
<https://trialsearch.who.int/Trial2.aspx?TrialID=CTRI/2022/07/043918> Wrong outcome
Wrong publication type
50. Davoudi, R., Manshaee, G., & Golparvar, M. (2020). Comparison of the effectiveness of cognitive-behavioral therapy, emotion focused therapy and adolescent-centered mindfulness therapy on nomophobia symptoms and sleep quality of girls with nomophobic symptoms. *Iranian Journal of Psychiatric Nursing*, 7(5). <https://doi.org/10.21859/ijpn-07508> Wrong outcome
51. de Lisle, S., Dowling, N., & Allen, J. (2014). Mechanisms of action in the relationship between mindfulness and problem gambling behaviour. *International Journal of Mental Health and Addiction*, 12(2), 206–225.
<https://doi.org/10.1007/s11469-014-9475-4> Wrong context
52. Dhandra, T. (2020). Does self-esteem matter? A framework depicting role of self-esteem between dispositional mindfulness and impulsive buying. *Journal of Retailing and Consumer Services*, 55, 102135.
<https://doi.org/10.1016/j.jretconser.2020.102135> Wrong context
53. Dicle, A. N. (2021). Televizyon—Online İzleme Bağımlılığı = Television-online viewing addiction. *Journal of Cognitive Behavioral Psychotherapy and Research*, 10(1), 66-89. <https://doi.org/10.5455/JCBPR.60041> Wrong outcome
Wrong publication type
54. Ding, D., Pan, M., Wang, W., Wang, X., Ma, S., Yang, Y., ... & Wu, Y. (2023). Online self-help acceptance and commitment therapy module for college students with higher gaming disorder during covid-19: A pilot study. *Behaviour Change*, 40(4), 278-296. <https://doi.org/10.1017/bec.2023.6> Wrong outcome
55. Dinkel, T. (2022). The limits of healthy habits: exploring the relationship between disordered eating, body image, mindfulness, social media, and dysfunctional exercise. *Master's Theses*, 3192.
<https://doi.org/10.58809/FCNY1262> Wrong outcome
56. Dixon, M. J., Gutierrez, J., Stange, M., Larche, C. J., Graydon, C., Vintan, S., & Kruger, T. B. (2019). Mindfulness problems and depression symptoms in everyday life predict dark flow during slots play: Implications for gambling as a form of escape. *Psychology of Addictive Behaviors: Journal of the Society of Psychologists in Addictive Behaviors*, 33(1), 81-90.
<https://doi.org/10.1037/adb0000435> Wrong context
57. Dixon, M., Wilson, A., & Habib, R. (2016). Neurological evidence of acceptance and commitment therapy effectiveness in college-age gamblers. *Journal of Contextual Behavioral Science*, 5(2), 80-88.
<https://doi.org/10.1016/j.jcbs.2016.04.004> Wrong outcome
Wrong context
58. Dosti, C., Gholami, S., & Toarabian, S. (2017). The effectiveness of acceptance and commitment-based therapy on aggression reduction in students with internet addiction. *Journal of Health and Care*, 18(1), 63-72. Wrong outcome
59. Dousti, P., Gholami, S., & Torabian, S. (2016). The effectiveness of acceptance and commitment therapy on aggression among students with internet addiction. *Journal of health and care*.
<https://hcjournal.arums.ac.ir/article-1-438-en.pdf> Wrong outcome
60. DRKS00017606. (2019). Contenance: A randomized controlled trial to evaluate the efficacy of a mobile intervention on healthy smartphone use. *Study protocol*.
<https://trialsearch.who.int/Trial2.aspx?TrialID=DRKS00017606> Wrong outcome
Wrong publication type
61. Duggan, M. (2022). Mindfulness, Wellbeing, and Social Media. *ProQuest Dissertations Publishing*.
<https://www.proquest.com/openview/8edbbd0024000e069c9fb27799f0612e/1?pq-origsite=gscholar&cbl=18750&diss=y> Wrong outcome
62. Eskawati, D., Ruhaena, L., & Psi, S. (2019). Efektivitas Pelatihan Mindfulness untuk Menurunkan Nomophobia pada Remaja. *Thesis thesis*, Universitas Muhammadiyah Surakarta.
<http://eprints.ums.ac.id/id/eprint/71759> Wrong outcome
63. Fang, P. (2022, December). The effect of mindfulness training on mobile phone addiction in college students. In *2022 5th International Conference on Humanities Education and Social Sciences (ICHESS 2022)* (pp. 2661-2668). Atlantis Press. *Conference Abstract* Wrong publication type
64. Feldman, G., Westine, M., Edelman, A., & Higgs, M. (2023). A mindful alternative to screen time: the short-term effects of a breath-focused mindfulness exercise vs. unstructured smartphone screen time on heart rate variability and relaxation. *Journal of Social and Clinical Psychology*, 42(6), 581-607. <https://doi.org/10.1521/jscp.2023.42.6.581> Wrong outcome

65. Fennessy, K., McIntosh, C., & O'Neill, K. (2017). Dialectical behaviour therapy and pathological gambling. In McIntosh, C., O'Neill, K. (Eds.). *Evidence-based Treatments for Problem Gambling* (pp. 73-83). <https://doi.org/10.1007/978-3-319-62485-3> Wrong outcome
Wrong publication type
66. Fraumeni-McBride, J. (2019). Addiction and mindfulness; pornography addiction and mindfulness-based therapy ACT. *Sexual Addiction & Compulsivity - The Journal of Treatment and Prevention*, 26(1), 42-53. <https://doi.org/10.1080/10720162.2019.1576560> Wrong outcome
Wrong publication type
67. Galla, B., Baelen, R., Fiore, H., Hutt, S., & Shenhav, A. (2018). Social media desire and impulsiveness: Intensified by self-immersion, reduced by mindfulness. *Dissertation*. <https://psyarxiv.com/ch43n/download> Wrong outcome
68. Goodarzi, M., Shahbazi, M., Sodani, M., & Piriaei, H. (2023). The effectiveness of mindfulness-based cognitive therapy on anxiety and resilience in boy students with mobile phone addiction. *Rooyesh-e-Ravanshenasi Journal (RRJ)*, 12(10), 79-88. <https://doi.org/10.29252/rooyesh> Wrong outcome
69. Gorman, E. (2018). The effect of mindfulness and cell phone distractions on mind wandering. *Dissertation*. <http://hdl.handle.net/10066/20792> Wrong outcome
Wrong publication type
70. Gradinescu, I., Grejdan, E., Goga, E., & Orzan, M. (2021). The impact of procrastination on general well-being. Can social media and a mindfulness approach exercise an impact on curing this modern malady among students? *14th Annual International Conference of Education (ICERI2021)*. <https://doi.org/10.21125/iceri.2021.2264> Wrong context
71. Griffiths, M., Shonin, E., & Gordon, W. V. (2015). Mindfulness as a treatment for gambling disorder: current directions and issues. *Journal of Gambling and Commercial Gaming Research*, 1, 1-6. <http://doi.org/10.17536/jcgr.2016.004> Wrong outcome
Wrong publication type
72. Gu, C., Liu, S., & Chen, S. (2022). The effect of trait mindfulness on social media rumination: Upward social comparison as a moderated mediator. *Frontiers in Psychology*, 13, 931572. <https://doi.org/10.3389/fpsyg.2022.931572> Wrong outcome
73. Ha, J., & Son, C. (2016). Effects of acceptance and commitment therapy (ACT) on self-control, depression, and smartphone addiction level in university students with high level of depression and smartphone addiction. *Korean Journal of Addiction Psychology*, 1(1), 1-16. <http://www.dbpia.co.kr/Article/NODE06723041> Wrong outcome
74. Hafez, H. S. M., Abou Abdou, S. E., Mohammed, K. A. E., & Osthman, S. A. E. A. (2023). Effect of mindfulness training program on internet gaming addictive behavior among Suez Canal university students. *International Journal of Novel Research in Healthcare and Nursing*, 10(1), 127-139. <https://doi.org/10.5281/zenodo.7756019> Wrong outcome
75. Hanafi, E. (2022). Benefits and threats of online group DBT skill training for behavioral addictions. *Journal of Behavioral Addictions*, 11(Suppl. 1), 251. <https://doi.org/10.1556/2006.2022.00700> Wrong outcome
Wrong publication type
76. Hartley, K., Bendixen, L., Olafson, L., Gianoutsos, D., & Shreve, E. (2020). Development of the smartphone and learning inventory: Measuring self-regulated use. *Education and Information Technologies*, 25(5), 4381-4395. <https://doi.org/10.1007/s10639-020-10179-3> Wrong outcome
77. Hartley, K., Bendixen, L., Shreve, E., & Gianoutsos, D. (2022). Smartphone usage and studying: investigating relationships between type of use and self-regulatory skills. *Multimodal Technologies and Interaction*, 6(6); 44. <https://doi.org/10.3390/mti6060044> Wrong outcome
78. Hefner, D., & Freytag, A. (2021). Mindful mobile phone use: a quasi-experimental study on the effect of mindful-based stress reduction (MBSR) on online vigilance, media multitasking, and habitual mobile phone use. *Abstract presented at the 71st Annual International Communication Association Conference*. https://www.ijk.hmtm-hannover.de/fileadmin/www.ijk/bilder/aktuelles/2021/Hefner_Freytag_2021_Mindful_Mobile_Phone_Use.pdf Wrong outcome
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 262. Yoo, Y., Lee, M., Yu, B., & Yun, M. (2019). The effect of mind subtraction meditation on smartphone addiction in school children. *Global Journal of Health Science*, 11(10), 16-28. <https://doi.org/10.5539/gjhs.v11n10p16> Wrong outcome

Exclusion specification: (1) Wrong outcome (e.g., measurement instrument not validated, outcome not reported, correlation not reported, missing data, no empirical data), (2) Wrong context (i.e., no clear online context), (3) Wrong publication type/ study design (e.g., study protocols, reviews, background (theoretical) articles).

Supplementary material S6: Excluded records identified via citation search with reasons for exclusion.

Study	Exclusion reason
1. Bauer, A. A., Loy, L. S., Masur, P. K., & Schneider, F. M. (2017). Mindful instant messaging. <i>Journal of Media Psychology</i> , 29(3), 159–165 https://doi.org/10.1027/1864-1105/a000225	Wrong outcome
2. Bean, V. (2018). <i>Trait mindfulness, Facebook use, life satisfaction, and well-being</i> (Doctoral dissertation, University of Kansas).	Wrong outcome
3. Gackebach, J., Bown, J. (2011). Mindfulness and video game play: a preliminary inquiry. <i>Mindfulness</i> , 2, 114–122. https://doi.org/10.1007/s12671-011-0049-2	Wrong outcome
4. Kim, K., Milne, G. R., & Bahl, S. (2018). Smart phone addiction and mindfulness: an intergenerational comparison. <i>International Journal of Pharmaceutical and Healthcare Marketing</i> , 12(1), 25-43. https://doi.org/10.1108/IJPHM-08-2016-0044	Wrong outcome
5. Son, H. B. (2017). <i>The effects of the mindfulness-based cognitive-behavioral therapy (MBCT) program on loss of control, craving, mindfulness level in self-regulation of smartphone addictive tendencies</i> (Master's thesis). Kyungpook National University.	Wrong outcome

Supplementary material S7: Handling multiple effect sizes and sample size adjustments.

For studies reporting multiple effect sizes for the same analysed construct (e.g., correlation between trait mindfulness and both problematic gaming and problematic social networking within overall PUI), we combined these effect sizes using the *aggregate* function of the *metafor* package of R (Viechtbauer, 2010), assuming an intra-study correlation coefficient of $\rho = 0.6$ (Harrer et al., 2021). For studies contributing multiple effect sizes to the same subgroup analysis, we divided the sample size by the number of effect sizes to avoid unit-of-analysis errors from double-counting (Harrer et al., 2021). This approach was applied for studies assessing the relationship between trait mindfulness and different PUI types (Barroso et al., 2021a; Bilgiz & Peker, 2021; Kent et al., 2021a; Kircaburun et al., 2019a; Peker et al., 2019a; Throuvala et al., 2020) as well as those comparing different trait mindfulness scales and their associations with PUI (M. Kim et al., 2023a; Owen et al., 2018a; Scafuto et al., 2023a). If the sample size was odd, we rounded down when splitting the sample size. We conducted subgroup and meta-regression analyses only at least ten studies provided data for the respective analyses, and we omitted subgroups with fewer than three studies (Schwarzer et al., 2015).

Supplementary material S8: Characteristics of studies.

Authors	Country (Language of report)	Design	Population	Sampling strategy ^a	N	Percentage female	Mean age (SD)/ Range	PUI type	PUI measurement	Mindfulness measurement	Screen time measurement ^b	Nomophobia measurement	Quality ^c
Ahmed et al., 2023	Turkey (English)	Cross-sectional	University students	Non-probability	294	37.1	25.08 (5.16)/ 18-46	Mobile phone	SAS-SV	MAAS			66.67
Aiya & Bhansali, 2023	India (English)	Cross-sectional	Adults	Non-probability	111	n.i.	n.i. (n.i.)/ 18-29	Mobile phone	SAS-SV	MAAS			66.67
Evli et al., 2023	Turkey (English)	Cross-sectional	High or middle school students	Non-probability	429	65.3	15.62 (1.02)/ 14-18			MAAS	Daily minutes spent on the internet		66.67
Aldbyani, 2024	China (English)	Cross-sectional	University students	Non-probability	476	32.6	28.85 (2.42)/ 18-36	Social media	BSMAS	MAAS			66.67
Altan, 2019	Turkey (Turkish)	Cross-sectional	High school students	Probability (Random cluster)	796	57.4	n.i./ 15-19			MAAS		NMP-Q	100
Andres, 2023	Netherlands (English)	Cross-sectional	University students	Non-probability	139	73.4	23.13 (3.33)/ n.i.	Internet	GPIUS-2	CAMS-R			83.33
Apaolaza et al., 2019	Spain (English)	Cross-sectional	University students	Non-probability	346	51.7	18.73 (1.41)/ 17-26	Social media	Compulsive SNS usage scale (Turel & Osatuyi, 2017)	FFMQ (Act with awareness subscale)			66.67
Arpaci & Gundogan, 2020	Turkey (English)	Cross-sectional	High school students	Non-probability	300	67.3	16.16 (1.08)/ 14-19			MAAS		NMP-Q	66.67
Arpaci et al., 2017	Turkey (English)	Cross-sectional	University students	Non-probability	450	70.9	21.94 (3.61)/ 18-40			MAAS		NMP-Q	66.67
Arpaci et al., 2019	Turkey (English)	Cross-sectional	University students	Non-probability	491	69	22.08 (3.73)/ 18-38			MAAS		NMP-Q	66.67

Arslan & Coşkun, 2022	Turkey (English)	Cross-sectional	University students	Non-probability	358	57.5	21.89 (1.95)/20-28	Internet	IAT	Compassion Scale (Pommier, 2010) (Mindfulness subscale)	66.67
Arslan, 2017	Turkey (English)	Cross-sectional	University students	Non-probability	392	57.1	22.01 (2.14)/20-29	Internet	IAT	Compassion Scale (Pommier, 2010) (Mindfulness subscale)	83.33
M. Aslan & Ebru, 2023	Turkey (English)	Cross-sectional	High or middle school students	Probability (Stratified)	521	35.9	16.02 (1.16)/n.i.	Social media	SMDS	MAAS (Adapted to adolescents)	83.33
Aslan, 2020	Turkey (Turkish)	Cross-sectional	University students	Non-probability	629	68.9	n.i./18-22+	Internet	IAT (Short version)	MAAS	83.33
Ataşalar & Michou, 2019	Turkey (English)	Cross-sectional	Middle school students	Non-probability	165	49.1	12.88 (0.83)/n.i.	Internet	PIUS-A	MAAS (Adapted to internet)	66.67
Barroso et al., 2021	Spain (Spanish)	Cross-sectional	University students	Non-probability	509	80.2	20.86 (1.86)/18-36	Internet & Mobile phone	CERI & CERM	MAAS	66.67
Bilgiz & Peker, 2021	Turkey (English)	Cross-sectional	High school students	Non-probability	411	42.3	n.i.	Mobile phone & Social media	SAS-SV & SMDS-SF	CAMM (Awareness subscale)	66.67
Bodenlos et al., 2018, 2020	USA (English)	Cross-sectional	University students	Non-probability	353	72	18.82 (0.89)/17-22	Internet	IAT	FFMQ	66.67
Bolouk et al., 2022	Iran (English)	Cross-sectional	High school students	Probability (Random cluster)	329	31	17.22 (0.72)/n.i.	Internet	IAT	MAAS	83.33
Brailovskaia & Margraf, 2022	Germany (English)	Cross-sectional	University students and alumni	Non-probability	104 9	71.6	24.6 (6.76)/18-72	Social media	BSMAS	FMI	83.33

Brailovskaia & Margraf, 2024	Germany (English)	Cross-sectional	Adults	Non-probability	905	72.4	25.91 (7.09)/18-73	Internet	BSMAS	FMI (Short version)		83.33
Brunelle & Grossman, 2022	Canada (English)	Cross-sectional	Adults	Non-probability	534	15.4	27.14 (12.04)/18-76	Online shopping	BSAS (Adapted to online context)	FFMQ		83.33
Calvete et al., 2017	Spain (English)	Longitudinal	High school students	Probability (Random cluster)	609	51.4	14.21 (1.71)/11-18	Internet	GPIUS-2	FFMQ		100
Chan & Abas, 2022	Malaysia (English)	Cross-sectional	University students	Non-probability	142	73.9	n.i./21-28			MAAS	NMP-Q	66.67
Chang et al., 2023	China (English)	Cross-sectional	University students	Probability (Stratified)	446	73.1	20.36 (1.4)/18-26	Social media	BFAS	MAAS		83.33
Charoensukmongkol, 2016	Thailand (English)	Cross-sectional	Adults (Employees and university students)	Non-probability	300	57.3	n.i.			MAAS	Percentage of their leisure time using social media	66.67
D. D. Chen et al., 2017	USA (English)	Cross-sectional	University students	Non-probability	159		22.9 (n.i.)/n.i.	Mobile phone	SAS-SV	MAAS		66.67
C. Chen et al., 2021	China (English)	Cross-sectional	Adults (Mobile phone gaming addicted)	Non-probability	420	45.7	n.i./18-41+	Online gaming	AEQ (Adapted to gaming)	FFMQ		66.67
Y.-T. Chen et al., 2021	Taiwan (English)	Cross-sectional	University students	Non-probability	514	35.6	20.14 (1.53)/17-27	Internet	GPIUS-2	MAAS		83.33
W.-Y. Chen et al., 2021	China (English)	Cross-sectional	University students	Probability (Random cluster)	927	60	19.89 (1.22)/16-24	Mobile phone	MPAI	CAMM	Mobile phone usage time per day	100
L. Chen et al., 2022	China (English)	Cross-sectional	University students	Non-probability	840	67.3	n.i./18-23	Mobile phone	MPAI	CAMM		83.33
Cheng et al., 2020	China (English)	Longitudinal	University students	Non-probability	270	59.3	n.i./18-24	Mobile phone	MPATS (a)	FFMQ (Act with awareness)		66.67

										and non-judging of experience subscales)		
Chi et al., 2019	China (English)	Cross-sectional	Middle school students	Non-probability	522	42.6	12.33 (0.56)/11-15	Internet	IAT (Short version)	CAMM	83.33	
Chiorri et al., 2023	Italy (English)	Cross-sectional	Adults	Non-probability	506	8.7	27.15 (6.24)/18–55	Gaming	GDT	FFMQ (Short version)	66.67	
Choi et al., 2021	South Korea (English)	Cross-sectional	Adults	Non-probability	400	48.5	n.i./20-49	Online gaming	IGATS	Mindfulness Scale (Park, 2006)	50	
Correia, 2019	USA (English)	Cross-sectional	Adults (SNS users)	Non-probability	270	38.5	23 (n.i.)/19-49	Social media	AEQ (Adpated to social media)	MAAS (Adapted to social media)	83.33	
Cortazar & Calvete, 2021	Spain (Spanish)	Longitudinal	High school students	Probability (Random cluster)	836	50.6	14.65 (1.74)/11-18	Internet	GPIUS-2	FFMQ (Adapted to adolescents)	83.33	
Doğan & Turp, 2023	Turkey (English)	Cross-sectional	High or middle school students	Non-probability	1115	75.2	n.i. (n.i.)/n.i.	Social media	SMASA	MAAS	66.67	
Dönmez & Cömert, 2019	Turkey (English)	Cross-sectional	University students	Non-probability	903	20.8	18.84 (3.95)/12-55	Online gaming	Online Gaming Addiction Scale (Kaya, 2013)	MAAS	83.33	
Du et al., 2021	UK (English)	Longitudinal	Adults (SNS users)	Non-probability	594	26.9	33.8 (9.78)/16-60	Social media	SMSCF	MAAS	83.33	
Elhai et al., 2018	USA (English)	Longitudinal	University students	Non-probability	261	76.6	19.73 (3.52)/n.i.	Mobile phone	SAS-SV	MAAS	83.33	
Eşkisü et al., 2020	Turkey (English)	Cross-sectional	University students	Non-probability	298	63.9	21.61 (2.2)/18-40	Social media	CIAS (Adapted to social media)	MAAS	83.33	
Essa, 2023	Egypt (Arabian)	Cross-sectional	University students	Non-probability	400	50	21.7 (0.746			FFMQ	Nomophobia scale	66.67

							/ 21- 23					(Choucair, Z. (2020; cited in Essa, 2023).	
Felix et al., 2023	India (English)	Cross-sectional	Adults	Non-probability	434	58.8	25.4 (2.6)/ 18–30	Mobile phone	SAS-SV	MAAS			66.67
Fian et al., 2023	Austria (English)	Cross-sectional	University students	Non-probability	390	54.9	24.48 (2.94)/ n.i.	Internet	IAT (Short version)	MAAS			66.67
Fu et al., 2021	China (English)	Cross-sectional	Adolescent s and adults	Non-probability	305	70.5	n.i./ 10-40+	Mobile phone	MPAI	FFMQ			83.33
Gámez-Guadix & Calvete, 2016	Spain (English)	Cross-sectional	High school students	Probability (Random cluster)	901	60.6	15.81 (1)/ 14-18	Internet	GPIUS-2	MAAS (Adapted to adolescents)			83.33
Gao et al., 2023	China (English)	Cross-sectional	University students	Non-probability	891	75.5	19.09 (1.29)/ 16-24	Mobile phone	SABAS	FMI (Presence subscale)			83.33
Gohar & Munir, 2022	Pakistan (English)	Cross-sectional	University students	Non-probability	208	63.5	21.96 (1.76)/ n.i.			MAAS	Duration of using smartphone on daily basis (in hours)	NMP-Q	66.67
Goo, 2016	South Korea (Korean)	Cross-sectional	Adults	Probability (Stratified)	400	48.5	n.i./ 20-40+	Mobile phone	ASAS	FFMQ			100
Gu et al., 2022	China (English)	Cross-sectional	Adults (SNS users)	Non-probability	317	51.4	n.i./ 18- 55+			FFMQ (Act with awareness subscale)	Social media usage hours per day		83.33
Hagen, 2018	Norway (English)	Cross-sectional	Adults	Non-probability	158	69	23.42 (n.i.)/ 18-25	Social media	BFAS (Adapted to social media)	FFMQ	Social media usage time per day		83.33
Hallauer et al., 2022	USA (English)	Cross-sectional	University students	Non-probability	352	66.2	19.79 (3.43)/ 18-53	Mobile phone	SAS-SV	MAAS			66.67

Han et al., 2023	China (English)	Cross-sectional	Adults	Non-probability	407	100	n.i. (n.i.)/n.i.	Social media	FAS	MAAS		83.33
Hao & Jin, 2020	China (English)	Cross-sectional	University students	Probability (Random cluster)	901	47.5	20.13 (n.i.)/18-24	Mobile phone	MPAI	FFMQ		100
Hassan & Pandey, 2021	United Arab Emirates (English)	ss(He et al., 2023)	Adolescents and adults (SNS users)	Non-probability	236		26.76 (8.3)/n.i.	Social media	Compulsive SNS usage scale (Turel & Osatuyi, 2017)	FFMQ		83.33
He et al., 2024	China (English)	Cross-sectional	Adults	Non-probability	800	50	30.39 (8.15)/18-67			MAAS	Screen use while eating questionnaire (He et al., 2023)	83.33
Hefner & Freytag, 2023	Germany (English)	Cross-sectional	Adults (Mobile phone users)	Non-probability	883	50.8	43.2 (14.6)/18-95	Internet	IAT (Short version)	FFMQ (Short version)		83.33
B.-K. Im & Lee, 2020	South Korea (Korean)	Cross-sectional	Adults (Employees)	Non-probability	315	8.3	n.i./20-60+	Internet	K-Scale	MAAS		83.33
Iskender & Akin, 2011	Turkey (English)	Cross-sectional	University students	Non-probability	261	53.6	20.93 (1.24)/17-24	Internet	OCS	SCS (Mindfulness subscale) (Neff, 2003)		66.67
Islam & Siddique, 2016	Bangladesh (English)	Cross-sectional	University students	Non-probability	519	51.4	21.56 (2.05)/n.i.	Internet	IAT	MAAS		83.33
Jin et al., 2023	China (English)	Cross-sectional	High or middle school students	Non-probability	517	54	13.81 (1.4)/12-15	Mobile phone	MPAI	MAAS		83.33
Kayış, 2022	Turkey (English)	Cross-sectional	University students	Non-probability	343	45.2	20.96 (1.85)/18-28	Mobile phone	SAS-SV	MAAS		66.67
Ke et al., 2019; Ke & Cheng, 2019	Taiwan (English)	Cross-sectional	University students	Non-probability	241	51.4	n.i./18-25	Mobile phone	SPAI-SF	MAAS		66.67

Kent et al., 2021	UK (English)	Intervention al (NCBA)	University students	Non- probability	10	90	n.i./ 18-33	Internet & Mobile phone	MPPUS & IAT	MAAS		83.33
K. Kim et al., 2018	USA (English)	Cross- sectional	Adults (Online panelists)	Non- probability	339	59.3	n.i./ 18-65+			MAAS	Mobile phone usage hours per day	83.33
M. Kim et al., 2023	South Korea (English)	Cross- sectional	Adults	Non- probability	90	51.1	28.93 (6.52)/ 19+	Mobile phone	SAPS	FFMQ (Short version) & MAAS		66.67
Kircaburun et al., 2019	Turkey (English)	Cross- sectional	High school students	Non- probability	470	59.6	16.29 (1.17)/ 14-18	Social media & Online gaming	BSMAS & IGDT-10	MAAS		66.67
Kong et al., 2024	China (English)	Cross- sectional	Adults	Non- probability	346 8	58.5	36.91 (29.08) / 16- 69	Social media	BFAS (Adapted to social media)	MAAS		83.33
Koppel et al., 2022	Australia (English)	Cross- sectional	Adults (Active car drivers)	Non- probability	990	69	n.i./ 18-84			MAAS	NMP-Q	66.67
Korol, 2021	Canada (English)	Intervention al (RCT)	Adults	Non- probability	215	82.3	27.8 (11.5)/ n.i.	Mobile phone	SAS-SV	FFMQ (Short version)		66.67
S. Lee et al., 2022	USA (English)	Cross- sectional	University students	Non- probability	393	78	n.i./ 18-57			MAAS	NMP-Q	83.33
S.-Y. Lee, 2013	Taiwan (Chinese)	Cross- sectional	High school students	Non- probability	369	43.6	n.i.	Internet	CIAS	MAAS		66.67
S. Lee, 2022	South Korea (Korean)	Cross- sectional	University students	Non- probability	217	60.8	21.7 (1.65)/ 19-30	Mobile phone	SAS	Mindfulness Scale (Park, 2006)		66.67
Li Anthony et al., 2023	USA (English)	Cross- sectional	Adults	Non- probability	629	36.7	37.68 (12.07) / n.i.	Gaming	IGDS	FFMQ (Short version)	Total estimate of hours per week	83.33
C. Li et al., 2021	China (English)	Cross- sectional	University students (Athlets)	Non- probability	360	27.5	20.27 (1.58)/ n.i.	Mobile phone	SPAI-SF	AMQ		83.33

X. Li & Hao, 2019	China (English)	Cross-sectional	High school students	Non-probability	693	46.5	14.88 (1.77)/ n.i.	Mobile phone	MPAI	MAAS	83.33
D. Li et al., 2023	China (English)	Cross-sectional	High or middle school students	Non-probability	1570	58.7	n.i. (n.i.)/ 15-18	Mobile phone	MPATS (a)	MAAS	83.33
Lian et al., 2021	China (Chinese)	Cross-sectional	Middle school students	Non-probability	764	47.8	12.92 (n.i.)/ 11-15	Mobile phone	MPAI	CAMM	66.67
Lin, 2022	Taiwan (English)	Cross-sectional	University students	Non-probability	143	55.2	n.i./ 18-24	Social media	Compulsive SNS usage scale (Turel & Osatuyi, 2017) (Adpated to Instagram)	FFMQ (Act with awareness subscale)	83.33
Q.-Q. Liu et al., 2018; Q.-Q. Liu, Zhou, Niu, et al., 2017; Q.-Q. Liu, Zhou, Yang, et al., 2017	China (English)	Cross-sectional	High school students	Non-probability	1258	46.6	16.76 (0.94)/ 14-20	Mobile phone	MPAI	CAMM	83.33
Q.-Q. Liu et al., 2020	China (English)	Cross-sectional	University students	Probability (Random cluster)	1020	46.1	16.82 (0.86)/ 15-19	Mobile phone	MPAI	CAMM	100
C. Liu et al., 2021	China (English)	Longitudinal	High school students	Probability (Random cluster)	661	38.6	14.02 (1.5)/ n.i.	Internet	APIUS	MAAS	100
Q.-Q. Liu et al., 2022	China (English)	Cross-sectional	High school students	Probability (Random cluster)	1202		14.54 (1.79)/ 11-18	Social media, gaming, information aquisition, short-form video	MPATS (b)	CAMM	100
F. Liu et al., 2022	China (English)	Interventional (RCT)	University students	Non-probability	48	68.8	18.2 (1.5)/ n.i.	Mobile phone	MPATS (a)	FMI	66.67

L. Liu, 2020; Sriwilai & Charoensukmongk ol, 2016	Thailand (English)	Cross- sectional	Adults (Employee s)	Non- probability	211	52.7	31.56 (7.09)/ n.i.	Social media	BFAS (Adapted to social media)	MAAS		83.33
Majeed et al., 2020	Pakistan (English)	Cross- sectional	Adults (Employee s)	Non- probability	267	33.7	n.i./ 21-50+	Social media	BFAS (Adapted to social media)	MAAS		83.33
Mazzoni et al., 2016	Italy (English)	Cross- sectional	Adults	Non- probability	819	65.3	27.1 (10)/ n.i.	Internet	GPIUS-2	MAAS		83.33
Mettler, 2017; Mettler et al., 2020	Canada (English)	Cross- sectional	Adults (Frequent gamers)	Non- probability	514	37.9	22.56 (4.3)/ n.i.	Online gaming	AEQ (Revised version)	MAAS	Gaming usage hours per week	83.33
Mills, 2019	Canada (English)	Cross- sectional	Adults (Frequent gamers)	Non- probability	112 4	31	23.55 (5.53)/ n.i.			MAAS	Gaming usage hours per week	83.33
Moqbel et al., 2023	Qatar (English)	Cross- sectional	Adults	Non- probability	198	48	39 (n.i.)/ n.i.	Social media	Social media addiction scale	FFMQ		83.33
Murat, 2019	Turkey (English)	Cross- sectional	University students	Non- probability	507	69.4	20.91 (2.85)/ 17-39	Internet	CIAS	MAAS		66.67
Nusrath & Veronica, 2020	India (English)	Cross- sectional	Adolescent s and adults	Non- probability	120	50	n.i./ 12-23	Social media	SMAS-SF	MAAS		66.67
O'Connell, 2020	United Arab Emirates (English)	Cross- sectional	University students	Non- probability	244	61.3	n.i./ 18-25	Mobile phone	SAS-SV	MAAS		66.67
Owen et al., 2018	USA & Germany (English)	Cross- sectional	University students	Non- probability	515	66		Mobile phone	GPIUS-2	FFMQ (Short version) & MAAS		83.33
Özturan et al., 2022	Turkey (English)	Cross- sectional	University students	Non- probability	213	65.7	22.3 (4.2)/ n.i.	Social media	SMASA	MAAS		66.67
Peker et al., 2019	Turkey (Turkish)	Cross- sectional	High school students	Non- probability	308	45.1	n.i./ 12-15	Internet & Mobile phone	SIAS & SAS-SV	CAMM		66.67

Perez, 2022	USA (English)	Cross-sectional	University students	Non-probability	365	80.3	21.42 (5.41)/ n.i.	Social media	BSMAS	FFMQ	Social media usage hours per week	83.33
Putchavayala et al., 2023	India (English)	Cross-sectional	University students	Non-probability	164		n.i. (n.i.)/ n.i.	Mobile phone	SAS-SV	MAAS	Time spent on the smartphone in a day	66.67
Regan et al., 2020	USA (English)	Cross-sectional	University students	Non-probability	135	68.1	19.15 (1.22)/ 18-24	Mobile phone	SPAI	MAAS	Mobile phone usage time (Social and entertainment) per week	MTUAS ^d 66.67
Şakiroğlu et al., 2017	Turkey (English)	Cross-sectional	University students	Non-probability	286	68.5	n.i./ 17-29			MAAS	NMP-Q	66.67
Scafuto et al., 2023	Italy (English)	Cross-sectional	University students	Non-probability	31	90.3	26 (8.61)/ n.i.	Internet	UADI	FFMQ & MAAS		66.67
Şehidoğlu, 2014	Turkey (Turkish)	Cross-sectional	High school students	Probability (Random cluster)	120	60	n.i./ 15-17	Internet	PIUS-A	MAAS		83.33
Serrano et al., 2022	USA (English)	Cross-sectional	University students	Non-probability	228	72.8	24.64 (6.82)/ n.i.	Social media	BFAS (Adapted to social media)	MAAS		83.33
Shabahang et al., 2024a	USA (English)	Cross-sectional	Adults	Non-probability	264	55.3	36.39 (9.84)/ n.i.	Social media	Social media addiction scale	MUSMS		66.67
Shabahang et al., 2024b	Iran (English)	Cross-sectional	Adults	Non-probability	412	74	33.1 (10.8)/ n.i.	Social media	Social media addiction scale	MUSMS		66.67
Sheykhgafshe et al., 2021	Iran (English)	Cross-sectional	High school students	Non-probability	220	58.2	14.27 (3.82)/ n.i.	Internet	IAT	FMI (Short version)		66.67
Sinha et al., 2021	India (English)	Cross-sectional	University students	Non-probability	246	48	25.06 (2.8)/ 20-34	Internet	GPIUS-2	CAMS-R		83.33
Song & Park, 2019	South Korea (English)	Cross-sectional	Adults	Non-probability	400	48.5	n.i./ 20-49	Internet	K-Scale	Mindfulness Scale (Park, 2006)		66.67

Tabarzan et al., 2022	Iran (English)	Cross-sectional	Adults	Non-probability	250	100	45.16 (9.41)/30-60	Internet	IAT	KIMS			83.33
Throuvala et al., 2020	UK (English)	Interventional (RCT)	Adults	Non-probability	252	82	20.72 (3.12)/18-32	Social media	BSMAS	MAAS	Mobile phone and social media usage hours per day	NMP-Q	83.33
Tkalić et al., 2023	Croatia (English)	Cross-sectional	High or middle school students	Probability (Random cluster)	1075	0	15.46 (0.65)/14-19	Gaming	GDT	CAMM			83.33
Tomich et al., 2019	USA (English)	Cross-sectional	University students	Non-probability	245	80	21.39 (n.i.)/n.i.	Mobile phone	SAS-SV	MAAS			66.67
Turel & Osatuyi, 2017	USA (English)	Cross-sectional	Adults (SNS users)	Non-probability	155	41.9	n.i./18-41+	Social media	Compulsive SNS usage scale (Turel & Osatuyi, 2017)	FFMQ (Act with awareness subscale)			83.33
Verrastro et al., 2024	Italy (English)	Cross-sectional	High or middle school students	Non-probability	1074	50	15.65 (0.92)/14-17	Internet	Shorter Promis Questionnaire (Christo et al., 2003)	FFMQ			66.67
Vihari et al., 2022	India (English)	Cross-sectional	Adults	Non-probability	598	33.6	n.i. (n.i.)/n.i.	Internet	GPIUS-2	CAMS-R			83.33
Volkmer & Lermer, 2019	Germany (English)	Cross-sectional	Adults (Employees and university students)	Non-probability	461	71.4	30 (11.97)/15-77	Mobile phone	TMDbrief	FMI (Short version)			83.33
W. Wang et al., 2021	China (English)	Cross-sectional	University students	Non-probability	937	56.6	18.6 (1.16)/16-23	Mobile phone	SPAI	CAMM			66.67
Y. Wang et al., 2022	China (English)	Cross-sectional	High school students	Probability (Random cluster)	1153	52.9	13.84 (2.82)/11-17	Internet	IAT	MAAS			100

Weaver & Swank, 2021	USA (English)	Cross-sectional	University students	Non-probability	278	89.5	20.5 (5.4)/18-53	Social media	SMUQ	MAAS		83.33
Wong et al., 2023a	China (English)	Cross-sectional	Mixed	Probability (Random cluster)	3210	57.6	19.8 (2.8)/15-24	Internet	CIAS (Revised version)	MAAS		66.67
Wong et al., 2023b	China (English)	Longitudinal	Mixed	Non-probability	314	60.2	19.02 (2.79)/12-24	Internet	CIAS (Revised version)	MAAS		50.00
Woodlief, 2017	USA (English)	Cross-sectional	University students	Non-probability	668	77.8	19.43 (0.49)/18-20			MAAS	Mobile phone usage hours per day	66.67
J. Wu & Li, 2021	China (English)	Cross-sectional	High school students	Non-probability	771	52.3	13.87 (0.78)/n.i.	Internet	PIUS-a	FFMQ		66.67
A. M. S. Wu et al., 2022	China & Japan (English)	Cross-sectional	University students	Non-probability	1243	60.9	19.73 (n.i.)/18-25	Online gaming	DSM-5 (9 Symptoms self-report)	MAAS		66.67
Xiang et al., 2024	China (English)	Cross-sectional	University students	Non-probability	198	94.9	22.7 (1.84)/n.i.	Mobile phone	MPAI	MAAS		83.33
Yalçınkaya et al., 2018	Turkey (English)	Cross-sectional	University students	Non-probability	388	72.9	20.88 (1.98)/18-27	Internet	IAT (Short version)	MAAS		66.67
X. Yang et al., 2019	China (English)	Cross-sectional	High school students	Probability (Random cluster)	1258	46.6	16.76 (0.94)/14-20	Mobile phone	MPAI	CAMM		83.33
X. J. Yang et al., 2021	China (Chinese)	Cross-sectional	University students	Non-probability	790	67.8	19.34 (1.17)/17-22	Mobile phone	MPAI	CAMM	Mobile phone usage time and frequency	83.33
H. Yang et al., 2022	Singapore (English)	Cross-sectional	University students	Non-probability	207	72	20.79 (1.88)/19-27	Mobile phone	SAS-SV	FFMQ (Describing, Act with awareness, non-judging of experience, and non-		66.67

H. Yang et al., 2023	China (English)	Cross-sectional	High or middle school students	Non-probability	259	57.9	15.58 (0.73)/14-18	Mobile phone	MPAI	reactivity subscales) FFMQ		66.67
G.-H. Yang et al., 2024	China (English)	Cross-sectional	University students	Non-probability	752	66.4	19.36 (1.24)/17-23	Mobile phone	MPAI	CAMM		83.33
X. Yang, 2018	China (Chinese)	Cross-sectional	University students	Non-probability	1040	58.9	20.06 (1.27)/17-25	Mobile phone	MPAI	FFMQ (Describing, act with awareness, and non-reactivity subscales)	Mobile phone usage hours per day (Not reported)	66.67
Ye et al., 2023	China (English)	Cross-sectional	University students	Non-probability	2948	74.9	n.i. (n.i.)/18-30	Mobile phone	SAS-SV	FFMQ		66.67
Yin et al., 2023	China (English)	Longitudinal	High or middle school students	Non-probability	580	61.2	15.76 (1.31)/n.i.	Gaming	Pathological Video Game Use Questionnaire (Gentile, 2009)	CAMM		83.33
Yu et al., 2018	China (English)	Cross-sectional	Adults (Employees)	Non-probability	327		31.93 (9.04)/18-67	Online gaming	DSM-5 (9 Symptoms self-report)	MAAS		83.33
J. Zhang & Wang, 2022	China (English)	Cross-sectional	University students	Non-probability	763	61.9	20.28 (1.56)/17-23	Mobile phone	SAS-SV	FFMQ (Short version)		66.67
Y. Zhang et al., 2020	China (English)	Cross-sectional	University students	Non-probability	1304	60	19.71 (1.03)/18-22	Mobile phone	MPAI	CAMM		66.67
B. Zhang et al., 2021	China (English)	Cross-sectional	High school students	Non-probability	816	50.6	15.86 (0.79)/13-19	Mobile phone	SAS-SV	MAAS		66.67
Zhu, 2024	China (English)	Cross-sectional	University students	Non-probability	1448	52.6	19.76 (1.26)/16-28	Mobile phone	SAS-SV	MAAS		66.67

Abbreviations. AEQ = Addiction-Engagement Questionnaire (Charlton, 2002; Charlton & Danforth, 2010); AMQ = Athlete Mindfulness Questionnaire (C.-Q. Zhang et al., 2017); APIUS = Adolescents Problematic Internet Use Scale (Bai & Fan, 2005); ASAS = Adult Smartphone Addiction Scale (K.-H. Kim et al., 2016); BFAS = Bergen Facebook Addiction Scale (Andreassen et al., 2012); BSAS = Bergen Shopping Addiction Scale (Andreassen et al., 2015); BSMAS = Bergen Social Media Addiction Scale (Andreassen et al., 2016); CAMM = Child and Adolescent Mindfulness Measure (Greco et al., 2011); CAMS-R = Cognitive and Affective Mindfulness Scale–Revised (Feldman et al., 2006); CERI = Cuestionario de experiencias relacionadas con Internet (Fargues et al., 2009); CERM = Cuestionario de experiencias relacionadas con el móvil (Fargues et al., 2009); CIAS = Chinese Internet Addiction Scale (S.-H. Chen et al., 2003); CS = Compassion Scale (Pommier, 2010); Diagnostic and Statistical Manual of Mental Disorder – Five (American Psychiatric Association, 2013); FFMQ = Five Facet Mindfulness Questionnaire (Baer et al., 2006); FMI = Freiburg Mindfulness Inventory (Kohls et al., 2009); GDT = Gaming Disorder Test (Pontes et al., 2021); GPIUS-2 = Generalized Problematic Internet Use Scale 2 (Caplan, 2010); IAT = Internet Addiction Test (Young, 1998); IGATS = Internet Game Addiction Trends Scale (Petry et al., 2014); IGDS = Internet Gaming Disorder Scale (Lemmens et al., 2015); IGD-10 = Internet Gaming Disorder Test (Király et al., 2017); K-Scale = Korean Internet Addiction Self-Diagnosis Scale (Shin et al., 2011); MAAS = Mindful Attention Awareness Scale (Brown & Ryan, 2003); MPAI = Mobile Phone Addiction Index (Leung, 2008); MPATS (a) = Mobile Phone Addiction Tendency Scale (Xiong et al., 2012); MPATS (b) = Mobile Phone Addiction Type Scale (Q. Q. Liu, 2019); MPPUS = Mobile Phone Problem Use Scale (Bianchi & Phillips, 2005); MUSMS = Mindful Use of Social Media Scale (Shabahang et al., 2024); MTUAS = Media and Technology Usage and Attitudes Scale (Rosen et al., 2013); NCBA = Non-controlled before-after study; n.i. = no information; OCS = Online Cognition Scale (Davis et al., 2002); NMP-Q = Nomophobia Questionnaire (Yildirim & Correia, 2015); PIUS-a = Problematic Internet Use Scale in Adolescents (Boubeta et al., 2015); PIUS-A = Problematic Internet Use Scale for Adolescents (Ceyhan & Ceyhan, 2009); RCT = Randomized-controlled trial; SABAS = Smartphone Application-Based Addiction Scale (Csibi et al., 2018); SAPS = Smartphone Addiction Proneness Scale (D. Kim et al., 2014); SAS = Smartphone Addiction Scale (J. H. Lee et al., 2016); SAS-SV = Smartphone Addiction Scale - Short Version (Kwon et al., 2013); SCS = Self-Compassion Scale (Neff, 2003); SD = Standard deviation; SIAS = Student Internet Addiction Scale (Mihçi & Çakmak, 2017); SMASA = Social Media Addiction Scale (Tutgun-Ünal & Deniz, 2015); SMAS-SF = Social Media Addiction Scale - Student Form (Sahin, 2018); SMDS-SF = Social Media Disorder Scale - Short Form (Van den Eijnden et al., 2016); SMSCF = Social Media Self-Control Failure - Scale (Du et al., 2018); SMUQ = Social Media Use Questionnaire (Xanidis & Brignell, 2016); SPAI = Smartphone Addiction Inventory (Lin et al., 2014); SPAI-SF = Smartphone Addiction Inventory - Short Form (Lin et al., 2017); TMDbrief = Test Of Mobile Phone Dependence – Brief multicultural version (Chóliz et al., 2016); UADI = Internet Use, Abuse and Addiction Scale (Del Miglio et al., 2001).

^a Non-probability sampling including convenience, purposive, quota, and snowball sampling; Probability sampling including random, systematic, stratified, cluster, and multi-stage sampling.

^b All reported screen time measurements were self-reports.

^c Study quality as percentage of study quality criteria met, as measured with the Methodological Quality Appraisal Tool for non-randomized, cross-sectional studies (Davids et al., 2017).

^d Technology-related anxiety subscale

Supplementary material S9: Trait mindfulness scales used.

Mindfulness scales (and adaptations)	Frequency	Intended measurement	Dimensions
MAAS (Mindful Attention Awareness Scale)	76	Trait	1 Dimension
FFMQ (Five Facet Mindfulness Questionnaire)	32	Trait	5 Dimensions: Observe, Describe, Act with Awareness, Non-judgment, Non-reactivity
CAMM (Child and Adolescent Mindfulness Measure)	16	Trait	1 Dimension
FMI (Freiburg Mindfulness Inventory)	6	Trait	1 Dimension (short version), 2 Dimensions (long version): Presence, Acceptance
CAMS-R (Cognitive and Affective Mindfulness Scale - Revised)	3	Trait	1 Dimension
Mindfulness Scale (Park, 2006)	3	Trait-like (primarily trait, possibly state)	4 Dimensions: Concentration, Non-judgmental acceptance, Present awareness, Decentered attention
Compassion Scale (Pommier, 2010)	2	Trait	1 Dimension (Mindfulness as a subscale)
MUSMS (Mindful Use of Social Media Scale)	2	Trait-like (primarily trait, possibly state)	1 Dimension
AMQ (Athlete Mindfulness Questionnaire)	1	Trait	3 Dimensions: Attention, Awareness, Acceptance
KIMS (Kentucky Inventory of Mindfulness Skills)	1	Trait	4 Dimensions: Observe, Describe, Act with Awareness, Accept without Judgment
SCS (Self-Compassion Scale, Mindfulness Subscale)	1	Trait	1 Dimension (Mindfulness as a subscale)

Note. AMQ = Athlete Mindfulness Questionnaire (C.-Q. Zhang et al., 2017); CAMM = Child and Adolescent Mindfulness Measure (Greco et al., 2011); CAMS-R = Cognitive and Affective Mindfulness Scale–Revised (Feldman et al., 2006); CS = Compassion Scale (Pommier, 2010); FFMQ = Five Facet Mindfulness Questionnaire (Baer et al., 2006); FMI = Freiburg Mindfulness Inventory (Kohls et al., 2009); MAAS = Mindful Attention Awareness Scale (Brown & Ryan, 2003); MUSMS = Mindful Use of Social Media Scale (Shabahang et al., 2024); SCS = Self-Compassion Scale (Neff, 2003).

Supplementary material S10: Problematic usage of the internet (PUI) scales used.

PUI scales used	Frequency
SAS (Smartphone Addiction Scale)	19
MPAI (Mobile Phone Addiction Index, Leung, 2008)	16
IAT (Internet Addiction Test, Young, 1998)	14
GPIUS-2 (Generalized Problematic Internet Use Scale 2, Caplan, 2010)	9
BSMAS (Bergen Social Media Addiction Scale, Andreassen et al., 2016)	6
BFAS (Bergen Facebook Addiction Scale, Andreassen et al., 2012)	6
SMASA (Social Media Addiction Scale, Tutgun-Ünal & Deniz, 2015)	6
CIAS (Chinese Internet Addiction Scale, S.-H. Chen et al., 2003)	5
Compulsive SNS usage scale (Turel & Osatuyi, 2017)	4
SPAI (Smartphone Addiction Inventory, Lin et al., 2014)	4
PIUS-A (Problematic Internet Use Scale for Adolescents, Ceyhan & Ceyhan, 2009)	3
AEQ (Addiction-Engagement Questionnaire, Charlton & Danforth, 2010)	3
MPATS (a) (Mobile Phone Addiction Tendency Scale, Xiong et al., 2012)	3
SMDS (Social Media Disorder Scale, Van den Eijnden et al., 2016)	2
GDT (Gaming Disorder Test, Pontes et al., 2021)	2
K-Scale (Korean Internet Addiction Self-Diagnosis Scale, Shin et al., 2011)	2
DSM-5 (9 Symptoms self-report, American Psychiatric Association, 2013)	2
CERI (Cuestionario de experiencias relacionadas con Internet, Fargues et al., 2009)	1
CERM (Cuestionario de experiencias relacionadas con el móvil, Fargues et al., 2009)	1
BSAS (Adapted to online context, Bergen Shopping Addiction Scale, Andreassen et al., 2015)	1
IGATS (Internet Game Addiction Trends Scale, Petry et al., 2014)	1
Online Gaming Addiction Scale (Kaya, 2013)	1
SMSCF (Social Media Self-Control Failure Scale, Du et al., 2018)	1
SABAS (Smartphone Application-Based Addiction Scale, Csibi et al., 2018)	1
ASAS (Adult Smartphone Addiction Scale, K.-H. Kim et al., 2016)	1
FAS (Facebook Addiction Scale, Sahin, 2018)	1
OCS (Online Cognition Scale, Davis et al., 2002)	1
MPPUS (Mobile Phone Problem Use Scale, Bianchi & Phillips, 2005)	1
SAPS (Smartphone Addiction Proneness Scale, D. Kim et al., 2014)	1
IGDT-10 (Internet Gaming Disorder Test, Király et al., 2017)	1
IGDS (Internet Gaming Disorder Scale, Lemmens et al., 2015)	1
Compulsive SNS usage scale (Turel & Osatuyi, 2017) (Adapted to Instagram)	1
APIUS (Adolescents Problematic Internet Use Scale, Bai & Fan, 2005)	1
MPATS (b) (Mobile Phone Addiction Type Scale, Q.-Q. Liu, 2019)	1
SIAS (Student Internet Addiction Scale, Mihçi & Çakmak, 2017)	1
UADI (Internet Use, Abuse, and Addiction Scale, Del Miglio et al., 2001)	1
Shorter Promis Questionnaire (Christo et al., 2003)	1
TMDbrief (Test Of Mobile Phone Dependence – Brief multicultural version, Chóliz et al., 2016)	1
SMUQ (Social Media Use Questionnaire, Xanidis & Brignell, 2016)	1
Pathological Video Game Use Questionnaire (Gentile, 2009)	1

Supplementary material S11: Screen time measurements used.

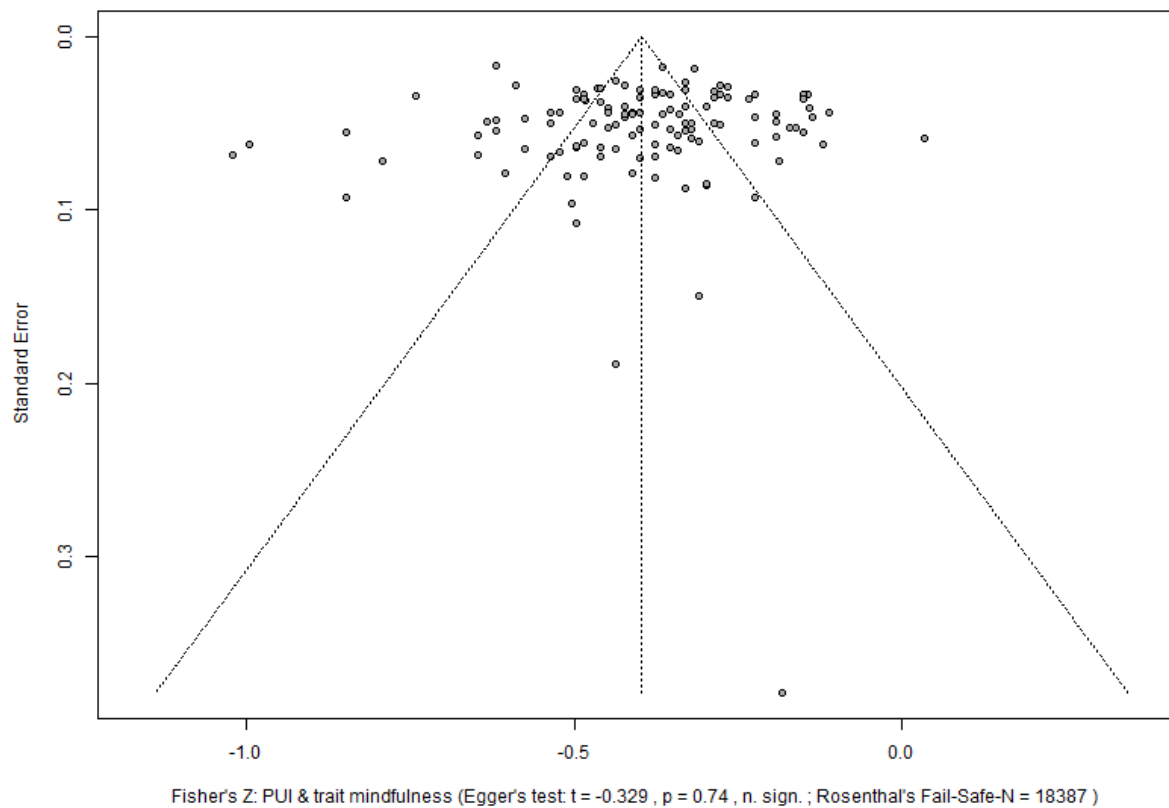
Screen time measurement ^a	Study in the review
Daily minutes spent on the internet	Evli et al., 2023
Percentage of their leisure time using social media	Charoensukmongkol, 2016
Mobile phone usage time per day	W.-Y. Chen et al., 2021
Duration of using smartphone on daily basis (in hours)	Gohar & Munir, 2022
Social media usage hours per day	Gu et al., 2022
Social media usage time per day	Hallauer et al., 2022
Screen use while eating questionnaire (He et al., 2023)	He et al., 2024
Mobile phone usage hours per day	K. Kim et al., 2018
Total estimate of hours per week	Li Anthony et al., 2023
Gaming usage hours per week	Mettler, 2017
Gaming usage hours per week	Mills, 2019
Social media usage hours per week	Perez, 2022
Time spent on the smartphone in a day	Putchavayala et al., 2023
Mobile phone usage time (social and entertainment) per week	Regan et al., 2020
Mobile phone and social media usage hours per day	Throuvala et al., 2020
Mobile phone usage hours per day	Woodlief, 2017
Mobile phone usage time and frequency	X. J. Yang et al., 2021
Mobile phone usage hours per day (not reported)	X. Yang, 2018

^a All reported screen time measurements were self-reports.

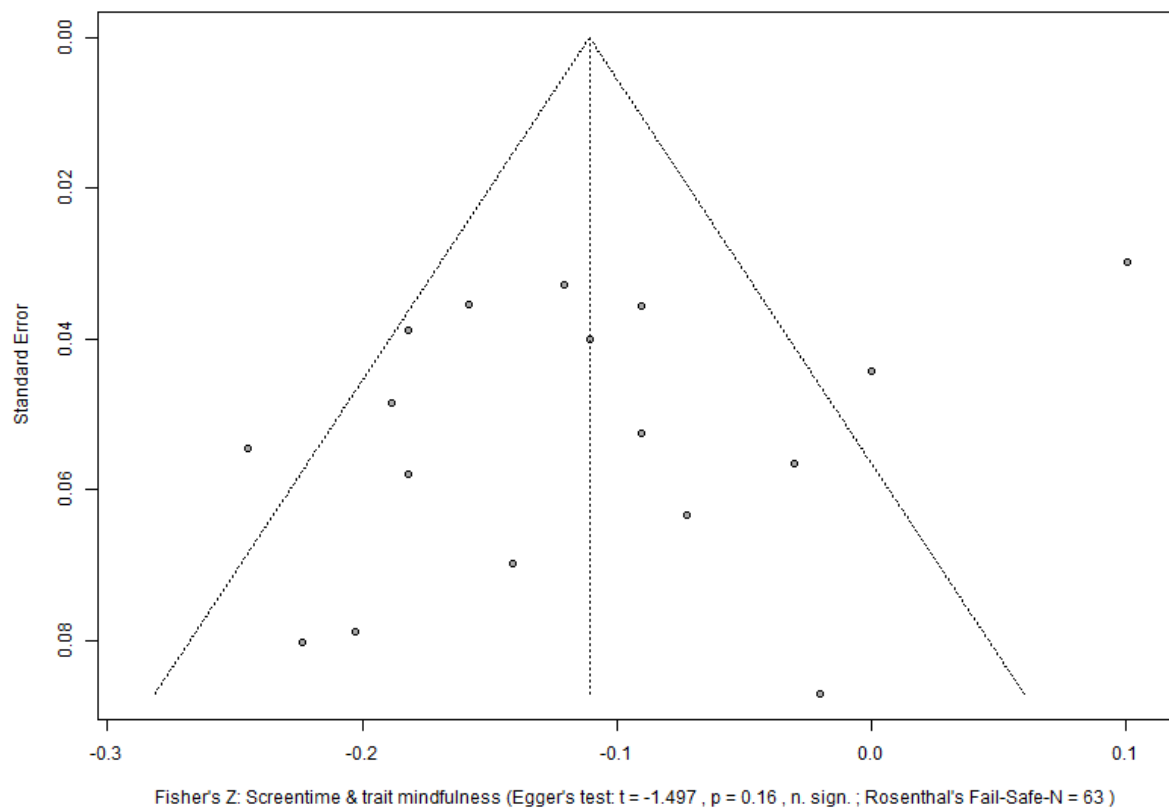
Supplementary material S12: Nomophobia scales used.

Nomophobia scales	Frequency	Dimensions
NMP-Q = Nomophobia Questionnaire (Yildirim & Correia, 2015)	10	4 Dimensions: Not being able to communicate, Losing connectedness, Not being able to access information, Giving up convenience
MTUAS = Media and Technology Usage and Attitudes Scale (Rosen et al., 2013)	1	1 Dimension: Technology-related anxiety
Nomophobia scale (Choucair, Z. (2020; cited in Essa, 2023).	1	1 Dimension

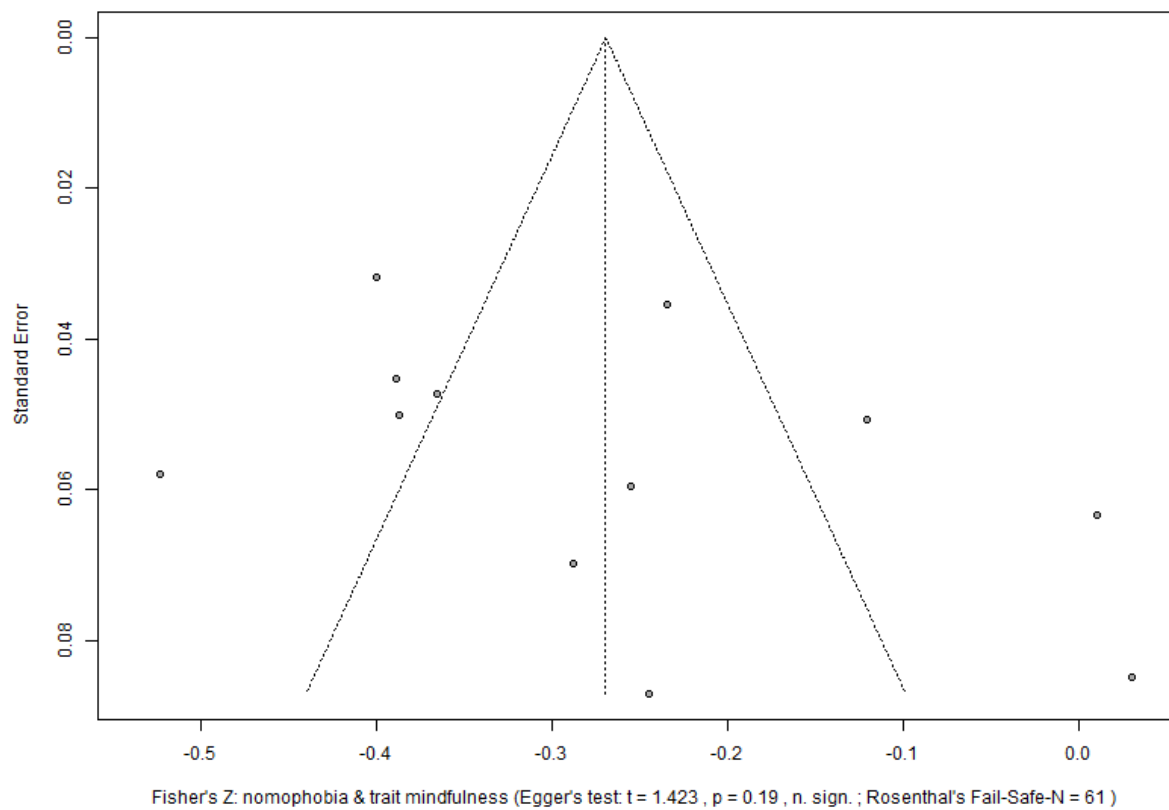
Supplementary material S13: Funnel plot for the relationship between problematic usage of the internet (PUI) and trait mindfulness.



Supplementary material S14: Funnel plot for the relationship between screen time and trait mindfulness.



Supplementary material S15: Funnel plot for the relationship between nomophobia and trait mindfulness



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