

Table S2. Subgroup analysis based on the health status of the study population

Study group	Study	Participants	I-V pooled SMD	[95% Conf. Interval]		% Weight	<i>P value</i>
	N	N					
Health population	22	1063	-0.899	-1.000	-0.798	35.03	<i>p</i> <0.001
Clinical patients with physical illnesses	31	1086	-0.627	-0.736	-0.519	30.52	<i>p</i> <0.001
Psychiatric patients	19	973	-0.618	-0.720	-0.516	34.45	<i>p</i> <0.001

Table S3. Subgroup analysis based on the age of participants

Study group	Study	Participants	I-V pooled SMD	[95% Conf. Interval]		% Weight	<i>P value</i>
	N	N					
Younger adults	19	921	-0.618	-0.715	-0.520	39.67	<i>p</i> <0.001
Middle-aged adults	20	755	-0.691	-0.803	-0.579	29.93	<i>p</i> <0.001
Older adults	18	703	-0.873	-0.985	-0.761	30.40	<i>p</i> <0.001

Table S4. Subgroup analysis based on MBMI types

Study group	Study	Participants	I-V	[95% Conf.	%	<i>P value</i>
	N	N	pooled SMD	Interval]	Weight	
Yoga/Pilates	25	1076	-0.808	-0.901	-	40.98
					0.715	<i>p</i> <0.001
Tai Chi/Qigong/Baduanjin	18	682	-0.567	-0.680	-	28.35
					0.455	<i>p</i> <0.001
MBMI combined with	18	756	-0.741	-0.849	-	30.67
mindfulness or muscle					0.633	<i>p</i> <0.001
relaxation techniques						

Table S5. Subgroup analysis based on the duration of intervention

Study group	Study	Participants	I-V pooled SMD	[95% Conf. Interval]		% Weight	<i>P value</i>
	N	N					
≤3 months	48	1943	-0.714	-0.784	-0.644	73.45	<i>p</i> <0.001
>3 months	14	659	-0.829	-0.945	-0.712	26.55	<i>p</i> <0.001

Table S6. Subgroup analysis based on intervention frequencies

Study group	Study	Participants	I-V pooled SMD	[95% Conf. Interval]		% Weight	<i>P value</i>
	N	N					
≤1/week	15	647	-0.687	-0.804	-0.570	29.2	<i>p</i> <0.001
>1/week	40	1594	-0.793	-0.868	-0.718	70.71	<i>p</i> <0.001

Table S7. Subgroup analysis based on total intervention hours

Study group	Study	Participants	I-V pooled SMD	[95% Conf. Interval]		% Weight	<i>P value</i>
	N	N					
≤24 h	35	1394	-0.746	-0.827	-0.665	63.34	<i>p</i> <0.001
> 24 h	17	767	-0.759	-0.865	-0.653	36.66	<i>p</i> <0.001