

# SUPPLEMENTARY MATERIAL

**Table S1.** Quality assessment of included studies.

| Study                           | NHMRC level of evidence & Study Design | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | Total        |
|---------------------------------|--|---|---|---|---|---|---|---|---|---|----|----|--------------|
| Amendola et al., 2018 [59]      | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Chen et al., 2017 [60]          | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Coco et al., 2020 [51]          | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | Y  | Y  | 10/11 (91%)  |
| Domoff et al., 2020 [61]        | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Elhai et al., 2016 [40]         | IV: cross-sectional                    | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y  | Y  | 11/11 (100%) |
| Elhai and Contractor, 2018 [56] | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | Y  | Y  | 10/11 (91%)  |
| Elhai et al., 2018 [57]         | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | Y  | Y  | 10/11 (91%)  |
| Ercengiz et al., 2020 [62]      | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Extremiera et al., 2019 [63]    | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Fortes et al., 2021 [64]        | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Fu et al., 2020 [65]            | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |
| Giordano et al., 2021 [49]      | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | Y  | Y  | 10/11 (91%)  |
| Hoffner and Lee, 2015 [68]      | IV: cross-sectional                    | Y | Y | Y | N | Y | N | Y | Y | Y | N  | Y  | 8/11 (73%)   |
| Horwood and Anglim, 2021 [58]   | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | Y  | Y  | 10/11 (91%)  |
| lo Coco et al., 2020 [50]       | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | Y  | Y  | 10/11 (91%)  |
| Rozgonjuk and Elhai, 2021 [52]  | IV: cross-sectional                    | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11 (82%)   |

Table S1. Cont.

| Study                       | NHMRC<br>level of<br>evidence &<br>Study<br>Design | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | Total         |
|-----------------------------|--|---|---|---|---|---|---|---|---|---|----|----|---------------|
| Sakiroglu, 2019 [53]        | IV: cross-sectional                                | Y | Y | N | N | Y | Y | Y | Y | Y | N  | Y  | 8/11<br>(73%) |
| Satici and Deniz, 2020 [47] | IV: cross-sectional                                | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11<br>(82%) |
| Squires et al., 2020 [48]   | IV: cross-sectional                                | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11<br>(82%) |
| Yildiz et al., 2017 [66]    | IV: cross-sectional                                | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11<br>(82%) |
| Zsido et al., 2021 [67]     | IV: cross-sectional                                | Y | Y | Y | N | Y | Y | Y | Y | Y | N  | Y  | 9/11<br>(82%) |

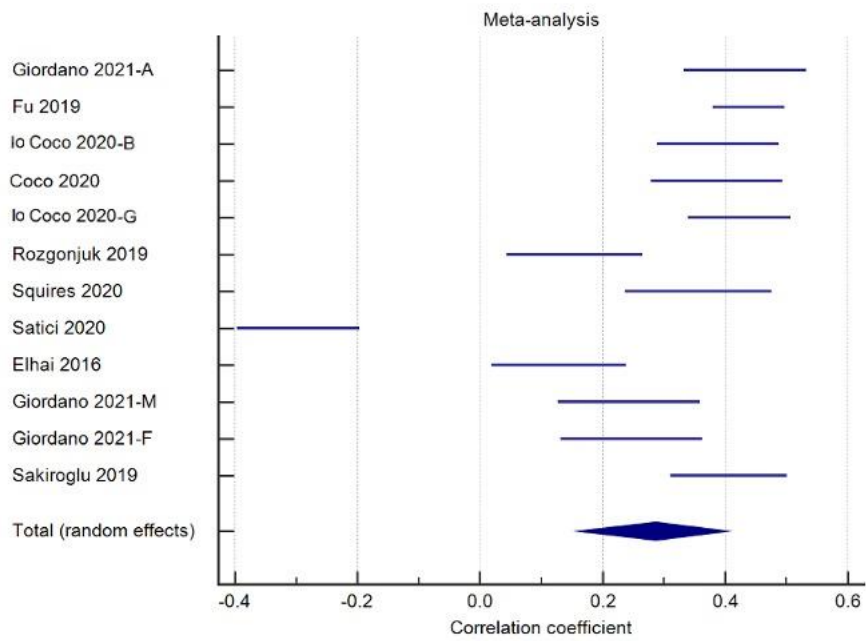
Meta-analysis: correlation

| Variable for studies                  |             |                         | Study            |        |        |            |        |
|---------------------------------------|-------------|-------------------------|------------------|--------|--------|------------|--------|
| Variable for number of cases          |             |                         | N                |        |        |            |        |
| Variable for correlation coefficients |             |                         | r                |        |        |            |        |
| Study                                 | Sample size | Correlation coefficient | 95% CI           | z      | P      | Weight (%) |        |
|                                       |             |                         |                  |        |        | Fixed      | Random |
| Giordano 2021-A                       | 252         | 0.438                   | 0.332 to 0.533   |        |        | 6.63       | 8.26   |
| Fu 2019                               | 720         | 0.440                   | 0.379 to 0.497   |        |        | 19.08      | 8.67   |
| Io Coco 2020-B                        | 280         | 0.393                   | 0.289 to 0.488   |        |        | 7.37       | 8.32   |
| Coco 2020                             | 242         | 0.392                   | 0.280 to 0.494   |        |        | 6.36       | 8.23   |
| Io Coco 2020-G                        | 367         | 0.427                   | 0.339 to 0.507   |        |        | 9.69       | 8.45   |
| Rozgonjuk 2019                        | 300         | 0.156                   | 0.0435 to 0.265  |        |        | 7.91       | 8.35   |
| Squires 2020                          | 204         | 0.362                   | 0.236 to 0.476   |        |        | 5.35       | 8.11   |
| Satici 2020                           | 320         | -0.300                  | -0.397 to -0.197 |        |        | 8.44       | 8.39   |
| Elhai 2016                            | 308         | 0.130                   | 0.0185 to 0.238  |        |        | 8.12       | 8.37   |
| Giordano 2021-M                       | 252         | 0.246                   | 0.126 to 0.359   |        |        | 6.63       | 8.26   |
| Giordano 2021-F                       | 252         | 0.251                   | 0.132 to 0.363   |        |        | 6.63       | 8.26   |
| Sakiroglu 2019                        | 296         | 0.410                   | 0.311 to 0.501   |        |        | 7.80       | 8.35   |
| Total (fixed effects)                 | 3793        | 0.298                   | 0.269 to 0.327   | 18.833 | <0.001 | 100.00     | 100.00 |
| Total (random effects)                | 3793        | 0.286                   | 0.160 to 0.402   | 4.360  | <0.001 | 100.00     | 100.00 |

#### Test for heterogeneity

|                                |                |
|--------------------------------|----------------|
| Q                              | 184.2011       |
| DF                             | 11             |
| Significance level             | P < 0.0001     |
| I <sup>2</sup> (inconsistency) | 94.03%         |
| 95% CI for I <sup>2</sup>      | 91.28 to 95.91 |

(a)



(b)

**Figure S1: (a)** Meta-analysis calculating the pooled correlation coefficient of emotional dysregulation with PSU ; **(b)** forest plot showing the relationship between emotional dysregulation and PSU.