

Supplementary Document

Table S1. Critical Appraisal of the Retrieved Papers. (Mindfulness and Cooking)

Authors		Study Design	JBI Critical Appraisal for Qualitative Research													Overall Appraisal
			Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	/	/	/	
1	Méndez et al. (2020))	R.Qualitative Interview	-N	Y	Y	Y	Y	Y	N	Y	Y	Y	/	/	/	Include
2	Pierce et al. (2017)	Qualitative Interview	-N	Y	Y	Y	Y	Y	N	Y	Y	Y	/	/	/	Include
3	Thompson et al. (2021)	Qualitative Interview	-N	Y	Y	Y	Y	Y	N	Y	Y	Y	/	/	/	Include
JBI Critical Appraisal for Text and Opinion Papers																
			Q1	Q2	Q3	Q4	Q5	Q6	/	/	/	/	/	/	/	
4	Burton & W.A. (2020)	E.T.Qualitative Intervention Protocol	-Y	Y	Y	Y	Y	Y	/	/	/	/	/	/	/	Include
5	de Queiroz F.L.N et al. (2012)	Qualitative Literature Review	-Y	Y	Y	Y	Y	Y	/	/	/	/	/	/	/	Include
6	Dijker A.J.M. (2019)	Qualitative-Literature Review	Y	Y	Y	Y	Y	Y	/	/	/	/	/	/	/	Include
7	Eisenberg D.M. Imamura B.D.A (2019)	Qualitative & Literature Review	-Y	Y	Y	Y	Y	Y	/	/	/	/	/	/	/	Include
JBI Critical Appraisal for Randomized Controlled Trials																
			Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	
8	Janssen L.K. et al. (2018)	Quantitative	Y	UC	Y	Y	UC	UC	Y	Y	Y	Y	Y	Y	NA	Include
9	Unick J.L. et al. (2022)	Quantitative	Y	UC	Y	Y	UC	UC	Y	Y	Y	Y	Y	Y	NA	Include
JBI Critical Appraisal for Quasi-experimental studies																
			Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	/	/	/	/	
10	Eisenberg D.M. et al. (2019)	Quantitative	Y	UC	UC	N	Y	Y	Y	Y	Y	/	/	/	/	Include
11	Gardiner et al. (2022)	Quantitative	Y	UC	UC	N	Y	Y	Y	Y	Y	/	/	/	/	Include
12	Kakareka et al.(2019)	Quantitative	Y	Y	UC	Y	Y	Y	Y	Y	Y	/	/	/	/	Include

Note. Y = Yes; N = No; UC = Unclear; NA = Not Applicable.

Table 2. Critical Appraisal of the Retrieved Papers. (Mindfulness and Knitting)

Authors			Study Design		JBIC Critical Appraisal for Text and Opinion Papers													
			Q1	Q2	Q3	Q4	Q5	Q6	/	/	/	/	/	/	/	Overall Appraisal		
1	Graham & Lewis, 2023	Qualitative Literature Review	−Y	Y	Y	Y	Y	Y	/	/	/	/	/	/	/	Include		
2	Hofsess, 2021	Qualitative Literature Review	−Y	Y	Y	Y	Y	Y	/	/	/	/	/	/	/	Include		
JBIC Critical Appraisal for Cross-sectional Study																		
			Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8								
3	Riley et al., 2013	Quantitative	UC	Y	Y	Y	UC	UC	Y	Y	/	/	/	/	/	Include		
4	Kaimal et al., 2017	Quantitative	NA	Y	Y	Y	UC	UC	Y	Y	/	/	/	/	/	Include		
JBIC Critical Appraisal for Quasi-experimental studies																		
			Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	/	/	/	/			
5	Coholic et al., 2011	Quantitative	Y	Y	Y	Y	Y	Y	Y	Y	Y					Include		

Note. Y = Yes; N = No; UC = Unclear; NA = Not Applicable.