**Supplemental Material 3**

**Table 1** The Overall Weighted Mean Effects Comparing Stress Management Interventions versus Controls on Anxiety at First Post-Intervention Assessment.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study Citation** | ***n*** | ***d*+** | **SE** | **95% CI** | | ***d+* (95% *CI*)** |
|  |  |  |  |  |  | **Favors Controls Favors Treatments** |
| Barrow et al. (2007) | 65 | -0.3619 | 0.2858 | -0.9221 | 0.1983 |
| Bose et al. (2016) | 103 | 0.0839 | 0.2090 | -0.3258 | 0.4936 |
| Dekker et al. (2012) | 42 | 0.2197 | 0.3399 | 0.4464 | 0.8858 |
| Freedland et al. (2015) | 158 | 0.5947 | 0.1637 | 0.2738 | 0.9156 |
| Huang et a. (2016) | 60 | 0.2715 | 0.2805 | -0.2783 | 0.8213 |
| Sherwood et al. (2017) | 180 | 0.2741 | 0.1510 | -0.0218 | 0.5700 |
| Wang et al. (2015) [Biofeedback Morning] | 64 | 0.4514 | 0.2575 | -0.0533 | 0.9561 |
| Wang et al. (2015) [Biofeedback Morning-Night] | 64 | 1.4668 | 0.2883 | 0.9018 | 2.0318 |
| Wang et al. (2015) [Biofeedback Night] | 64 | 1.4901 | -.2893 | 0.9231 | 2.0571 |
| Yu et al. (2007) | 158 | 0.4529 | 0.1857 | 0.0889 | 0.8169 |
|  | *MM* | 0.4845 | 0.1520 | 0.1866 | 0.7823 |
|  | *ML* | 0.4890 | 0.2023 | 0.0925 | 0.8855 |
|  |  |  |  |  |  |  |

*Note*. The overall weighted mean effect sizes are calculated using random-effects models with methods of moments (MM) and full information maximum likelihood (ML) methods to estimate the between-study variance. Weighted mean effect sizes (*d*+) are positive for differences that favor the stress management intervention group relative to controls. *d+,* weighted mean effect size; SE, standard error; CI, confidence interval.

**Table 2.** The Overall Weighted Mean Effects Comparing Stress Management Interventions versus Controls on Quality of Life at First Post-Intervention Assessment.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study Citation** | ***n*** | ***d*+** | **SE** | **95% CI** | | ***d+* (95% *CI*)** |
|  |  |  |  |  |  | **Favors Controls Favors Treatments** |
| Barrow et al. (2007) | 65 | 3.6589 | 0.4744 | 2.7290 | 4.5888 |
| Cajanding (2016) | 123 | 0.4434 | 0.2047 | 0.0422 | 0.8446 |
| Chang et al. (2005) | 6 | 0.1491 | 0.2657 | -0.3789 | 0.6627 |
| Curiati et al. (2005) | 19 | 0.8878 | 0.5966 | -0.2854 | 2.0610 |
| Dekker et al. (2012) | 42 | 0.4134 | 0.3531 | -0.2787 | 1.1055 |
| Gary et al. (2010) [CBT] | 36 | 0.2082 | 0.3678 | -0.5127 | 0.9291 |
| Huang et al. (2016) | 60 | -0.0875 | 0.2793 | -0.6349 | 0.4599 |
| Jayadevappa et al. (2007) | 31 | -0.1166 | 0.4426 | -0.9841 | 0.7509 |
| Krishna et al. (2014) | 130 | 4.4168 | 0.3971 | 3.6386 | 5.1951 |
| Pullen et al. (2008) | 19 | 0.2895 | 0.4923 | -0.6755 | 1.2545 |
| Pullen et al. (2010) | 40 | 0.4671 | 0.3603 | -0.2390 | 1.1732 |
| Swanson et al. (2009) [LVEF ≤ 30] | 17 | 0.2610 | 0.5248 | -0.7676 | 1.2896 |
| Swanson et al. (2009) [LVEF ≥ 31] | 12 | 0.6018 | 0.6666 | -0.7046 | 1.9082 |
| Yeh et al. (2004) | 30 | 1.1435 | 0.4129 | 0.3342 | 1.9528 |
| Yeh et al. (2011) | 100 | 0.5084 | 0.2098 | 0.0973 | 0.9195 |
| Yu et al. (2007) | 158 | 0.3799 | 0.1852 | 0.0169 | 0.7429 |
|  | *MM* | 0.8320 | 0.2637 | 0.3152 | 1.3488 |
|  | *ML* | 0.8206 | 0.2143 | 0.4006 | 1.2407 |

*Note*. The overall weighted mean effect sizes are calculated using random-effects models with methods of moments (MM) and full information maximum likelihood (ML) methods to estimate the between-study variance. Weighted mean effect sizes (*d*+) are positive for differences that favor the stress management intervention group relative to controls. *d+,* weighted mean effect size; SE, standard error; CI, confidence interval.