

Supplementary Table 1. Search terminologies for each electronic bibliographic database

Database	Intervention AND	Outcomes AND	Study design AND
PubMed/Medline	(progressive muscle relaxation or tai chi or qi gong or biofeedback or breathing exercise* or mind-body or mindfulness or meditation or self-regulation)[tiab] or exp Biofeedback or exp Breathing Exercises/ or exp Mindfulness/ or exp Mind-Body Therapies/ or exp Meditation/ or exp Relaxation/ or exp Muscle Relaxation/ or exp Relaxation Therapy/ or exp Qigong/ or exp Tai Ji/ or exp Yoga/ or exp mind body medicine	(post-traumatic stress disorder or post traumatic stress disorder or PTSD or traumatic stress* or post-traumatic stress or acute stress disorder)[tiab] exp Stress Disorders, Traumatic, Acute/ or exp Stress Disorders, Post-Traumatic/	(RCT or randomized controlled trial.tw random allocation.tw random assignment.tw randomization.tw randomly.tw randomized.tw quasi-experiment*.tw quasiexperiment*.tw control group.tw control condition)[tiab] exp randomized controlled trial/ exp controlled clinical trial/ exp clinical trial/ exp random allocation/
PsycINFO	ab,ti("mind-body" OR "mind body" OR "breathing exercise*" OR qigong OR "qi gong" OR "tai chi" OR "tai ji" OR yoga) OR MESH("biofeedback training" or biofeedback or yoga or relaxation or "relaxation therapy" or mindfulness or meditation or "mind-body")	ab,ti("post-traumatic stress disorder" or "post traumatic stress disorder" or PTSD or "traumatic stress" or "post-traumatic stress" or "acute stress disorder") OR MESH("post-traumatic stress disorder" or "posttraumatic stress disorder" or "acute stress disorder")	ab,ti(RCT or "randomized controlled trial" or "random allocation" or "random assignment" or randomization or randomly or randomized or "quasi-experiment*" or "quasi experiment" or "control group" or "control condition") OR MESH("treatment effectiveness evaluation" or "experimental design" or "mental health program evaluation")
Embase	(biofeedback or breathing exercise or mind body or mind-body or mindfulness or meditation or relaxation or qi gong or qigong or tai chi or tai ji or yoga or hypnosis or self-regulation).tw. or exp biofeedback/ or exp breathing exercise/ or exp meditation/ or exp mindfulness/ or exp hypnosis/ or exp yoga/ or exp Tai Chi/ or exp qigong/ or exp muscle relaxation/ or exp relaxation training	(post-traumatic stress disorder or post traumatic stress disorder or PTSD or traumatic stress disorder* or post-traumatic stress or acute stress disorder).tw. exp posttraumatic stress disorder/ exp acute stress disorder/	RCT.tw randomized controlled trial.tw random allocation.tw random assignment.tw randomization.tw randomly.tw randomized.tw quasi-experiment*.tw quasiexperiment*.tw control group.tw control condition.tw exp "randomized controlled trial (topic)"/ exp controlled clinical trial/ exp randomization/
CENTRAL	("mind body" or biofeedback or "breathing exercise*" or mindfulness or meditation or relaxation or "qi gong" or qigong or "tai chi" or "tai ji" or yoga or hypnosis or "self-regulation"):ti,ab,kw or [mh biofeedback] or [mh "breathing exercise"] or [mh hypnosis] or [mh meditation] or [mh "relaxation therapy"] or [mh "tai ji"] or [mh ^yoga]	(post-traumatic stress disorder or post traumatic stress disorder or PTSD or traumatic stress disorder* or post-traumatic stress or acute stress disorder):ti,ab,kw	(RCT or "randomized controlled trial" or "random allocation" or "random assignment" or randomization or randomly or randomized or "quasi-experiment*" or "quasiexperiment*" or "control group" or "control condition"):ti,ab,kw or [mh "randomized controlled trial"] or [mh "controlled clinical trial"] or [mh "clinical trial"] or [mh "random allocation"]