

Supplementary file 2

Search strategy:

1. Embase, Ovid MEDLINE(R), PsychINFO:

Mindfulness (ti, ab) AND work* OR occupation* OR profession* OR staff OR employee* OR manager* (all fields) NOT athlet* NOT military NOT soldier* (all fields)

n= 3,662 (after removal of duplicates)

2. Pubmed:

Mindfulness (ti, ab) AND work* OR occupation* OR profession* OR staff OR employee* OR manager* NOT athlet* NOT military NOT soldier*

n=620

3. Web of Science:

Mindfulness (TS) AND work* OR occupation* OR profession* OR staff OR employee* OR manager* (TS) NOT athlet* NOT military NOT soldier* (TS)

n=645

4. Scopus:

Mindfulness (ti, ab, key) AND work* OR occupation* OR profession* OR staff OR employee* OR manager* AND NOT athlet* AND NOT military AND NOT soldier*

n=2,193 (after removal of duplicates)

5. Cinahl:

Mindfulness (ti, ab) AND work* OR occupation* OR profession* OR staff OR employee* OR manager* NOT athlet* NOT military NOT soldier*

Anonymous documents, books and book reviews were deleted.

n=623

6. Business Source Complete:

Mindfulness (ti) OR mindfulness (ab)

n=529

ABI/INFORM Global

Mindfulness (ti, ab) AND work* OR occupation* OR profession* OR staff OR employee* OR manager* NOT athlet* NOT military NOT soldier*

n=659

All citations (n=8931) were exported to EndNote on January 28, 2018

After all duplicates were removed n=5,932 documents

Inclusion/Exclusion Criteria

Quantitative, qualitative, mixed-methods studies (including dissertations), and reports were included based on the following criteria:

- The research was undertaken in an occupational setting and/or targeted towards professionals.
- Mindfulness meditation was a key element in the program provided.
- The outcomes were related to health and well-being.
- All program delivery formats (face-to-face, online, telephone, self-help manual) were included, as well as programs of various lengths (from half day to several months and from very brief practices two biweekly ≥ 2 -hour sessions); and publications in English, German, French, Spanish, or Portuguese.

The following studies were excluded:

- Non-intervention studies assessing trait or state mindfulness and programmes in which mindfulness meditation was not a core element. Based on these criteria, ‘mindfulness-informed’ programmes[1] such as Attention and Commitment Therapy,[2] Dialectical Behavioural Therapy,[3] and Mindful Self Compassion[4] were not considered.
- Programs that included mantra or flow meditations and in which meditation instructions were accompanied by auditory or visual cues, such as music, sounds and lights, as these activities might activate additional mechanisms.
- Programs with a focus on relaxation (e.g. progressive muscle relaxation or manipulation of breath) and movement-based interventions (yoga or walking), as they have different theoretical underpinnings.
- So called ‘second-generation’ MBPs[1, 5, 6] that distinguish themselves from ‘first-generation’ MBPs in that they explicitly place mindfulness in the context of spiritual development rather than health, wellbeing, and personal effectiveness.[7]
- Studies conducted in sports, arts, or military settings; and research with professionals in training (students, trainees, and/or residents) as their situation differs considerably from that of qualified professionals and individuals working within the structures and hierarchies of an organization.

Studies involving both professionals and individuals in professional training were considered if results were reported separately.

1. Crane RS, Brewer J, Feldman C, Kabat-Zinn J, Santorelli S, Williams JM, et al. What defines mindfulness-based programs? The warp and the weft. *Psychol Med*. 2017;47(6):990-9.
2. Hayes SC, Strosahl KD, Wilson K. Acceptance and Commitment Therapy: The Process and Practice of Mindful Change. New York: Guilford Press; 2011.
3. Linehan M. Skills Training Manual for Treating Borderline Personality Disorder: Diagnosis and Treatment of Mental Disorders. New York: Guilford Press; 1993.
4. Neff KD, Germer CK. A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*. 2013;69(1):28-44.
5. Singh NN, Lancioni GE, Winton ASW, Karazsia BT, Myers RE, Latham LL, et al. Mindfulness-based positive behavior support (MBPBS) for mothers of adolescents with autism spectrum disorder: effects on adolescents’ behavior and parental stress. *Mindfulness*. 2014;5(6):646-57.
6. Van Gordon W, Shonin E, Griffiths MD. Towards a second generation of mindfulness-based interventions. *Aust N Z J Psychiatry*. 2015;49(7):591-2.

7. Shonin E, Gordon WV. Managers' experiences of meditation awareness training. *Mindfulness*. 2015;6(4):899-909.