

### Supplementary materials

**eList 1.** Search strategy (PsycINFO and MEDLINE)

**eFig. 1.** Funnel plot – Efficacy of PPT in increasing positive outcomes in comparison to waitlist control conditions at post-treatment

**eFig. 2.** Forest plot – Efficacy of PPT in increasing positive outcomes in comparison to waitlist control conditions at follow-up

**eFig. 3.** Forest plot – Efficacy of PPT in increasing satisfaction with life in comparison to waitlist control conditions at post-treatment

**eFig. 4.** Forest plot – Efficacy of PPT in increasing positive outcomes in comparison to active control conditions at post-treatment

**eFig. 5.** Forest plot – Efficacy of PPT in increasing positive outcomes in comparison to other active treatment conditions at post-treatment

**eFig. 6.** Forest plot – Efficacy of PPT in decreasing depression in comparison to waitlist control conditions at post-treatment

**eFig. 7.** Forest plot – Efficacy of PPT in decreasing negative outcomes in comparison to active control conditions at post-treatment

**eFig. 8.** Forest plot – Efficacy of PPT in decreasing negative outcomes in comparison to other active treatment conditions at post-treatment

**eTable 1.** Leave1 out sensitivity analyses for main-analyses (PPT vs. WLC at post assessment)

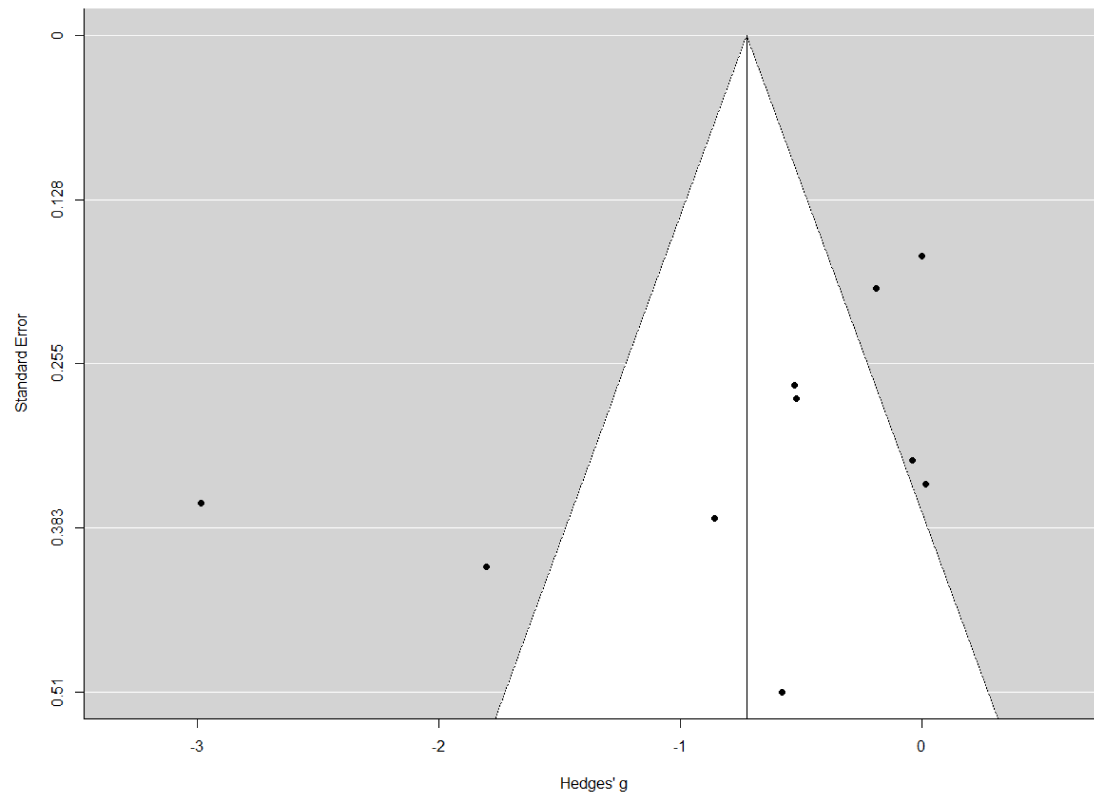
**eList 1.** Search strategy (PsycINFO and MEDLINE)

**Search terms and strategy:** "TI positive psychotherapy OR AB positive psychotherapy OR SU positive psychotherapy".

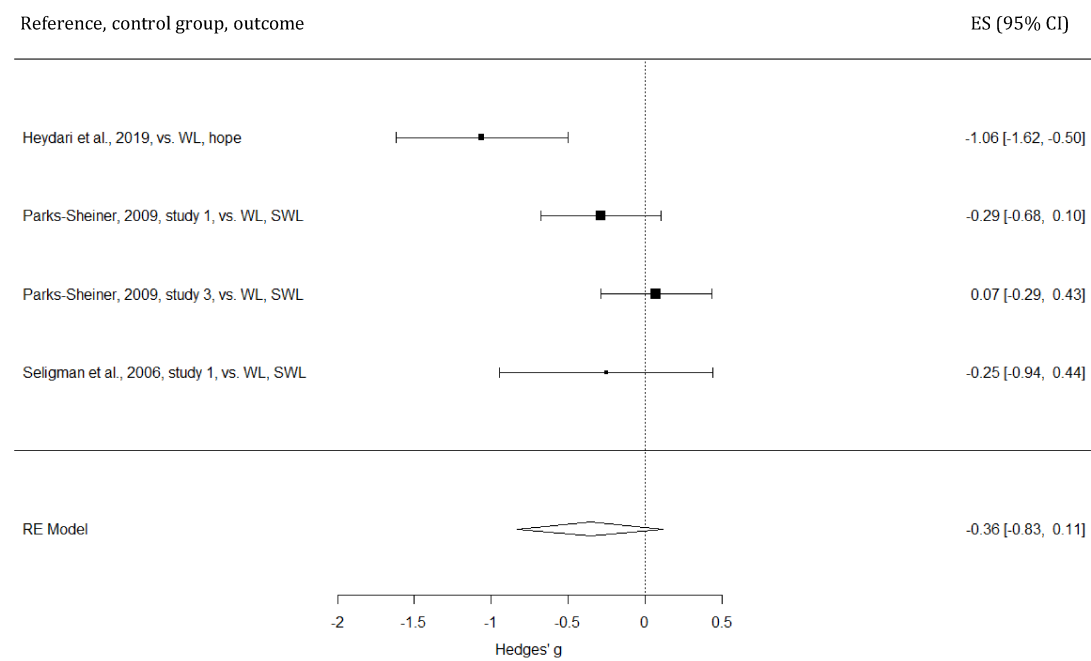
**Time limit:** Jan 1 2006 to Feb 13 2020.

**Other limits and filters:** None.

**eFig. 1.** Funnel plot – Efficacy of PPT in increasing positive outcomes in comparison to waitlist control conditions at post-treatment

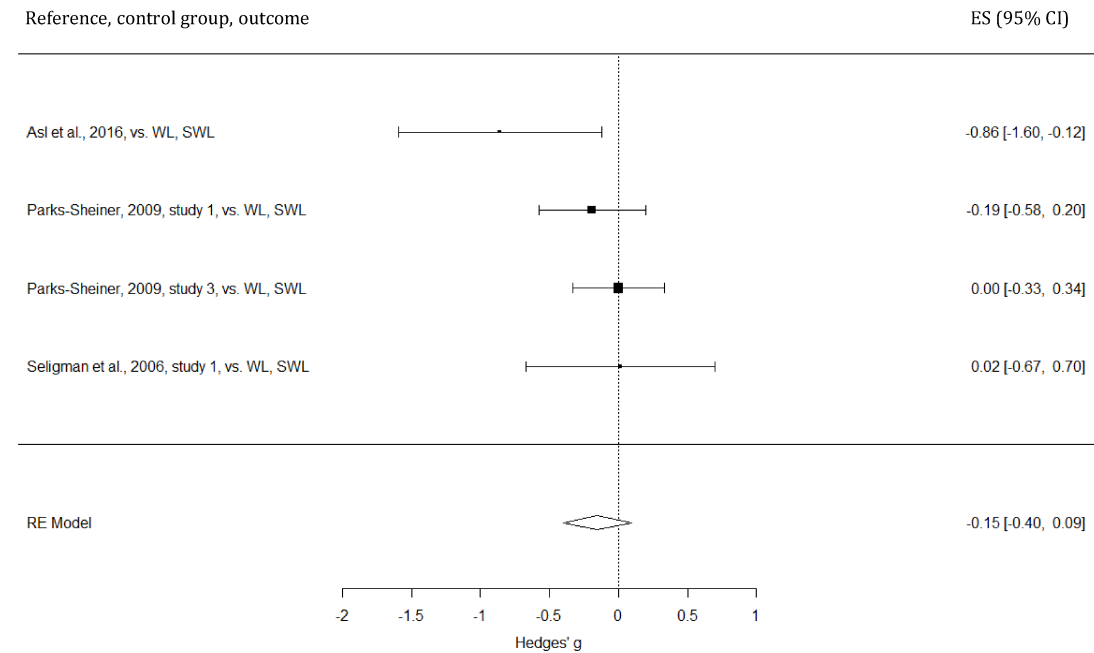


**eFig. 2.** Forest plot – Efficacy of PPT in increasing positive outcomes in comparison to waitlist control conditions at follow-up



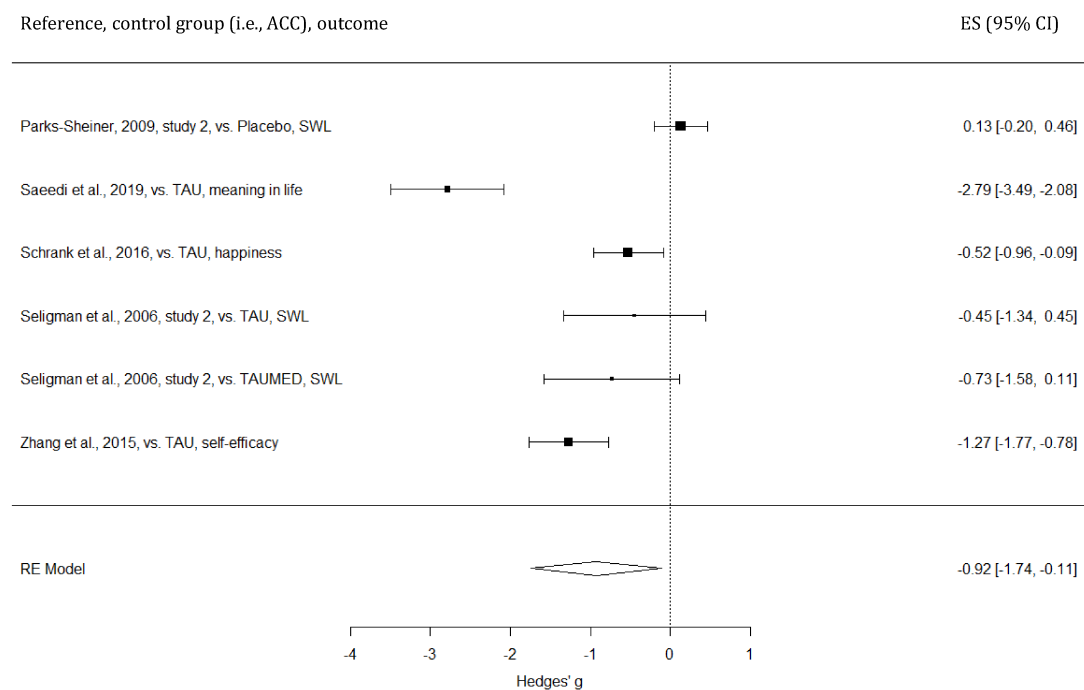
CI, confidence interval; ES, effect size (Hedges' g); RE Model, Random Effects Model; SWL, Satisfaction With Life; WL, Waitlist control. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

**eFig. 3.** Forest plot – Efficacy of PPT in increasing satisfaction with life (SWL) in comparison to waitlist control conditions at post-treatment



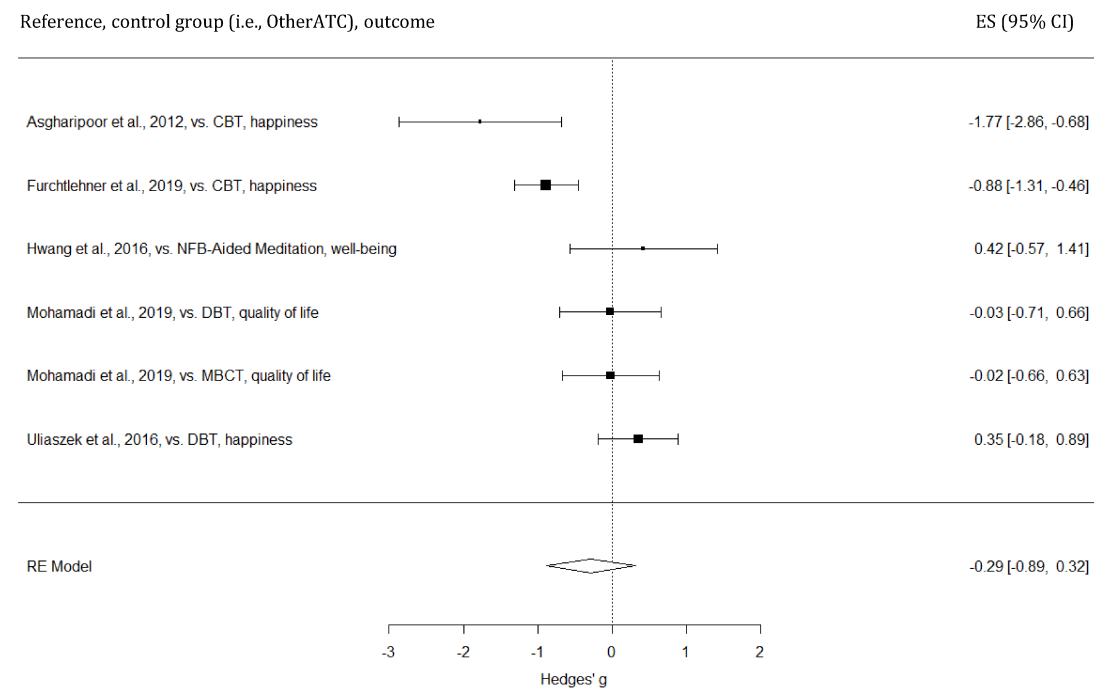
CI, confidence interval; ES, effect size (Hedges' g); RE Model, Random Effects Model; WL, Waitlist control. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

**eFig. 4.** Forest plot – Efficacy of PPT in increasing positive outcomes in comparison to active control conditions at post-treatment



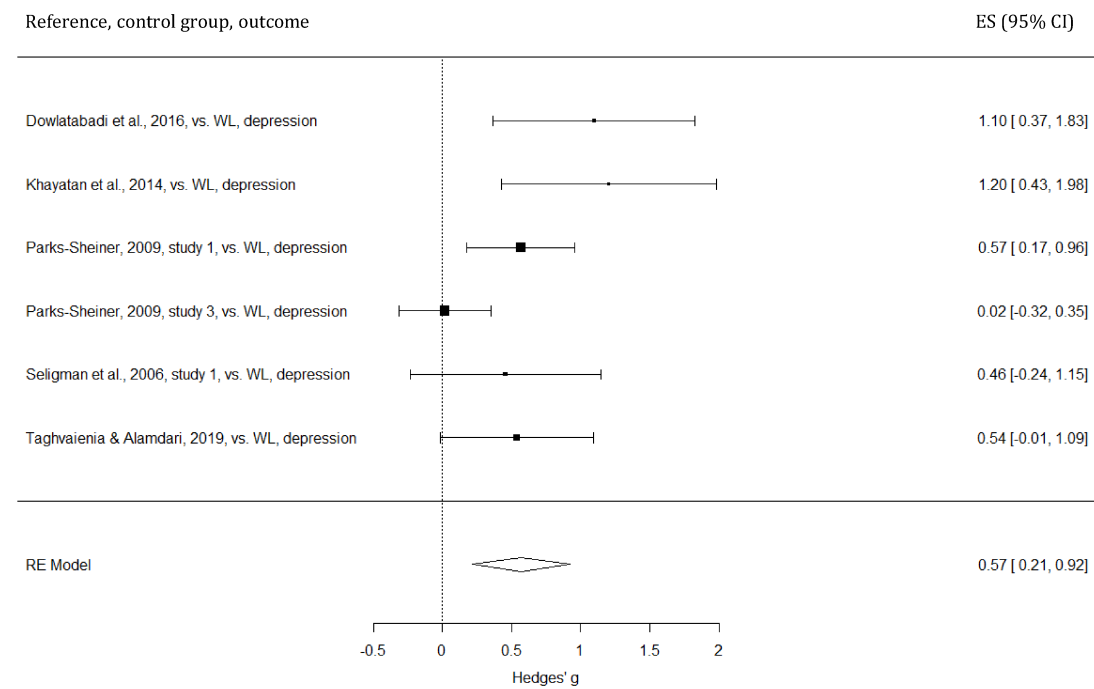
ACC, Active Control Condition; CI, confidence interval; ES, effect size (Hedges' g); Placebo, pill Placebo; RE Model, Random Effects Model; SWL, Satisfaction With Life; TAU, Treatment-As-Usual; TAUMED, Treatment-As-Usual plus antidepressant Medication. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

**eFig. 5.** Forest plot – Efficacy of PPT in increasing positive outcomes in comparison to other active treatment conditions (OtherATC) at post-treatment



CBT, Cognitive Behavior Therapy; CI, confidence interval; DBT, Dialectic Behavior Therapy; ES, effect size (Hedges' g); MBCT, Mindfulness-Based Cognitive Therapy; NFB-Aided Meditation, Neurofeedback-Aided Meditation; OtherATC, Other Active Treatment Condition; RE Model, Random Effects Model. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

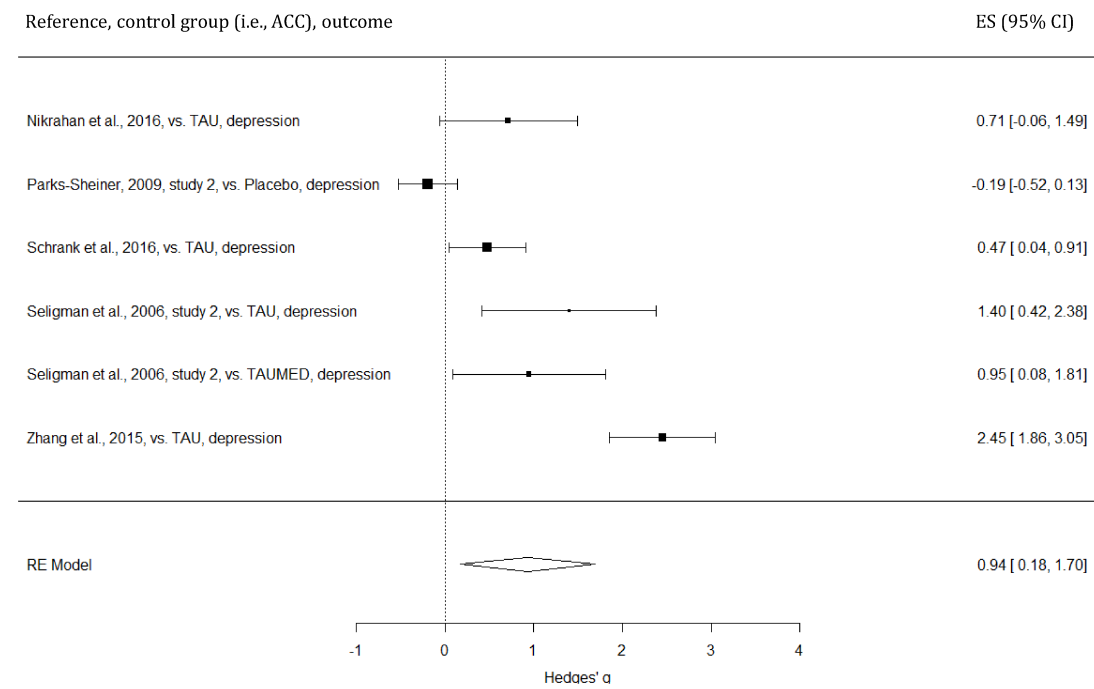
**eFig. 6.** Forest plot – Efficacy of PPT in decreasing depression in comparison to waitlist control conditions at post-treatment



CI, confidence interval; ES, effect size (Hedges' g); RE Model, Random Effects Model; WL, Waitlist control. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

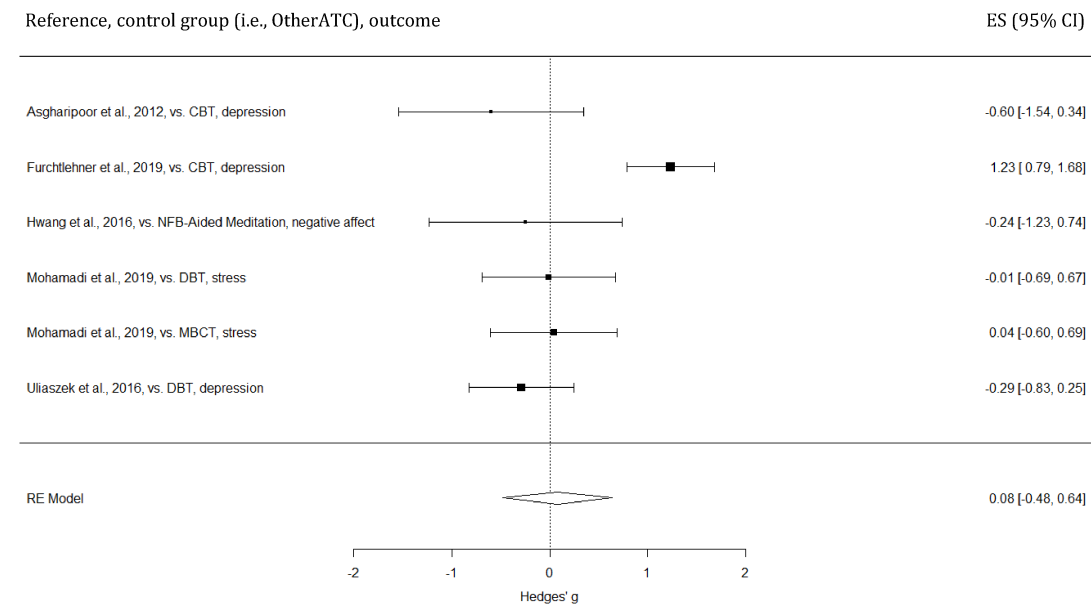


**eFig. 7.** Forest plot – Efficacy of PPT in decreasing negative outcomes in comparison to active control conditions at post-treatment



ACC, Active Control Condition; CI, confidence interval; ES, effect size (Hedges' g); RE Model, Random Effects Model; TAU, Treatment-As-Usual; TAUMED, Treatment-As-Usual plus antidepressant Medication. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

**eFig. 8.** Forest plot – Efficacy of PPT in decreasing negative outcomes in comparison to other active treatment conditions (OtherATC) at post-treatment



CBT, Cognitive Behavior Therapy; CI, confidence interval; DBT, Dialectic Behavior Therapy; ES, effect size (Hedges' g); MBCT, Mindfulness-Based Cognitive Therapy; NFB-Aided Meditation, Neurofeedback-Aided Meditation; OtherATC, Other Active Treatment Condition; RE Model, Random Effects Model. Size of squares indicates size of trial (i.e.,  $N$ ) proportionally. Width of diamond indicates the 95% confidence interval of pooled effect size.

**eTable 1.** Leaveout sensitivity analyses for main-analyses (PPT vs. WL at post assessment)

<b>Trial omitted (negative outcome assessed)</b>	<b>Corrected g</b>	<b>SE</b>	<b>Z</b>	<b>Q</b>
Dowlatabadi et al., 2016 (depression)	0.40	0.15	2.76**	10.90
Hwang et al., 2016 (negative affect)	0.50	0.16	3.03**	14.63*
Khayatan et al., 2014 (depression)	0.40	0.14	2.79**	10.28
Mohamadi et al., 2019 (stress)	0.54	0.16	3.28**	13.46*
Parks-Sheiner, 2009, study 1 (depression)	0.47	0.18	2.61**	13.74*
Parks-Sheiner, 2009, study 3 (depression)	0.58	0.12	4.93***	7.30
Seligman et al., 2006, study 1 (depression)	0.49	0.17	2.86**	14.62*
Taghvaenia & Alamdari, 2019 (depression)	0.48	0.18	2.73**	14.37*
<b>Trial omitted (sub-analysis on depression only)</b>				
Dowlatabadi et al., 2016	0.48	0.18	2.64**	10.02*
Khayatan et al., 2014	0.47	0.17	2.68**	9.41
Parks-Sheiner, 2009, study 1	0.59	0.23	2.55*	12.84*
Parks-Sheiner, 2009, study 3	0.68	0.13	5.21***	3.96
Seligman et al., 2006, study 1	0.60	0.21	2.79**	13.41**
Taghvaenia & Alamdari, 2019	0.59	0.22	2.66**	13.27*
<b>Trial omitted (positive outcome assessed)</b>				
Abdeyan et al., 2018 (hope)	-0.44	0.17	-2.55*	21.89**
Asl et al., 2016 (SWL)	-0.71	0.33	-2.14*	71.62***
Dowlatabadi et al., 2016 (happiness)	-0.61	0.31	2.00*	61.85***
Heydari et al., 2019 (hope)	-0.75	0.33	-2.24*	72.70***
Hwang et al., 2016 (well-being)	-0.74	0.33	-2.25*	72.70***
Mohamadi et al., 2019 (quality of life)	0.80	0.32	-2.48*	70.88***
Parks-Sheiner, 2009, study 1 (SWL)	-0.79	0.33	-2.40*	70.19***
Parks-Sheiner, 2009, study 3 (SWL)	-0.82	0.32	-2.53*	62.36***
Seligman et al., 2006, study 1 (SWL)	-0.81	0.32	-2.51*	70.66***
Taghvaenia & Alamdari, 2019 (happiness)	-0.75	0.33	-2.25*	72.71***
<b>Trial omitted (sub-analysis on SLW only)</b>				
Asl et al., 2016	-0.07	0.12	-0.57	0.60
Parks-Sheiner, 2009, study 1	-0.22	0.26	-0.85	4.53
Parks-Sheiner, 2009, study 3	-0.29	0.20	-1.42	3.30
Seligman et al., 2006, study 1	-0.24	0.20	-1.20	4.37

Corrected g, pooled Hedges' g effect size when given trial was omitted from the random effects analysis; SE, standard error; SWL, Satisfaction With Life; WL = Waitlist control conditions; Z, standardized z-score for pooled effect size including statistical significance level as indicated below.

\* p < .05; \*\* p < 0.01; \*\*\* p < .001