

APPENDIX

Search strings

PUBMED

(mindfulness [tiab] OR "Mindfulness" [Mesh] OR "Acceptance and Commitment Therapy"[Mesh] OR "Mind-Body Therapies"[Mesh:NoExp] OR "Meditation"[Mesh] OR meditation [tiab] OR mindfulness-based [tiab] OR mindful awareness [tiab] OR mind fitness training [tiab] OR MFT [tiab] OR mindful practice [tiab] OR mindfulness-based stress reduction [tiab] OR MBSR [tiab] OR cognitive behavioural stress reduction [tiab])

AND ("physicians"[Mesh] OR physicians [tiab] OR physician [tiab] OR doctors [tiab] OR doctor [tiab] OR clinician* [tiab] OR GP [tiab] OR general practitioner [tiab] OR general practitioners [tiab] OR hospitalist*[tiab] OR anesthesiologist*[tiab] OR anaesthesiologist*[tiab] OR gynecologist*[tiab] OR gynaecologist*[tiab] OR surgeon*[tiab] OR pediatrician*[tiab] OR radiologist*[tiab] OR neurologist*[tiab] OR psychiatrist[tiab] OR resident [tiab] OR residents [tiab] OR trainee* [tiab] OR fellow [tiab])

NOT ("Letter"[Publication Type] OR "Comment"[Publication Type] OR "Editorial"[Publication Type] OR "Guideline"[Publication Type] OR "Case Reports"[Publication Type])

PsycINFO

*mindfulness/ or *"acceptance and commitment therapy"/ or *meditation/ or *body awareness/ or *Mind Body Therapy/ or (mindfulness OR acceptance and commitment therapy OR mind body skills OR meditation OR mindfulness-based OR mindful awareness OR mind fitness training OR MFT OR mindful practice OR mindfulness-based stress reduction OR MBSR OR cognitive behavioural stress reduction).id or (mindfulness OR acceptance and commitment therapy OR mind body skills OR meditation OR mindfulness-based OR mindful awareness OR

mind fitness training OR MFT OR mindful practice OR mindfulness-based stress reduction OR MBSR OR cognitive behavioural stress reduction).ti,ab

AND (exp physicians/) or (physician or physicians OR doctor or doctors OR GP OR general practitioner OR general practitioners OR hospitalist* OR anesthesiologist* OR anaesthesiologist* OR gynecologist* OR gynaecologist* OR surgeon* OR pediatrician* OR radiologist* OR neurologist* OR psychiatrist OR resident or residents or residency OR trainee*OR fellow).id. or (physician OR physicians OR doctor OR doctors OR GP OR general practitioner OR general practitioners OR hospitalist* OR anesthesiologist* OR anaesthesiologist* OR gynecologist* OR gynaecologist* OR surgeon* OR pediatrician* OR radiologist* OR neurologist* OR psychiatrist OR resident OR residents OR trainee*OR fellow).ti,ab.

limit 3 to (("0100 journal" or "0110 peer-reviewed journal" or "0120 non-peer-reviewed journal" or "0130 peer-reviewed status unknown") and (journal article or review-book or review-media or review-software & other or reviews))

Table 2. Number of studies on MERSQI criteria

MERSQI criteria	Number of studies
Total of included studies	24
<i>Study design</i>	
Single group cross-sectional	2
Single group pretest and posttest	12
Non-randomized, two groups	3
Randomized controlled experiment	7
<i>Institutions</i>	
Single institution	17
Two institutions	-
More than two institutions	7
<i>Response rate</i>	
<50% OR not reported	14
50-74%	2
75-100%	8
<i>Type of data</i>	
Assessment by study object	23
Objective measurement	1
<i>Internal structure (internal consistency, interrater reliability, factor analysis)</i>	
Not applicable	3
Not reported	14
Reported	7
<i>Content validity</i>	
Not applicable	3
Not reported	-
Reported	21
<i>Relations to other variables (criterion, concurrent, and predictive validity)</i>	
Not applicable	3
Not reported	21
Reported	-
<i>Appropriateness of data analysis</i>	
Data analysis inappropriate for study design or type of data	-
Data analysis appropriate for study design or type of data	24
<i>Sophistication of data analysis</i>	
Descriptive statistics only (frequencies, measures of central tendency)	1
Beyond descriptive analysis (comparisons, correlations, relationships between variables)	23
<i>Highest outcome level</i>	
Satisfaction, attitudes, perceptions	23
Knowledge, skills	-
Behaviours	-
Patient/health care outcomes	1

Table 3. Reported elements within training content of included MBI

Article	Mindfulness-based elements				
	<i>Mindfulness theory</i>	<i>Didactic information</i>	<i>Self-awareness</i>	<i>Self-regulation</i>	<i>Meditation practice</i>
Amutio, 2015	•	•	•	•	•
Beckman, 2012	-	•	•	•	•
Bentley, 2018	•	•	•	•	•
Gilmartin, 2018	-	•	-	-	-
Goldhagen, 2015	-	-	•	-	•
Goodman, 2012	•	•	•	•	•
Hamilton-West, 2018	•	•	•	•	•
Hoenders, 2016	•	•	•	•	•
Ireland, 2018	•	•	•	•	•
Krasner, 2009	-	•	•	•	•
Lases, 2016	•	•	•	-	•
Manoch, 2009	-	•	-	-	•
Montero-Marin, 2017	•	•	-	•	•
Pflugeisen, 2016	-	-	-	-	•
Razzaque, 2016	-	•	•	•	•
Sood, 2014	•	•	•	•	-
Sood, 2011	•	•	•	•	-
Taylor, 2016	•	•	-	-	•
Thimmapuram, 2016	-	-	-	-	•
Verweij, 2016	•	•	•	•	•
Verweij, 2017	•	•	•	•	•
Verweij, 2018	•	•	•	•	•
West, 2014	•	-	-	•	-
Wen, 2017	-	-	-	-	•

• Element was reported by the respective study

- Element was not reported by the respective study