1   Supplemental files.

2

3   **Original Pubmed search terms (August 3, 2017)**

4   ((((((((((("Meta-Analysis"[Publication Type] OR "Meta-Analysis as Topic"[Mesh] OR "Network Meta-Analysis"[Mesh] OR "Meta

5   Analysis"[Title/Abstract] OR Metaanalysis[Title/Abstract] OR Meta-analysis[Title/Abstract] OR "Meta Analytic Review"[Title/Abstract] OR

6   Metaanalyses[Title/Abstract] OR Meta-analyses[Title/Abstract]))) AND ("2006"[Date - Publication] : "3000"[Date - Publication])) AND

7   ((treatment*[Title/Abstract] OR intervention*[Title/Abstract] OR program*[Title/Abstract] OR technique*[Title/Abstract] OR

8   therap*[Title/Abstract] OR strateg*[Title/Abstract]))) AND ((accept*[Title/Abstract] OR achievement[Title/Abstract] OR affect[Title/Abstract] OR

9   "affect regulation"[Title/Abstract] OR agency[Title/Abstract] OR anger[Title/Abstract] OR anxiety[Title/Abstract] OR arousal[Title/Abstract] OR

10   attention[Title/Abstract] OR autonomic[Title/Abstract] OR avoidance[Title/Abstract] OR "behavior regulation"[Title/Abstract] OR "behaviour

11   regulation"[Title/Abstract] OR "behavioral regulation"[Title/Abstract] OR "behavioural regulation"[Title/Abstract] OR "body

12   awareness"[Title/Abstract] OR cogniti*[Title/Abstract] OR compassion[Title/Abstract] OR concentration[Title/Abstract] OR "conflict

13   monitoring"[Title/Abstract] OR coping[Title/Abstract] OR decentering[Title/Abstract] OR de-centering[Title/Abstract] OR "decision

14   making"[Title/Abstract] OR decision-making[Title/Abstract] OR "delay discounting"[Title/Abstract] OR depression[Title/Abstract] OR

15   detach*[Title/Abstract] OR discrimination[Title/Abstract] OR dis-identification[Title/Abstract] OR distraction[Title/Abstract] OR "distress

16   tolerance"[Title/Abstract] OR "distress toleration"[Title/Abstract] OR dissociati*[Title/Abstract] OR "dot probe"[Title/Abstract] OR

17   ego[Title/Abstract] OR embodiment[Title/Abstract] OR emotion*[Title/Abstract] OR "emotion regulation"[Title/Abstract] OR

18   empath*[Title/Abstract] OR equanimity[Title/Abstract] OR "executive function"[Title/Abstract] OR "experiential avoidance"[Title/Abstract] OR

19   fear[Title/Abstract] OR "future orientation"[Title/Abstract] OR "goal setting"[Title/Abstract] OR habit*[Title/Abstract] OR "identity"[Title/Abstract]

20   OR impulsiv*[Title/Abstract] OR kindness[Title/Abstract] OR memory[Title/Abstract] OR meta-awareness[Title/Abstract] OR

21   metacogniti*[Title/Abstract] OR meta-cogniti*[Title/Abstract] OR "mind wandering"[Title/Abstract] OR motivation[Title/Abstract] OR

22   neuroticism[Title/Abstract] OR nonattachment[Title/Abstract] OR non-attachment[Title/Abstract] OR nonjudgment[Title/Abstract] OR non-

23   judgment[Title/Abstract] OR nonreactivity[Title/Abstract] OR non-reactivity[Title/Abstract] OR orienting[Title/Abstract] OR

24   perspective*[Title/Abstract] OR "positive psychology"[Title/Abstract] OR "problem solve"[Title/Abstract] OR "problem solving"[Title/Abstract] OR

25   prosocial[Title/Abstract] OR "psychological distance"[Title/Abstract] OR "psychological flexibility"[Title/Abstract] OR reapprais*[Title/Abstract]

26   OR reconsolidation[Title/Abstract] OR reperceiving[Title/Abstract] OR re-perceiving[Title/Abstract] OR resilience[Title/Abstract] OR "resource

27   depletion"[Title/Abstract] OR reward[Title/Abstract] OR ruminat*[Title/Abstract] OR "Self-Control"[Mesh] OR "self-control"[Title/Abstract] OR

28   "self control"[Title/Abstract] OR self-monitor*[Title/Abstract] OR self-regulat*[Title/Abstract] OR "self regulation"[Title/Abstract] OR

29   worry[Title/Abstract] OR "selective stopping"[Title/Abstract] OR "stimulus prioritization"[Title/Abstract] OR "stop signal"[Title/Abstract] OR

30   stress[Title/Abstract] OR stroop[Title/Abstract] OR "Sustained Attention to Response Task"[Title/Abstract] OR sympathetic[Title/Abstract] OR top-

31   down[Title/Abstract] OR "task switching"[Title/Abstract] OR threat[Title/Abstract] OR vigilance[Title/Abstract]))) AND (("Behavior and Behavior

32   Mechanisms"[Mesh] OR "Health Behavior"[Mesh] OR "health behavior"[Title/Abstract] OR "health behavior"[Title/Abstract] OR "behavior

33   change"[Title/Abstract] OR "behaviour change"[Title/Abstract] OR "behavioral health"[Title/Abstract] OR "behavioural health"[Title/Abstract] OR

34   "Healthy Lifestyle"[Mesh] OR diet[Title/Abstract] OR nutrition[Title/Abstract] OR "physical activity"[Title/Abstract] OR exercise[Title/Abstract]

1 OR fitness[Title/Abstract] OR yoga[Title/Abstract] OR meditation[Title/Abstract] OR mindfulness[Title/Abstract] OR "Mind-Body

2 Therapies"[Mesh] OR anxiety[Title/Abstract] OR "Anxiety"[Mesh] OR "Anxiety Disorders"[Mesh] OR depression[Title/Abstract] OR

3 "Depression"[Mesh] OR "Depressive Disorder"[Mesh] OR stress[Title/Abstract] OR "Mental Health"[Mesh] OR "mental wellbeing"[Title/Abstract]

4 OR "mental well being"[Title/Abstract] OR "mental well-being"[Title/Abstract] OR "Stress, Psychological"[Mesh] OR "Resilience,

5 Psychological"[Mesh] OR resilience[Title/Abstract] OR "Adaptation, Psychological"[Mesh] OR coping[Title/Abstract] OR "Sleep"[Mesh] OR

6 sleep[Title/Abstract] OR "Fatigue"[Mesh] OR fatigue[Title/Abstract] OR "substance abuse"[Title/Abstract] OR "substance use

7 disorder"[Title/Abstract] OR "drug abuse" OR "alcohol abuse"[Title/Abstract] OR "drug dependence"[Title/Abstract] OR "alcohol

8 dependence"[Title/Abstract] OR "Smoking Cessation"[Mesh] OR smoking[Title/Abstract] OR tobacco[Title/Abstract] OR cigarette*[Title/Abstract]

9 OR "nicotine dependence"[Title/Abstract] OR "Oral Hygiene"[Mesh] OR "oral health"[Title/Abstract] OR "oral hygiene"[Title/Abstract] OR

10 "medication adherence"[Title/Abstract] OR "medical regimen adherence"[Title/Abstract] OR "medication compliance"[Title/Abstract] OR

11 "medication adherence"[MESH] OR "medication persistence"[Title/Abstract] OR "drug compliance"[Title/Abstract] OR "drug

12 adherence"[Title/Abstract] OR "drug persistence"[Title/Abstract] OR "pharmacotherapy compliance"[Title/Abstract] OR "pharmacotherapy

13 adherence"[Title/Abstract] OR "heart-rate variability"[Title/Abstract] OR "heart rate variability"[Title/Abstract] OR "allostatic load"[Title/Abstract]

14 OR "blood pressure"[Title/Abstract] OR "body mass index"[Title/Abstract] OR cortisol[Title/Abstract]))))))) NOT animal[Filter]

15

16 **Updated PubMed search terms (2017 – March 2019)**

17 ("Meta-Analysis"[Publication Type] OR "Meta-Analysis as Topic"[Mesh] OR "Network Meta-Analysis"[Mesh] OR "Meta Analysis"[Title/Abstract]

18 OR Metaanalysis[Title/Abstract] OR Meta-analysis[Title/Abstract] OR "Meta Analytic Review"[Title/Abstract] OR Metaanalyses[Title/Abstract]

19 OR Meta-analyses[Title/Abstract])))

20 AND ("2017"[Date - Publication] : "3000"[Date - Publication]))

21 AND ((treatment*[Title/Abstract] OR intervention*[Title/Abstract] OR program*[Title/Abstract] OR technique*[Title/Abstract] OR

22 therap*[Title/Abstract] OR strateg*[Title/Abstract])))

23 AND ((accept*[Title/Abstract] OR achievement[Title/Abstract] OR affect[Title/Abstract] OR "affect regulation"[Title/Abstract] OR

24 agency[Title/Abstract] OR anger[Title/Abstract] OR anxiety[Title/Abstract] OR arousal[Title/Abstract] OR attention[Title/Abstract] OR

25 autonomic[Title/Abstract] OR avoidance[Title/Abstract] OR "behavior regulation"[Title/Abstract] OR "behaviour regulation"[Title/Abstract] OR

26 "behavioral regulation"[Title/Abstract] OR "behavioural regulation"[Title/Abstract] OR "body awareness"[Title/Abstract] OR

27 cogniti*[Title/Abstract] OR compassion[Title/Abstract] OR concentration[Title/Abstract] OR "conflict monitoring"[Title/Abstract] OR

28 coping[Title/Abstract] OR decentering[Title/Abstract] OR de-centering[Title/Abstract] OR "decision making"[Title/Abstract] OR decision-

29 making[Title/Abstract] OR "delay discounting"[Title/Abstract] OR depression[Title/Abstract] OR detach*[Title/Abstract] OR

30 discrimination[Title/Abstract] OR dis-identification[Title/Abstract] OR distraction[Title/Abstract] OR "distress tolerance"[Title/Abstract] OR

31 "distress toleration"[Title/Abstract] OR dissociati*[Title/Abstract] OR "dot probe"[Title/Abstract] OR ego[Title/Abstract] OR

32 embodiment[Title/Abstract] OR emotion*[Title/Abstract] OR "emotion regulation"[Title/Abstract] OR empath*[Title/Abstract] OR

33 equanimity[Title/Abstract] OR "executive function"[Title/Abstract] OR "experiential avoidance"[Title/Abstract] OR fear[Title/Abstract] OR "future

34 orientation"[Title/Abstract] OR "goal setting"[Title/Abstract] OR habit*[Title/Abstract] OR "identity"[Title/Abstract] OR impulsiv*[Title/Abstract]

OR kindness[Title/Abstract] OR memory[Title/Abstract] OR meta-awareness[Title/Abstract] OR metacogniti*[Title/Abstract] OR meta-cogniti*[Title/Abstract] OR "mind wandering"[Title/Abstract] OR motivation[Title/Abstract] OR neuroticism[Title/Abstract] OR nonattachment[Title/Abstract] OR non-attachment[Title/Abstract] OR nonjudgment[Title/Abstract] OR non-judgment[Title/Abstract] OR nonreactivity[Title/Abstract] OR non-reactivity[Title/Abstract] OR orienting[Title/Abstract] OR perspective*[Title/Abstract] OR "positive psychology"[Title/Abstract] OR "problem solve"[Title/Abstract] OR "problem solving"[Title/Abstract] OR prosocial[Title/Abstract] OR "psychological distance"[Title/Abstract] OR "psychological flexibility"[Title/Abstract] OR reapprais*[Title/Abstract] OR reconsolidation[Title/Abstract] OR reperceiving[Title/Abstract] OR re-perceiving[Title/Abstract] OR resilience[Title/Abstract] OR "resource depletion"[Title/Abstract] OR reward[Title/Abstract] OR ruminat*[Title/Abstract] OR "Self-Control"[Mesh] OR "self-control"[Title/Abstract] OR "self control"[Title/Abstract] OR self-monitor*[Title/Abstract] OR self-regulat*[Title/Abstract] OR "self regulation"[Title/Abstract] OR worry[Title/Abstract] OR "selective stopping"[Title/Abstract] OR "stimulus prioritization"[Title/Abstract] OR "stop signal"[Title/Abstract] OR stress[Title/Abstract] OR stroop[Title/Abstract] OR "Sustained Attention to Response Task"[Title/Abstract] OR sympathetic[Title/Abstract] OR top-down[Title/Abstract] OR "task switching"[Title/Abstract] OR threat[Title/Abstract] OR vigilance[Title/Abstract])))
AND (("Behavior and Behavior Mechanisms"[Mesh] OR "Health Behavior"[Mesh] OR "health behavior"[Title/Abstract] OR "health behavior"[Title/Abstract] OR "behavior change"[Title/Abstract] OR "behaviour change"[Title/Abstract] OR "behavioral health"[Title/Abstract] OR "behavioural health"[Title/Abstract] OR "Healthy Lifestyle"[Mesh] OR diet[Title/Abstract] OR nutrition[Title/Abstract] OR "physical activity"[Title/Abstract] OR exercise[Title/Abstract] OR fitness[Title/Abstract] OR yoga[Title/Abstract] OR meditation[Title/Abstract] OR mindfulness[Title/Abstract] OR "Mind-Body Therapies"[Mesh] OR "medication adherence"[Title/Abstract] OR "medical regimen adherence"[Title/Abstract] OR "medication compliance"[Title/Abstract] OR "medication adherence"[MESH] OR "medication persistence"[Title/Abstract] OR "drug compliance"[Title/Abstract] OR "drug adherence"[Title/Abstract] OR "drug persistence"[Title/Abstract] OR "pharmacotherapy compliance"[Title/Abstract] OR "pharmacotherapy adherence"[Title/Abstract] OR "ART compliance" OR "ART adherence" OR "therapy non-compliance"[Title/Abstract] OR "medication non-adherence"[Title/Abstract] OR "medical regimen non-adherence"[Title/Abstract] OR "medication non-compliance"[Title/Abstract] OR "medication non-adherence"[MESH] OR "drug non-compliance"[Title/Abstract] OR "drug non-adherence"[Title/Abstract] OR "pharmacotherapy non-compliance"[Title/Abstract] OR "pharmacotherapy non-adherence"[Title/Abstract] OR "ART non-compliance"[Title/Abstract] OR "ART non-adherence"[Title/Abstract]

1
2 Table S1.
3
4 *Results of methodological quality for each meta-analysis using the AMSTAR 2 instrument*
5

	PICO	Type of study design	Participants/setting	Intervention(s)	Comparator(s)	Outcome(s)	Protocol	Study design criteria	Searched at least 2 DB	Provided key word/search strategy	Justified publication restrictions	Searched ref. lists of included studies	Searched trial/registries	Consulted experts in the field	Search grey lit (where relevant)	Searched within 2 years of publication	Literature search	Study selection	Coding	Excluded studies	PRISMA*	Included studies - detail	RoB - RCTs	RoB - NRSIs	Funding sources	Meta-analysis methods - RCTs	Meta-analysis methods - NRSIs	Assess RoB impact	Incorporate RoB	Heterogeneity	Publication bias	COIs reported	AMSTAR 2 score (% items complete)
Conn et al., 2015	Y	X	X	X		X	N	N	X	X	X		X		X		PY	N	N	N	Y	N	PY	N	N	Y	N	Y	Y	Y	Y	Y	0.44
Conn & Ruppar, 2017	N		X	X		X	N	N	X	X		X	X	X	X	X	N	N	Y	N	Y	PY	N	N	N	Y	N	N	N	Y	Y	Y	0.31
Ruppar et al., 2017	Y	X	X	X		X	N	Y	X	X	X	X	X	X	X	X	Y	N	Y	N	Y	N	PY	NA	Y	Y	NA	Y	N	N	Y	Y	0.59
Fletcher et al., 2015	Y	X	X	X		X	Y	N	X	X	X	X	X		X	X	PY	Y	Y	N	Y	Y	Y	N	N	Y	N	N	N	Y	N	Y	0.53
Chase et al., 2016	N		X	X	X	X	N	N	X	X	X	X	X	X			PY	N	Y	N	N	N	PY	N	N	Y	N	Y	N	Y	N	Y	0.33
Demonceau et al., 2013	Y	X	X	X	X	X	N	N	X	X					X	N	Y	Y	N	Y	PY	Y	NA	N	Y	NA	Y	Y	Y	Y	Y		0.66
Denford et al., 2014	Y	X	X	X	X	X	N	N	X	X	X	X	X			X	PY	N	Y	N	Y	PY	Y	NA	N	Y	NA	Y	Y	Y	Y	Y	0.63
Conn et al., 2009	Y	X	X	X		X	N	Y	X	X		X	X		X	X	N	N	Y	N	N	PY	N	NA	N	Y	NA	N	N	Y	Y	N	0.41
Pellowski et al., 2018	Y	X	X	X		X	N	Y	X	X				X	X	N	N	Y	N	Y	Y	PY	NA	N	N	NA	Y	Y	Y	Y	Y		0.59
Sakakibara et al., 2017	Y	X	X	X	X	X	N	N	X	X		X			X	N	N	N	Y	N	Y	NA	N	N	NA	Y	N	Y	N	Y		0.31
Kassavou & Sutton, 2018	Y	X	X	X	X	X	N	N	X	X		X	X		X	N	N	Y	Y		Y	Y	NA	N	Y	NA	N	N	Y	Y	Y		0.56
Seewoodharry et al., 2017	Y	X	X	X		X	N	Y	X	X	X	X			X	PY	Y	Y	N	Y	Y	PY	NA	N	Y	NA	N	N	Y	Y	Y		0.63

6 *Note.* NA = Not applicable. N = No. NRSI = Non-randomized studies of interventions. PICO = Defined Problem/Patient/Population, Intervention/Indicator, Comparison, Outcome.
7 PRISMA: Moher et al.'s reporting standards. PY = Partial Yes. RCT = Randomized controlled trial. RoB = Risk of bias. Y = Yes. X = Item was reported by review authors and
8 was used to determine AMSTAR 2 tool item rating.
9
10

1 Table S2.
2
3 *Outcomes for all BCT mechanisms examined in included reviews*
4

Citation	Type of mechanism	Outcome	k with	ES with BCT [95% CI] or (SE)	k w/o	ES without BCT [95% CI] or (SE)	Q-Between, Z, and/or p-value between groups	Heterogeneity	Results
Prompt self-monitoring									
Chase et al., 2016	Of medications	MA	3	d = 0.492, SE= 0.267	25	d = 0.195, SE= 0.045	QB= 1.198, p= 0.274		NS diff. between BCT and non-BCT groups
Conn & Ruppar, 2017	Of medication behavior	MA to medications prescribed by health care providers (a)	63	NR	NA			NR	No advantage for BCT
Conn & Ruppar, 2017	Of medication behavior	MA to medications prescribed by health care providers (a)	98	NR	NA			NR	No advantage for BCT
Conn et al., 2009	Of medication effects	MA	3	1.18	NR	0.30	p< .001		Sig. Diff. for BCT present
Conn et al., 2015	Of medication administration	MA	16	d = 0.381	92	d = 0.280	Q = 0.438, p = 0.508	Q= 0.438, p= 0.508, SE= 0.148	NS diff. between BCT and non-BCT groups
Conn et al., 2015	Of blood pressure	MA	36	d = 0.381	72	d = 0.261	Q = 1.974, p = 0.160	Q= 1.974, p= 0.160, SE= 0.072	NS diff. between BCT and non-BCT groups
Fletcher et al., 2015	Of blood pressure	MA	13	d = 0.21 [0.08, 0.34]	NA			Q= 20.88, p=0.05, T2=0.02, I2 = 43%	Sig. Diff. for BCT present
Ruppar et al., 2017	Of medications and signs	Antihypertensive MA	14	d = 0.41 [0.22,0.60]	31	d = 0.28 [0.10, 0.46]	Q= 0.88, p=0.349		NS diff. between BCT and non-BCT groups
Ruppar et al., 2017	Of medications and signs	Antihypertensive MA	9	d = 0.16 [0.03, 0.29]	36	d = 0.35 [0.19, 0.51]	Q= 3.40, p= 0.065		No advantage for BCT (worsens)

Provide feedback

Study	BCT	Measure	BCT		Comparison	p	Heterogeneity	Conclusion
Conn & Ruppar, 2017	On MA behavior and disease signs/symptoms related to MA	MA to medications prescribed by health care providers (a)	56 NR					No advantage for BCT
Conn et al., 2015	On adherence scores	MA	d = 0.500, SE= 14 0.143	NA	d = 0.280	p= 0.140	Q= 2.180, p= 0.140,	NS diff. between BCT and non-BCT groups
Conn et al., 2015	On blood pressure	MA	d = 0.298, SE= 14 0.069	NA	d = 0.296	p= 0.974	Q= 0.001, p= 0.974	NS diff. between BCT and non-BCT groups
Demonceau et al., 2013	EM-adherence feedback	MA assessed with any kind of electronic medication-event monitoring system	19.8% [10.7, 22 28.9%]	NA	10.3% [7.5, 13.1%]			Sig. Diff. for BCT present
Denford et al., 2014	Nspec	MA to preventative asthma medication	6 2.70 [1.60, 4.57]		10 2.53 [2.05, 3.13]	p = 0.85	difftau2 = 0	NS diff. between BCT and non-BCT groups
Seewoodharry et al., 2017	Use of objective or subjective measures of adherence as a guide to provide specific feedback on improving adherence	MA (mean percentage adherence)	10.02 [95% 6 CI=3.15, 16.89]	NA			I2 = 26.3%, p=0.237; Tau = 5.335	Sig. Diff. for BCT present

Goal setting

Study	BCT	Measure	BCT		Comparison	p	Heterogeneity	Conclusion
Chase et al., 2016	Nspec	MA	d = 0.183, SE= 5 0.135		23 d = 0.227, SE= 0.050	QB= 0.095, p= 0.758		NS diff. between BCT and non-BCT groups
Conn & Ruppar, 2017	Subject-generated written or oral medication adherence behavioral goals	MA to medications prescribed by health care providers (a)	87 NR	NA				No advantage for BCT

- sometimes with action plans

Study	BCT	Type	BCT value		non-BCT value	Stat		Conclusion
Denford et al., 2014	Nspec	MA to preventative asthma medication	9 OR = 2.60 [2.04, 3.32]		7 OR = 2.58 [1.78, 3.84]	p= 0.97, Diff Tau2=0%		NS diff. between BCT and non-BCT groups
Pellowski et al., 2018	Nspec	ART MA	3 d = -0.09	NA		NR		No advantage for BCT
Barrier ID/problem solving								
Chase et al., 2016	Patients with CAD	MA	6 d= 0.188, SE= 0.08		22 d= 0.245, SE= 0.054	QB= 0.307, p= 0.580		No advantage for BCT
Conn et al., 2015	Specifically address adherence problem solving	MA	21 d = 0.152, SE= 0.066		87 d = 0.334, SE = 0.047	Qb= 5.032, p= 0.025		NS diff. between BCT and non-BCT groups
Conn et al., 2015	Specifically address barriers to adherence	MA	14 d = 0.161, SE= 0.094		94 d = 0.321, SE = 0.044	Qb= 2.383, p= 0.123		NS diff. between BCT and non-BCT groups
Conn & Ruppar, 2017	Barriers management/Problem solving	MA to medications prescribed by health care providers (a)	281 p = 0.025	NA				No advantage for BCT
Conn & Ruppar, 2017	Barriers management/Problem solving	MA to medications prescribed by health care providers (a)	281 p = 0.006	NA				No advantage for BCT
Denford et al., 2014	Nspec	MA to preventative asthma medication	12 OR = 2.54 [1.98, 3.25]		4 OR = 3.13 [1.96, 4.99]	p= 0.37, Diff Tau2= 0%		NS diff. between BCT and non-BCT groups
Kassavou & Sutton, 2018	problem solving BCT	MA	3 NR	NA				No advantage for BCT
Pellowski et al., 2018	Discussion of barriers/facilitators/strategies	ART MA	8 d = 0.34, p = 0.18	NA		NR	NR	No advantage for BCT
Self-management								

Author	BCT	Outcome	k ES			Heterogeneity	Conclusion
Sakakibara et al., 2017	Self-management interventions	MA	5 d = 0.31 [0.07, 0.56]	NA		Chi2 = 5.25, df = 4, (p = 0.26), I2 = 24%	Sig. Diff. for BCT present
Stress management							
Conn & Ruppar, 2017	Teaching subjects stress-reduction methods	MA to medications prescribed by health care providers (a)	33 NR	NA			No advantage for BCT
Pellowski et al., 2018	Coping	ART MA	5 d = 0.08, p = 0.77	NA		NR	No advantage for BCT

1
2 *Note*. ART = Antiretroviral therapy. BCT = Behavior change technique. CI = Confidence interval. ES = Effect size. EM = Electronically monitored. k with = Number of studies
3 with the self-regulation component. k w/o = Number of studies without the self-regulation component. MA = Medication adherence. NA = Not applicable. NR = Not reported. NS
4 = Non-significant difference. Nspec = Not specified. OR = Odds ratio. SE = Standard error. (a) Not contraceptive/sexual function medications.
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6
7
8