Table S3. Effect sizes for behavior outcomes among studies targeting negative affective states

Study name	Subgroup	Time	Outcome		Std diff in me	ans and 95
	NA (deprivation)	1	behavior food	₩	+=	
Agras 1998	NA (no deprivation)	1	behavior food			
Bacon 2018 Bongers 2013	stress (ostracism) Negative affect	1 1	behavior alcohol behavior food			
Bongers 2015	NA (CS -)	1	behavior food	-		<u> </u>
	NA (CS +)	1	behavior food			-
Boyer 1998 Boyer 1998	NA (high restraint) NA (low restraint)	1	behavior food			
Briddell 1979	Stress	1	Combined	k	+ -	<u> </u>
AllenCatellier 2012 Chan 2014	NA Study 1 Disgust	1	behavior food behavior food		_	
Chua 2004	NA	1	behavior food		-	
Cools 1992	NA (high restraint)	1	behavior food			
Cools 1992 Dobbs 1981	NA (low restraint) Stress	1 1	behavior food behavior smoking			
Dorison 2019	Sadness Study 4		behavior smoking			
Emond 2016	Stress (aca/eater)	1	behavior food			
Emond 2016 Emond 2016	Stress (aca/under) Stress (attach/eater)	1 1	behavior food behavior food	×		
	Stress (attach/under)	1	behavior food			
	NA Study 3 EE	1	Combined	← − −		-
	NA Study 3 No EE NA Study 4 EE	1	Combined Combined			-
Evers 2009	NA Study 4 No EE	1	Combined	÷		
Evers 2010	Study 1 Sadness	1	behavior food			† – –
Evers 2013 Frost 1982	Study 2 NA NA (high restraint)	1	behavior food behavior food			
Frost 1982	NA (low restraint)	1	behavior food	⊨		<u> </u>
Fucito 2009	Sadness (depressed)	1	Combined	1	⊥ -	
Fucito 2009 Garg 2007	Sadness not depressed Sadness (info)	1 1	Combined behavior food			-
Garg 2007	Sadness (no info)	1	behavior food	1		
	Sadness	1	behavior food		1_	
Glad 1976 Glad 1976	Stress (F/NS/heavy) Stress (F/NS/light)	1 1	Combined Combined		1	
Glad 1976	Stress (F/sm/heavy)	1	Combined	1		
Glad 1976 Glad 1976	Stress (F/sm/light) Stress (M/NS/beau()	1 1	Combined Combined	I —	-	-
Glad 1976 Glad 1976	Stress (M/NS/heavy) Stress (M/NS/light)	1	Combined			
Glad 1976	Stress (M/sm/heavy)	1	Combined	1		
	Stress (M/sm/light)	1	Combined			_
	Stress (female) Stress (male)	1	Combined Combined			
Heatherton 1991	Stress (shock/restrain)	1	behavior food			
Heatherton 1991 Heatherton 1991	Stress (shock/unrestrain) Stress (trier/restrain)	1	behavior food behavior food	←		
	Stress (trier/unrestrain)	1	behavior food	←=	_	_
Heatherton 1998	NA (S1 dieters failure)	1	behavior food			
	NA (S1 dieters music) NA (S1 non-dieters fail)	1	behavior food behavior food			
Heatherton 1998	NA (S1 non-dieters music		behavior food			4
Heatherton 1998	NA (S2 dieters unlabeled)) 1	behavior food			.
Heatherton 1998 Heatherton 1998	NA (S2 non unlabeled) NA (Study 3)	1	behavior food behavior food		-	
Herhaus 2018	Stress (healthy)	1	Combined			
Herhaus 2018	Stress (obesity)	1	Combined			
Jansen 2008 Jansen 2008	NA (high NA, obese) NA (high NA, overweight)	1	behavior food behavior food		_	
Jansen 2008	NA (low NA, obese)	1	behavior food	- T		
Jansen 2008	NA (low NA, overweight)	1	behavior food	÷ •	·	
Klein 1996 Klein 1996	NA (anorexic) NA (bulimic)	1	behavior food behavior food	Č.		
Klein 1996	NA (restrained)	1	behavior food	ſ	- 1	
Klein 1996	NA (unrestrained)	1	behavior food	←	-	t
vonHelverson 2015 Larsen 2013	Sadness Stress (confed alcohol)	1	behavior food behavior alcohol			Ē
Larsen 2013	Stress (confed soda)	1	behavior alcohol	-		
Lindgren 2018	Sadness	1	behavior alcohol	- I -		<u> </u>
	Anger Loneliness	1	behavior food behavior food			
Morrison 2012	Anger	1	behavior alcohol		-	
	NA (balanced NA (unbalanced	1	behavior food			
Munsch 2008 Nesic 2006	Stress (female)	1	behavior food behavior alcohol			
Nesic 2006	Stress (male)	1	behavior alcohol	Î		
Polivy 1994	Anxious restrain bad Anxious restrain good	1 1	behavior food behavior food			
Polivy 1994 Polivy 1994	Anxious unrestrain bad	1	behavior food	<u> </u>		
Polivy 1994	Anxious unrestrain good	1	behavior food	⊨	-	t
	Anxiety (not obese)	1	behavior food behavior food			
Reznick 1977 Ridgway 1998	Anxiety (obese) NA (high RS high TFEQ)	1 1	behavior food behavior food	<u> </u>		1
Ridgway 1998	NA (high RS low TFEQ)	1	behavior food	1		
Ridgway 1998 Ridgway 1998	NA (low RS high TFEQ) NA (low RS low TFEQ)	1 1	behavior food behavior food	_		
Rosseau 2011	NA (high coping motive)	1	behavior alcohol	I –		-
Rosseau 2011	NA (low coping motive)	1	behavior alcohol	k	+	
	Lonely (dieting) Lonely (non-dieting)	1	behavior food behavior food	<u>*</u>		
Rotenberg 1999	Sad (dieting)	1	behavior food			-
Rotenberg 1999	Sad (non-dieting)	1	behavior food	k	+	-
Salerno 2014 Salerno 2014	S1 Anger (hedonic) S1 Anger (neutral)	1 1	behavior food behavior food	-	1	
Salerno 2014	S1 Fear (hedonic)	1	behavior food	I —	+	-
Salerno 2014	S1 Fear (neutral)	1	behavior food	l.		
Salerno 2014 Salerno 2014	S1 Sadness (hedonic) S1 Sadness (neutral)	1 1	behavior food behavior food	<u>⊦</u>	1 -	
Salerno 2014 Salerno 2014	S2 Sadness (creativity)	1	behavior food	1	1 7	-
Salerno 2014	S2 Sadness (hedonic)	1	behavior food	₭	-	1 -
Salerno 2014	S3 Sadness (creativity)	1	behavior food behavior food	1	1	
	S4 Sadness (hedonic)	1	behavior food	1		
Salerno 2014	Worry		behavior food	1	-	
Salerno 2014 Scattolon 1995 Shapiro 2005	Stress (nonrestrained)	1		1	I	
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005	Stress (nonrestrained) Stress (restrained)	1	behavior food			-
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005	Stress (nonrestrained)	1		<		-
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996	Stress (nonrestrained) Stress (restrained) Stress (low stress) Stress (stress) NA (binge eaters)	1 1 1 1 Combined	behavior food behavior food behavior food behavior food	ĺ _		-
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996	Stress (nonrestrained) Stress (restrained) Stress (low stress) Stress (stress) NA (binge eaters) NA (non-binge)	1 1 1 Combined Combined	behavior food behavior food behavior food behavior food behavior food	ĺ _	-	
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996	Stress (nonrestrained) Stress (restrained) Stress (low stress) Stress (stress) NA (binge eaters)	1 1 1 1 Combined	behavior food behavior food behavior food behavior food	ĺ	-	
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996 Telch 1996 Thomas 2014 Thomas 2014	Stress (nonrestrained) Stress (restrained) Stress (low stress) Stress (stress) NA (binge eaters) NA (non-binge) Stress Stress (high coping) Stress (low coping)	1 1 1 Combined Combined 1 1	behavior food behavior food behavior food behavior food behavior alcohol behavior alcohol behavior alcohol	ĺ _	-	-
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996 Telch 1996 Thomas 2011 Thomas 2014 Thomas 2014 van Strein 2012	Stress (nonrestrained) Stress (restrained) Stress (or stress) Stress (stress) NA (binge eaters) NA (non-binge) Stress Stress (high coping) Stress (low coping) Stachess (high emotional)	1 1 1 Combined Combined 1 1 1	behavior food behavior food behavior food behavior food behavior alcohol behavior alcohol behavior alcohol behavior alcohol behavior food		-	-
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996 Telch 1996 Telch 1996 Thomas 2011 Thomas 2014 Thomas 2014 van Strein 2012	Stress (nonrestrained) Stress (restrained) Stress (low stress) Stress (stress) NA (binge eaters) NA (non-binge) Stress (high coping) Stress (low coping) Sadness (high emotional) Sadness (low emotional)	1 1 1 Combined Combined 1 1	behavior food behavior food behavior food behavior food behavior food behavior alcohol behavior alcohol behavior food behavior food	<		
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996 Thomas 2014 Thomas 2014 Van Strein 2012 Van Strein 2012 Wardtell 2012 Weinberger 2012	Stress (nonrestrained) Stress (restrained) Stress (ow stress) Stress (stress) NA (binge eaters) NA (binge eaters) Stress (high coping) Stress (low coping) Stress (low coping) Sadness (low emotional) NA NA (female)	1 1 2 Combined Combined 1 1 1 1 1 1 1 1	behavior food behavior food behavior food behavior food behavior alcohol behavior alcohol behavior alcohol behavior food behavior food behavior food behavior smoking	<	-	-
Salerno 2014 Scattolon 1995 Shapiro 2005 Shapiro 2005 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996 Telch 1996 Telch 1996 Thomas 2011 Thomas 2014 van Strein 2012 Wardell 2012 Weinberger 2012	Stress (nonrestrained) Stress (rotstrained) Stress (dwstress) Stress (stress) NA (non-binge) Stress Stress (high coping) Stress (lwo coping) Sadness (high emotional) Sadness (low emotional) NA NA (female) NA (male)	1 1 Combined Combined 1 1 1 1 1 1 1 1 1 1 1	behavior food behavior food behavior food behavior food behavior alcohol behavior alcohol behavior alcohol behavior food behavior food behavior food behavior smoking behavior smoking	<		
Salerno 2014 Scattolon 1995 Shapiro 2005 Shoprosser 2013 Sproesser 2013 Sproesser 2013 Telch 1996 Telch 1996 Telch 1996 Thomas 2014 Thomas 2014 Thomas 2014 Wan Strein 2012 Wardell 2012 Weinberger 2012 Weinburger 2014	Stress (nonrestrained) Stress (restrained) Stress (ow stress) Stress (stress) NA (binge eaters) NA (binge eaters) Stress (high coping) Stress (low coping) Stress (low coping) Sadness (low emotional) NA NA (female)	1 1 2 Combined Combined 1 1 1 1 1 1 1 1	behavior food behavior food behavior food behavior food behavior alcohol behavior alcohol behavior alcohol behavior food behavior food behavior food behavior smoking	<		

____ _ _ _ -1.00 -0.50 0.00 0.50 1.00

Table S4. Effect sizes for intention outcomes among studies targeting negative affective states

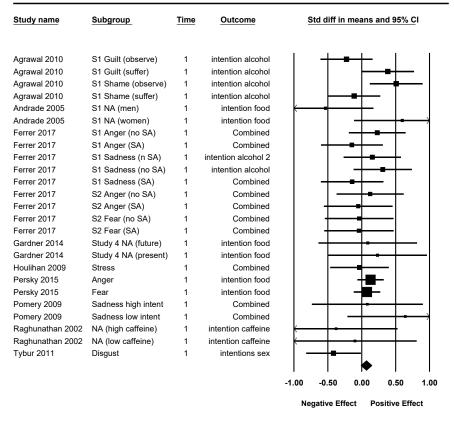


Table S5. Effect sizes for craving outcomes among studies targeting negative affective states

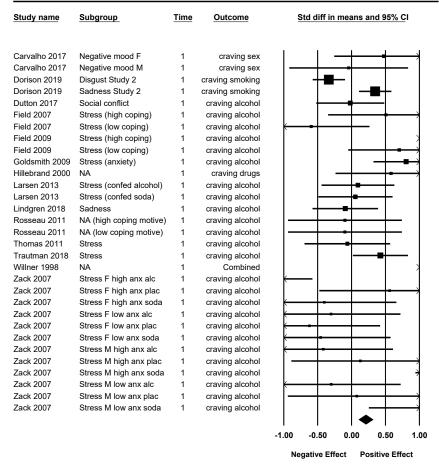


Table S6. Effect sizes for attitude/ evaluation/ expectancy outcomes among studies targeting negative affective states

Study name	Subgroup	Time	Outcome	Std diff in means and 95% CI
Dorison 2019	Sadness S3 Rep	1	eval smoking	
Dorison 2019	Sadness Study 3	1	eval smoking	
Gardner 2014	Study 4 NA (future)	1	food eval	
Gardner 2014	Study 4 NA (present)	1	food eval	
Garg 2007	Sadness (info)	1	eval food	
Garg 2007	Sadness (no info)	1	eval food	
Goldsmith 2009	Stress (anxiety)	1	Combined	
Herhaus 2018	Stress (healthy)	1	Combined	
Herhaus 2018	Stress (obesity)	1	Combined	
Hufford 1998	NA	1	eval alcohol	
Hufford 1998	Pilot NA	1	eval alcohol	
Lindgren 2018	Sadness	1	eval alcohol	
Mayer 2008	Disgust	1	Combined	
McKee 2003	NA	1	Combined	
Petrican 2015	Shame (high compul)	1	eval sex	
Petrican 2015	Shame (low compul)	1	eval sex	
Raghunathan 2002	NA (high caffeine)	1	eval caffeine	
Raghunathan 2002	NA (low caffeine)	1	eval caffeine	
Shapiro 2005	Stress	1	Combined	
Steiner 2004	S1 NA	1	eval alcohol	
Steiner 2004	S2 NA	1	eval alcohol	
Stojek 2015	Stress	1	eval food	
				-1.00 -0.50 0.00 0.50 1.00
				Negative Effect Positive Effect

Table S7. Effect sizes for implicit evaluation/ attention outcomes among studies targeting negative affective states

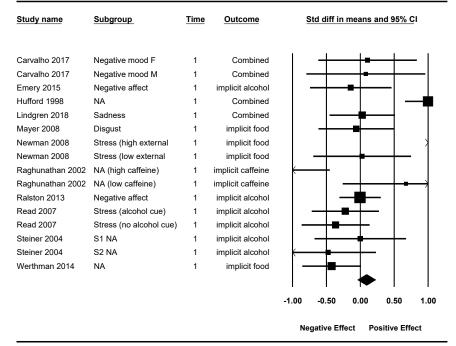


Table S8. Effect sizes for perceived behavioral control outcomes among studies targeting negative affective states

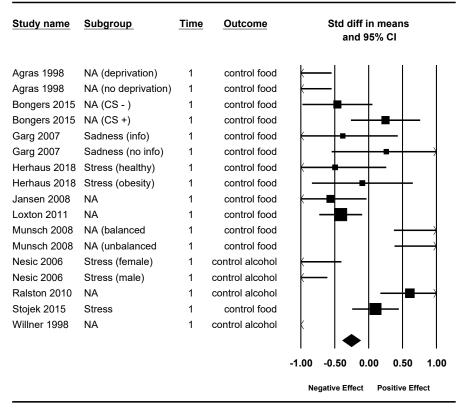


Table S9. Effect sizes for information seeking outcomes among studies targeting negative affective states

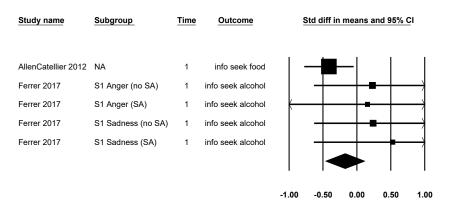
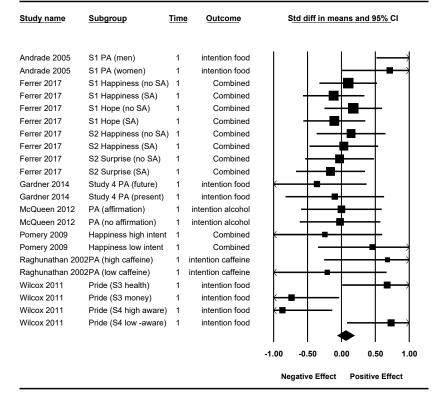


Table S10. Effect sizes for behavior outcomes among studies targeting positive affective states

Study name	Subgroup	Time	Outcome	Std diff in means and 95% CI
Bongers 2013	Positive affect	1	behavior food	
Briddell 1979	Relaxation	1	Combined	
Cardi 2015	PA (anorexic)	1	behavior food	
Cardi 2015	PA (bulimia)	1	behavior food	
Cardi 2015	PA (healthy)	1	behavior food	
AllenCatellier 2012	PA	1	behavior food	
Cools 1992	PA (high restraint)	1	behavior food	
Cools 1992	PA (low restraint)	1	behavior food	<u> </u>
Evers 2009	PA Study 4 EE	1	Combined	
Evers 2009	PA Study 4 No EE	1	Combined	
Evers 2013	Study 1 PA	1	behavior food	
Evers 2013	Study 2 PA	1	behavior food	
Fedorikhin 2011	Study 1 PA (amuse)	1	Combined	
Fedorikhin 2011	Study 1 PA (pride)	1	Combined	
Fedorikhin 2011	Study 2 PA (amuse load)	1	Combined	
Fedorikhin 2011	Study 2 PA (amuse)	1	Combined	
Fedorikhin 2011	Study 2 PA (pride load)	1	Combined	
Fedorikhin 2011	Study 2 PA (pride)	1	Combined	
Frost 1982	PA (high restraint)	1	behavior food	
Frost 1982	PA (low restraint)	1	behavior food	
Garg 2007	Happiness (info)	1	behavior food	
0		1	behavior food	
Garg 2007 vonHelverson 2015	Happiness (no info)	1	behavior food	
	Happiness	-		
Lindgren 2018	Happiness	1	behavior alcohol	
Meyer 1999	Happiness	1	behavior food	
Schmueli 2012	PA (film depletion)	1	behavior smoking	
Schmueli 2012	PA (film)	1	behavior smoking	
Schmueli 2012	PA (writing depletion)	1	behavior smoking	
Schmueli 2012	PA (writing)	1	behavior smoking	
Sproesser 2013	Connection (low stress)	1	behavior food	
Sproesser 2013	Connection (stress)	1	behavior food	
Turner 2010	PA	1	behavior food	│ ─┼╋─┼_ │
Wardell 2012	PA	1	behavior alcohol	
Weinberger 2012	PA (female)	1	behavior smoking	
Weinberger 2012	PA (male)	1	behavior smoking	
Yeomans 2009	PA (high res high disin)	1	behavior food	
Yeomans 2009	PA (high res low disin)	1	behavior food	<u>⊧</u> +
Yeomans 2009	PA (low res high disin)	1	behavior food	
Yeomans 2009	PA (low res low disin)	1	behavior food	
Zack 2006	PA (female)	1	behavior alcohol	
Zack 2006	PA (male)	1	behavior alcohol	
				-1.00 -0.50 0.00 0.50 1
				Negative Effect Positive Effect

Table S11. Effect sizes for intention outcomes among studies targeting positive affective states



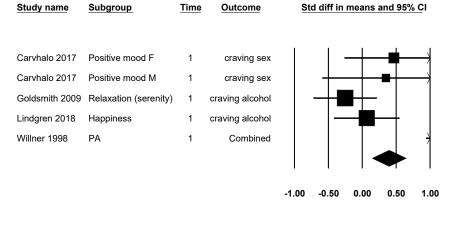


Table S13. Effect sizes for attitude/ evaluation/ expectancy outcomes among studies targeting positive affective states

Study name	Subgroup	Time	Outcome	Std diff in means and 95% CI
Gardner 2014	Study 1 PA	1	Combined	
Gardner 2014	Study 4 PA (future)	1	food eval	
Gardner 2014	Study 4 PA (present)	1	food eval	
Garg 2007	Happiness (info)	1	eval food	
Garg 2007	Happiness (no info)	1	eval food	
Goldsmith 2009	Relaxation (serenity)	1	Combined	
Lindgren 2018	Happiness	1	eval alcohol	│ ┼─╋┼──│ │
McKee 2003	PA	1	Combined	│ ┼─┼┳─┼──│
McQueen 2012	PA (affirmation)	1	eval alcohol	
McQueen 2012	PA (no affirmation)	1	eval alcohol	
Raghunathan 2002	PA (high caffeine)	1	eval caffeine	
Raghunathan 2002	PA (low caffeine)	1	eval caffeine	₭ ₱
Steiner 2004	S1 PA	1	eval alcohol	│ │ <mark>──┼╼┼─</mark> ┤
Steiner 2004	S2 PA	1	eval alcohol	│─┼──₽┤──┼
Winterich 2011	Нарру	1	eval food	
Winterich 2011	Hope (consistent)	1	eval food	
Winterich 2011	Hope (inconsistent)	1	eval food	│ │ <mark>─┼╋┼─</mark> │
Winterich 2011	Pride (consistent)	1	eval food	
Winterich 2011	Pride (inconsistent)	1	eval food	
				-1.00 -0.50 0.00 0.50 1.00
				Negative Effect Positive Effect

Table S14. Effect sizes for implicit attitude/ attention outcomes among studies targeting positive affective states

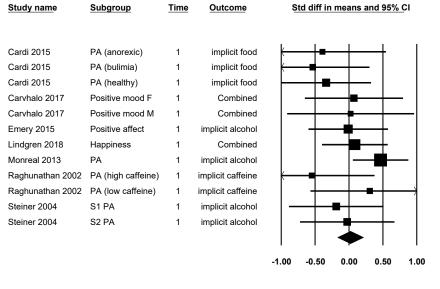


Table S15. Effect sizes for perceived behavioral control outcomes among studies targeting positive affective states

