

## **Responses to Reviewer:**

Issues raised: (1) (P8. Literature search): Please present full electronic search strategy (e.g. search terms you used in each database) so that it could be repeated. Also, please describe any additional search methods, such as references, citations, grey literature, or the like.

***Response: (1) The search strategy has been stated overtly in the paragraph of "Literature search" such as search keywords and the publication years of the papers. No additional search was conducted after the aforementioned literature search.***

Issues raised: (2) (P9. Statistical analysis): If you used the post-intervention difference data only, please delete the word 'pre-' so that future readers will not be confused.

***Response: (2) Thanks for pointing out this. The word "pre-" has been deleted accordingly.***

Issues raised: (3) (P8. Literature search, P9. Assessment on quality, and P10. Study selection): Please provide the initials of the reviewers.

***Response: (3) Thanks for the kind reminder. The initials of the reviewers have been added accordingly.***

Issues raised: (4) (P10. Study characteristics) – second paragraph: It seems like there are many potential moderators. Did you conduct any moderator analysis? If you don't think it's needed, please explain why.

***Response: (4) Thanks for pointing out this. No moderator analysis has been done as heterogeneities (Q) were non-significant across the different MBI programs. It has been stated in the Discussion part "...However, the heterogeneities were not significant, despite the variations in study characteristics."(on P.16). Having said that, a sentence "Nevertheless, moderator analysis can be considered in the future for possible effects of the potential moderators." has been added in the discussion part (on P.17).***

Issues raised: (5) (P11-12. Analysis of overall effect\_ second paragraph): There is no interpretation of the Figure 2 in the result section, which is also a result

of the meta-analysis. Please briefly describe it.

***Response: (5)***

***A brief sentence "The meta-analysis reveals a moderate pooled effect size ( $g=-0.527$ , 95% CI -0.701 to -0.353) in favor of MBI program." has been added accordingly.***