

Appendix 1: Table 1. Studies included in the Meta-analysis and their Characteristics

	Study	Target	Primary Outcome Measure	Time	N	Outcome	Cluster
1	Arch et al., 2012 [1]	Mixed anxiety disorders	Anxiety Sensitivity Inventory (ASI)	Pre-Post	85	ACT=CBT	Anxiety/depression
				Pre-FU1	63	ACT>CBT	
				Pre-FU2	54	ACT=CBT	
			Fear Questionnaire (FQ)	Pre-Post	85	ACT=CBT	
				Pre-FU1	63	ACT=CBT	
				Pre-FU2	54	ACT=CBT	
			Penn State Worry Questionnaire (PSWQ)	Pre-Post	85	ACT=CBT	
				Pre-FU1	63	ACT=CBT	
				Pre-FU2	54	ACT=CBT	
2	Bach & Hayes, 2002 [2]	Psychosis	Believability rating	Pre-Post	70	ACT>TAU	Other mental disorders
			Rehospitalization	Pre-Post	70	ACT=TAU	
3	Crosby, 2012 [3]	Compulsive pornography use	Hours viewing (self-report)	Pre-Post	27	ACT>WL	Addiction
4	England et al., 2012 [4]	Public speaking anxiety	Highest SUDs	Pre-Post	45	ACT=HAB	Anxiety/depression
			Observed SUDs	Pre-Post	45	ACT=HAB	
			Post-Behavioral Activation Test (BAT) SUDs	Pre-Post	45	ACT=HAB	
			Baseline Subjective Units of Distress (SUDs)	Pre-Post	45	ACT=HAB	
			Clinical Global Impressions-Severity	Pre-Post	45	ACT=HAB	
				Pre-FU	45	ACT=HAB	
			Personal Report of Confidence as a Speaker (PRCS)	Pre-Post	45	ACT=HAB	
				Pre-FU	45	ACT=HAB	
			Pre-BAT SUDs	Pre-Post	45	ACT=HAB	
			Self-Statements during Public Speaking - Negative	Pre-Post	45	ACT=HAB	
				Pre-FU	45	ACT=HAB	
			Self-Statements during Public Speaking - Positive	Pre-Post	45	ACT=HAB	
				Pre-FU	45	ACT>HAB	
5	Folke et al., 2012 [5]	Depression	Beck Depression Inventory (BDI)	Pre-Post	34	ACT=TAU	Anxiety/depression
				Pre-FU	34	ACT=TAU	

6	Forman et al., 2012 [6]	Anxiety/depression	General Health Questionnaire (GHQ)	Pre-Post	34	ACT=TAU	Anxiety/depression
				Pre-FU	34	ACT=TAU	
			Beck Anxiety Inventory (BAI)	Pre-Post	91	ACT=CT	
				Pre-FU	91	ACT<CT	
7	Gaudiano & Herbert, 2006 [7]	Psychosis	Beck Depression Inventory (BDI)	Pre-Post	91	ACT=CT	Other mental disorders
				Pre-FU	91	ACT=CT	
			Brief Psychiatric Rating Scale (BPRS)	Pre-Post	29	ACT=TAU	
			Hallucinations - Believability	Pre-Post	29	ACT=TAU	
8	Gifford et al., 2004 [8]	Smoking cessation	Hallucinations - Distress	Pre-Post	29	ACT>TAU	Addiction
			Hallucinations - Frequency	Pre-Post	29	ACT=TAU	
			Smoking Cessation Quit Rate	Pre-Post	62	ACT=TAU	
				Pre-FU1	55	ACT=TAU	
9	Gifford et al., 2011 [9]	Smoking cessation	Smoking Cessation Quit Rate	Pre-FU2	55	ACT=TAU	Addiction
				Pre-Post	212	ACT+CBT+TAU>TAU	
				Pre-FU1	153	ACT+CBT+TAU=TAU	
10	Gratz & Gunderson, 2006 [10]	Borderline personality disorder	Borderline Evaluation of Severity over Time (BEST)	Pre-FU2	137	ACT+CBT+TAU=TAU	Other mental disorders
				Pre-Post	22	ACT>TAU	
11	Gregg et al., 2007 [11]	Diabetes self-management	Deliberate Self-Harm Inventory (DSHI)	Pre-Post	22	ACT>TAU	Somatic health problems
			HbA1C	Pre-FU	73	ACT=TAU	
			Number in glucose control	Pre-FU	81	ACT>TAU	
			Self-management	Pre-FU	66	ACT>TAU	
12	Hayes et al., 2004 [12]	Polysubstance abuse	Understanding	Pre-FU	66	ACT=TAU	Addiction
			Opiate drug test	Pre-Post	51	ACT+TAU=TAU	
				Pre-FU	43	ACT+TAU>TAU	
				Pre-Post	54	ACT+TAU=TAU	
				Pre-FU	45	ACT+TAU=TAU	
			Drug test (all drugs)	Pre-Post	51	ACT+TAU=TAU	
				Pre-FU	43	ACT+TAU>TAU	
			Drug use (self-report; all drugs)	Pre-Post	54	ACT+TAU=TAU	
				Pre-FU	45	ACT+TAU=TAU	

13	Hayes et al., 2011 [13]	Adolescent depression	Opiate drug test	Pre-Post	45	ACT+TAU=TSF+TAU	Anxiety/depression
				Pre-FU	44	ACT+TAU=TSF+TAU	
			Opiate use (self-report)	Pre-Post	48	ACT+TAU=TSF+TAU	
				Pre-FU	45	ACT+TAU=TSF+TAU	
			Dysphoria	Pre-Post	30	ACT=CBT	
				Pre-FU	12	ACT>CBT	
			Negative affect	Pre-Post	30	ACT=CBT	
				Pre-FU	12	ACT>CBT	
			Negative self	Pre-Post	30	ACT=CBT	
				Pre-FU	12	ACT>CBT	
			Somatic	Pre-Post	30	ACT=CBT	
				Pre-FU	12	ACT>CBT	
			Reynolds Adolescent Depression Scale (RADS-2)	Pre-Post	30	ACT=CBT	
				Pre-FU	12	ACT>CBT	
14	Hesser et al., 2012 [14]	Tinnitus	Tinnitus Handicap Inventory (THI)	Pre-Post	63	ACT=CBT	Somatic health problems
				Pre-FU	61	ACT<CBT	
				Pre-Post	65	ACT>Psych PL	
15	Jensen et al., 2012 [15]	Fibromyalgia	Weekly pain	Pre-Post	34	ACT=WL	Somatic health problems
16	Lillis et al., 2009 [16]	Weight control	GHQ	Pre-FU	84	ACT>WL	Somatic health problems
			Weight Stigma Questionnaire	Pre-FU	84	ACT>WL	
17	Lundgren et al., 2006 [17]	Drug refractory epilepsy	Seizure frequency	Pre-Post	27	ACT>Psych PL	Somatic health problems
				Pre-FU1	27	ACT>Psych PL	
				Pre-FU2	27	ACT>Psych PL	
			Seizure frequency/duration	Pre-Post	27	ACT>Psych PL	
				Pre-FU1	27	ACT>Psych PL	
				Pre-FU2	27	ACT>Psych PL	
18	Luoma et al., 2012 [18]	Substance use disorders	Internalized Shame Scales (ISS)	Pre-Post	113	ACT+TAU=TAU	Addiction
				Pre-FU	59	ACT+TAU=TAU	
			Treatment use	Pre-FU	113	ACT+TAU>TAU	
19	Morton et al., 2012 [19]	Borderline Personality Disorder	BEST- Negative behaviors	Pre-Post	32	ACT+TAU>TAU	Other mental disorders

			BEST- Positive Behaviors	Pre-Post	32	ACT+TAU=TAU	
			BEST- Thoughts and Feelings	Pre-Post	32	ACT+TAU=TAU	
			BEST- Total	Pre-Post	32	ACT+TAU>TAU	
20	Mo'tamedi et al., 2012 [20]	Chronic headache	Migraine Disability Assessment Scale (MIDAS)	Pre-Post	26	ACT+TAU>TAU	Somatic health problems
			McGill Pain Questionnaire MPQ-SF) - Affective	Pre-Post	26	ACT+TAU>TAU	
			McGill Pain Questionnaire MPQ-SF) - Sensory	Pre-Post	26	ACT+TAU=TAU	
21	Pankey et al., 2008 [21]	Developmentally disabled	Anxiety, Depression, and Mood Scale (ADAMS)	Pre-FU	23	ACT>TAU	Other mental disorders
			Vineland Adaptive Behaviors Scales	Pre-FU	23	ACT=TAU	
22	Peterson & Zettle, 2009 [22]	Depression/alcohol use disorders	BDI II	Pre-Post	24	ACT=TAU	Addiction
23	Roemer et al., 2008 [23]	Generalized anxiety disorder	Acceptance and Action Questionnaire (AAQ)	Pre-Post	31	ACT>WL	Anxiety/depression
			Depression Anxiety Stress Scales (DASS)-Anxiety	Pre-Post	31	ACT=WL	
			DASS-Stress	Pre-Post	31	ACT>WL	
			Clinician severity rating	Pre-Post	31	ACT>WL	
			PSWQ	Pre-Post	31	ACT>WL	
24	Rost et al., 2012 [24]	Cancer	Courtland Emotional Control Scale (CECS)	Pre-Post	31	ACT>CBT	Somatic health problems
			COPE acceptance	Pre-Post	31	ACT>CBT	
			COPE mental disengagement	Pre-Post	31	ACT>CBT	
			Functional Assessment of Cancer Therapy - QOL	Pre-Post	31	ACT>CBT	
			Profile of Mood States (POMS)	Pre-Post	31	ACT>CBT	
25	Shawyer et al., 2012 [25]	Psychosis	Confidence in coping with command hallucinations	Pre-Post	34	ACT=Psych PL	Other mental disorders
				Pre-FU	31	ACT=Psych PL	
			Confidence to resist command hallucinations	Pre-Post	34	ACT=Psych PL	
				Pre-FU	31	ACT=Psych PL	
			Positive and Negative Symptoms Scale - General	Pre-Post	34	ACT=Psych PL	
				Pre-FU	31	ACT=Psych PL	
			Positive and Negative Symptoms Scale - Negative	Pre-Post	34	ACT=Psych PL	
				Pre-FU	31	ACT=Psych PL	
			Positive and Negative Symptoms Scale - Positive	Pre-Post	34	ACT=Psych PL	
				Pre-FU	31	ACT=Psych PL	
			Positive and Negative Symptoms Scale – Total	Pre-Post	34	ACT=Psych PL	

26	Smout et al., 2010 [26]	Methamphetamine use disorders	Leeds Dependence Questionnaire (LDQ)	Pre-FU	31	ACT=Psych PL	Addiction
				Pre-Post	31	ACT=CBT	
				Pre-FU	25	ACT=CBT	
				Pre-FU	26	ACT=CBT	
				Pre-FU2	19	ACT=CBT	
27	Stotts et al., 2012 [27]	Methadone detoxification	Negative drug test	Pre-Post	56	ACT+methadone=TAU+methadone	Addiction
28	Tapper et al., 2009 [28]	Weight loss	Body mass index	Pre-Post	47	ACT=WL	Somatic health problems
			Mental health difficulties	Pre-Post	47	ACT=WL	
			Physical activity	Pre-Post	46	ACT>WL	
			29	Thorsell et al., 2011 [29]	Chronic pain	Örebro Musculoskeletal Pain Questionnaire (level of functioning)	
Pre-FU1	53	ACT=Psych PL					
Pre-FU2	32	ACT=Psych PL					
Örebro Musculoskeletal Pain Questionnaire (pain intensity)	Pre-Post	55				ACT=Psych PL	
	Pre-FU1	53				ACT=Psych PL	
	Pre-FU2	32				ACT=Psych PL	
	30	Twohig et al., 2010 [30]				Obsessive-compulsive disorder	Yale-Brown Obsessive Compulsive Scale
Yale-Brown Obsessive Compulsive Scale			Pre-FU	64	ACT=Psych PL		
31			Weineland, Arvidsonn et al., 2012; [31] Weineland, Hayes et al., 2012 [32]	Bariatric Surgery	Body Shape Questionnaire (BSQ)		Pre-Post
	FU I	39			ACT>TAU		
	Eating Disorders Examination Questionnaire - Eating	Pre-Post			39	ACT=TAU	
		FU I			39	ACT=TAU	
	Eating Disorders Examination Questionnaire - Restraint	Pre-Post			39	ACT=TAU	
		FU I			39	ACT=TAU	
	Eating Disorders Examination Questionnaire - Shape	Pre-Post			39	ACT=TAU	
		FU I			39	ACT=TAU	
	Eating Disorders Examination Questionnaire - Total	Pre-Post			39	ACT=TAU	
		FU I			39	ACT=TAU	
	Eating Disorders Examination Questionnaire - Weight	Pre-Post			39	ACT=TAU	
		FU I			39	ACT=TAU	
	Subjective Binge Eating Questionnaire (SBEQ)	Pre-Post			39	ACT=TAU	

32	Westin et al., 2011 [33]	Tinnitus	Tinnitus Handicap Inventory (THI)	FU I	39	ACT=TAU	Somatic health problems
				Pre-Post	39	ACT>TAU	
				Pre-FU1	38	ACT=TAU	
				Pre-Post	42	ACT>WL	
				Pre-FU2	35	ACT=TAU	
33	Wetherell et al., 2011 [34]	Chronic pain	Brief Pain Inventory (BPI) - Interference	Pre-Post	98	ACT=CBT	Somatic health problems
				Pre-FU	85	ACT=CBT	
			Brief Pain Inventory (BPI) - Severity	Pre-Post	98	ACT=CBT	
				Pre-FU	85	ACT=CBT	
34	White et al., 2011 [35]	Psychosis	Hamilton Anxiety and Depression Scale - Anxiety	Pre-Post	24	ACT=TAU	Other mental disorders
			Hamilton Anxiety and Depression Scale - Depression	Pre-Post	24	ACT>TAU	
			Positive & Negative Syndrome Scale – Negative Sxs	Pre-Post	24	ACT>TAU	
			Positive & Negative Syndrome Scale – Positive Sxs	Pre-Post	24	ACT=TAU	
35	Wicksell et al., 2008 [36]	Whiplash	Pain Disability Inventory (PDI)	Pre-Post	20	ACT>WL	Somatic health problems
				Pre-FU1	20	ACT=WL	
36	Wicksell et al., 2009 [37]	Pediatric pain	Functional Disability Inventory (FDI) - child	Pre-Post	29	ACT=TAU	Somatic health problems
				Pre-FU1	25	ACT=TAU	
				Pre-FU2	24	ACT=TAU	
			Functional Disability Inventory (FDI) - parents	Pre-Post	29	ACT=TAU	
				Pre-FU1	25	ACT=TAU	
				Pre-FU2	24	ACT=TAU	
			Pain interference	Pre-Post	29	ACT=TAU	
				Pre-FU1	25	ACT=TAU	
				Pre-FU2	24	ACT=TAU	
			Pain Impairment Relationship Scale (PAIRS)	Pre-Post	29	ACT>TAU	
				Pre-FU1	25	ACT=TAU	
				Pre-FU2	24	ACT=TAU	
37	Wicksell et al., 2012 [38]	Fibromyalgia	Pain disability (PDI)	Pre-Post	39	ACT>WL	Somatic health problems
				Pre-FU	33	ACT>WL	
38	Woods et al., 2006 [39]	Trichotillomania	Average hairs pulled per day	Pre-Post	25	ACT>WL	Other mental disorders

39	Zettle & Rains, 1989 [40]	Depression	MGH-Hairpulling Scale	Pre-Post	25	ACT>WL	Anxiety/depression
			NIMH-Trichotillomania Impairment Scale	Pre-Post	25	ACT>WL	
			Beck Depression Inventory (BDI)	Pre-Post	22	ACT=CT	
				Pre-FU	22	ACT=CT	
			Hamilton Depression Rating Scale (HDRS)	Pre-Post	22	ACT=CT	
				Pre-FU	22	ACT>CT	
			Beck Depression Inventory (BDI)	Pre-Post	22	ACT=CT(full)	
				Pre-FU	22	ACT>CT(full)	
			Hamilton Depression Rating Scale (HDRS)	Pre-Post	22	ACT=CT(full)	
				Pre-FU	22	ACT=CT(full)	

Note. ACT: Acceptance and Commitment Therapy; CBT: Cognitive Behavioral Therapy; TAU: Treatment As Usual; WL: Waitlist; HAB: Habituation-Based Exposure; CT: Cognitive Therapy; TSF: Twelve Step Facilitation; Psych PL: Psychological Placebo FU: Follow Up.

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