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| --- | --- |
| **Database** | **Search string** |
| **MEDLINE** | 1. Exp mind-body therapies/ or exp breathing exercises/ or exp meditation/ or ("meditat\*" or "wellness intervention" or "wellness therapy" or "wellness program" or mindful\* or relaxation or "relaxation therapy" or yoga or "tai ji" or qigong or "breath\* exercises" or mind-body or body-mind or "tai chi" or taichi or qigong or breath\* or "guided imagery" or "acceptance commitment therapy" or "cognitive behavioural therapy" or "cognitive behavioral therapy" or vitalism or "meditative practice" or samu or "positive psycholog\*" or "intentionally focused awareness" or simonton or visuali?ation or imagery or sophrology or "muscle contract\*" or "hold relax" or "alternate nostril" or "abdominal breath" or neidan or "nei dan" or "unilateral nostril" or "forced nostril" or "deep breath\*")   =603839   1. Exp Telemedicine/ or Exp Remote Consultation/ or (cyberthera\* or telecare or telecollaborat\* or teleconsult\* or teleconference\* or teleeducat\* or telediagnos\* or telehealth or teleguide\* or telediagnos\* or telelearn\* or telemed\* or telementor\* or telemonitor\* or teleneurol\* or teleopth\* or telepediatric\* or telepresence\* or telerehab\* or telerobotic\* or telescreen\* or teletherap\* or teletransmi\* or mhealth or "m heath" or ehealth\* or "e health" or website\* or ((cyber or digital or remote\* or distance\* or tele) adj2 (medicine or care or collaborat\* or consult\* or conference\* or educat\* or diagnos\* or health or guide\* or diagnos\* or learn\* or med\* or mentor\* or monitor\* or presence\* or screen\* or therap\* or transmi\*)) or ((cyber or digital or distance\* or tele or remote\* or sms or phone\* or internet or "web based" or telephone\* or texting or "mobile app\*" or Instagram or Snapchat or Facetime or GMeet\* or hangout\* or Skype or Zoom or Web-ex or WebEx or Bluejeans or Facebook or e-mail\* or email\* or "e chat" or echat or "social media" or "text message\*" or "answering machine\*" or "voice mail\*" or "video conferenc\*" or "video link\*" or "video chat\*") adj3 (consult\* or support\* or diagnos\* or "follow-up\*" or "health" or doctor\* or "primary care" or clinic or clinics or clinician\* or nurs\* or psycholog\* or therap\* or intervention\* or delivery)))   =175839   1. exp mental disorders/ OR (depress\*  OR psych\* OR behav\* OR neuro\* OR cognitive\* OR anxiety OR attention\* OR mental\* health\* OR stress).mp. OR stress, psychological.sh. OR (wellness OR qol OR "quality of life" OR SF36 OR SF-36)   =7459625   1. Exp Child/ or "Congenital, Hereditary, and Neonatal Diseases and Abnormalities"/ or exp infant/ or adolescent/ or exp pediatrics/ or child, abandoned/ or exp child, exceptional/ or child, orphaned/ or child, unwanted/ or minors/ or (pediatric\* or paediatric\* or child\* or newborn\* or congenital\* or infan\* or baby or babies or neonat\* or pre-term or preterm\* or premature birth\* or NICU or preschool\* or pre-school\* or kindergarten\* or kindergarden\* or elementary school\* or nursery school\* or (day care\* not adult\*) or schoolchild\* or toddler\* or boy or boys or girl\* or middle school\* or pubescen\* or juvenile\* or teen\* or youth\* or high school\* or adolesc\* or pre-pubesc\* or prepubesc\*).mp. or (child\* or adolesc\* or pediat\* or paediat\*).jn   =5002496   1. Exp adult/ or adult\*   =8559586   1. 1 & 2 & 3 = 5145 2. 6 NOT Reviews NOT (pediatrics NOT adults) = 4020 |
| **CINAHL** | 1. (MH "Yoga+") or (MH "Tai Chi") or (MH "Meditation") or (MH "Breathing Exercises+") or (MH "Qigong") or (MH "Mindfulness+") or  ("meditat\*" or "wellness intervention" or "wellness therapy" or "wellness program" or mindful\* or relaxation or "relaxation therapy" or yoga or "tai ji" or qigong or "breath\* exercises" or mind-body or body-mind or "tai chi" or taichi or qigong or breath\* or "guided imagery" or "acceptance commitment therapy" or "cognitive behavioural therapy" or "cognitive behavioral therapy" or vitalism or "meditative practice" or samu or "positive psycholog\*" or "intentionally focused awareness" or simonton or visuali?ation or imagery or sophrology or "muscle contract\*" or "hold relax" or "alternate nostril" or "abdominal breath" or neidan or "nei dan" or "unilateral nostril" or "forced nostril" or "deep breath\*")   =134,013   1. (MH "Telemedicine+") OR (MH "Remote Consultation") or (((cyberthera\* or telecare or telecollaborat\* or teleconsult\* or teleconference\* or teleeducat\* or telediagnos\* or telehealth or teleguide\* or telediagnos\* or telelearn\* or telemed\* or telementor\* or telemonitor\* or teleneurol\* or teleopth\* or telepediatric\* or telepresence\* or telerehab\* or telerobotic\* or telescreen\* or teletherap\* or teletransmi\* or mhealth or "m heath" or ehealth\* or "e health" or (cyber or digital or remote\* or distance\* or tele)) N2 (medicine or care or collaborat\* or consult\* or conference\* or educat\* or diagnos\* or health or guide\* or diagnos\* or learn\* or med\* or mentor\* or monitor\* or presence\* or screen\* or therap\* or transmi\*)) or ((cyber or digital or distance\* or tele or remote\* or sms or phone\* or internet or "web based" or telephone\* or texting or "mobile app\*" or Instagram or Snapchat or Facetime or GMeet\* or hangout\* or Skype or Zoom or Web-ex or WebEx or Bluejeans or Facebook or e-mail\* or email\* or "e chat" or echat or "social media" or "text message\*" or "answering machine\*" or "voice mail\*" or "video conferenc\*" or "video link\*" or "video chat\*") N3 (consult\* or support\* or diagnos\* or "follow-up\*" or "health" or doctor\* or "primary care" or clinic or clinics or clinician\* or nurs\* or psycholog\* or therap\* or intervention\* or delivery)))   =68,817   1. (MH "mental disorders+") OR (depress\*  OR psych\* OR behav\* OR neuro\* OR cognitive\* OR anxiety OR attention\* OR mental\* health\* OR stress).mp. OR stress, psychological.sh. OR (wellness OR qol OR "quality of life" OR SF36 OR SF-36)   =864,093   1. (pediatric\* or paediatric\* or child\* or newborn\* or congenital\* or infan\* or baby or babies or neonat\* or “pre-term” or preterm or “premature birth\*” or NICU or preschool\* or “pre-school\*” or kindergarten\* or “elementary school\*” or “nursery school\*” or schoolchild\* or toddler\* or boy or boys or girl\* or “middle school\*” or pubescen\* or juvenile\* or teen\* or youth\* or “high school\*” or adolesc\*or prepubesc\* or “pre-pubesc\*” or (MH "Child+") OR (MH "Adolescence+") OR (MH "Minors (Legal)") or "(MH "Child Abuse, Sexual") OR (MH "Child Behavior Disorders+") OR (MH "Child, Medically Fragile") OR (MH "Child Day Care") OR (MH "Child Behavior+") OR (MH "Child Mortality") OR (MH "Child Passenger Safety") OR (MH "Child Development Disorders, Pervasive+") OR (MH "Child Custody") OR (MH "Child Abuse+") OR (MH "Child Nutritional Physiology+") OR (MH "Child Behavior Checklist") ) OR SO ( child\* or pediatric\* or paediatric\* or adolescent\* )   =1,531,799   1. (MH "adult+") or adult\*   =2,184,798   1. 1 AND 2 AND 3   =941   1. 6 NOT (5 NOT 4)   =855 |
| **EMBASE** | 1. exp mindfulness/ or exp meditation/ or exp breathing exercise/ or exp yoga/ or exp tai chi/ or exp relaxation training/ or ("meditat\*" or "wellness intervention" or "wellness therapy" or "wellness program" or mindful\* or relaxation or "relaxation therapy" or yoga or "tai ji" or qigong or "breath\* exercises" or mind-body or body-mind or "tai chi" or taichi or qigong or breath\* or "guided imagery" or "acceptance commitment therapy" or "cognitive behavioural therapy" or "cognitive behavioral therapy" or vitalism or "meditative practice" or samu or "positive psycholog\*" or "intentionally focused awareness" or simonton or visuali?ation or imagery or sophrology or "muscle contract\*" or "hold relax" or "alternate nostril" or "abdominal breath" or neidan or "nei dan" or "unilateral nostril" or "forced nostril" or "deep breath\*")   =909454   1. exp telemedicine/ or exp teleconsultation/ or (((cyberthera\* or telecare or telecollaborat\* or teleconsult\* or teleconference\* or teleeducat\* or telediagnos\* or telehealth or teleguide\* or telediagnos\* or telelearn\* or telemed\* or telementor\* or telemonitor\* or teleneurol\* or teleopth\* or telepediatric\* or telepresence\* or telerehab\* or telerobotic\* or telescreen\* or teletherap\* or teletransmi\* or mhealth or "m heath" or ehealth\* or "e health" or (cyber or digital or remote\* or distance\* or tele)) adj2 (care or collaborat\* or consult\* or conference\* or educat\* or diagnos\* or health or guide\* or diagnos\* or learn\* or med\* or mentor\* or monitor\* or presence\* or screen\* or therap\* or transmi\*)) or ((cyber or digital or distance\* or tele or remote\* or sms or phone\* or internet or "web based" or telephone\* or texting or "mobile app\*" or Instagram or Snapchat or Facetime or GMeet\* or hangout\* or Skype or Zoom or Web-ex or WebEx or Bluejeans or Facebook or e-mail\* or email\* or "e chat" or echat or "social media" or "text message\*" or "answering machine\*" or "voice mail\*" or "video conferenc\*" or "video link\*" or "video chat\*") adj3 (consult\* or support\* or diagnos\* or follow-up\* or health or doctor\* or "primary care" or clinic or clinics or clinician\* or nurs\* or psycholog\* or therap\* or intervention\* or delivery)))   =162959   1. exp mental disorders/ OR (depress\*  OR psych\* OR behav\* OR neuro\* OR cognitive\* OR anxiety OR attention\* OR mental\* health\* OR stress).mp. OR stress, psychological.sh. OR (wellness OR qol OR "quality of life" OR SF36 OR SF-36) 2. 1 AND 2 AND 3 = 5725 3. juvenile/ or exp adolescent/ or exp child/ or exp postnatal development/ or (pediatric\* or paediatric\* or child\* or newborn\* or congenital\* or infan\* or baby or babies or neonat\* or pre term or preterm\* or premature birth or NICU or preschool\* or pre school\* or kindergarten\* or elementary school\* or nursery school\* or schoolchild\* or toddler\* or boy or boys or girl\* or middle school\* or pubescen\* or juvenile\* or teen\* or youth\* or high school\* or adolesc\* or prepubesc\* or pre pubesc\*).mp. or (child\* or adolesc\* or pediat\* or paediat\*).jn.   =14518   1. Exp adult/ or adult\* 2. 4 NOT (5 NOT 6) = 4964 |
| **PSYCInfo** | 1. exp mind body therapy/ or exp meditation/ or exp yoga/ or exp relaxation therapy/ or exp mindfulness/ or ("meditat\*" or "wellness intervention" or "wellness therapy" or "wellness program" or mindful\* or relaxation or "relaxation therapy" or yoga or "tai ji" or qigong or "breath\* exercises" or mind-body or body-mind or "tai chi" or taichi or qigong or breath\* or "guided imagery" or "acceptance commitment therapy" or "cognitive behavioural therapy" or "cognitive behavioral therapy" or vitalism or "meditative practice" or samu or "positive psycholog\*" or "intentionally focused awareness" or simonton or visuali?ation or imagery or sophrology or "muscle contract\*" or "hold relax" or "alternate nostril" or "abdominal breath" or neidan or "nei dan" or "unilateral nostril" or "forced nostril" or "deep breath\*")   =137688   1. Exp Telemedicine/ or exp Teleconsultation/ or (cyberthera\* or telecare or telecollaborat\* or teleconsult\* or teleconference\* or teleeducat\* or telediagnos\* or telehealth or teleguide\* or telediagnos\* or telelearn\* or telemed\* or telementor\* or telemonitor\* or teleneurol\* or teleopth\* or telepediatric\* or telepresence\* or telerehab\* or telerobotic\* or telescreen\* or teletherap\* or teletransmi\* or mhealth or "m heath" or ehealth\* or "e health" or website\* or ((cyber or digital or remote\* or distance\* or tele) adj2 (medicine or care or collaborat\* or consult\* or conference\* or educat\* or diagnos\* or health or guide\* or diagnos\* or learn\* or med\* or mentor\* or monitor\* or presence\* or screen\* or therap\* or transmi\*)) or ((cyber or digital or distance\* or tele or remote\* or sms or phone\* or internet or "web based" or telephone\* or texting or "mobile app\*" or Instagram or Snapchat or Facetime or GMeet\* or hangout\* or Skype or Zoom or Web-ex or WebEx or Bluejeans or Facebook or e-mail\* or email\* or "e chat" or echat or "social media" or "text message\*" or "answering machine\*" or "voice mail\*" or "video conferenc\*" or "video link\*" or "video chat\*") adj3 (consult\* or support\* or diagnos\* or "follow-up\*" or "health" or doctor\* or "primary care" or clinic or clinics or clinician\* or nurs\* or psycholog\* or therap\* or intervention\* or delivery)))   =65180   1. exp mental disorders/ OR (depress\*  OR psych\* OR behav\* OR neuro\* OR cognitive\* OR anxiety OR attention\* OR mental\* health\* OR stress).mp. OR stress, psychological.sh. OR (wellness OR qol OR "quality of life" OR SF36 OR SF-36)   =3682733   1. adolescent development/ or childhood development/  or pediatrics/ or exp Congenital Disorders/ or child characteristics/ or child abuse/ or exp child welfare/ or chronically ill children/  or child neglect/ or child psychiatry/ or child psychopathology/ or exp child care/  or (pediatric\* or paediatric\* or child\* or newborn\* or congenital\* or infan\* or baby or babies or neonat\* or pre term or preterm\* or premature birth or NICU or preschool\* or pre school\* or kindergarten\* or elementary school\* or nursery school\* or schoolchild\* or toddler\* or boy or boys or girl\* or middle school\* or pubescen\* or juvenile\* or teen\* or youth\* or high school\* or adolesc\* or prepubesc\* or pre pubesc\*).mp. or (child\* or adolesc\* or pediat\* or paediat\*).jn.   =1413468   1. Exp adult attitudes/ or exp adult development/ or exp adult education/ or exp adult learning/ adult\*   =817743   1. 1 AND 2 AND 3 = 3048 2. 6 NOT (4 NOT 5) = 2605 |
| **Cochrane** | 1. [mh "mind-body therapies"] or [mh "breathing exercises"] or [mh meditation] or ("meditat\*" or "wellness intervention" or "wellness therapy" or "wellness program" or mindful\* or relaxation or "relaxation therapy" or yoga or "tai ji" or qigong or "breath\* exercises" or mind-body or body-mind or "tai chi" or taichi or qigong or breath\* or "guided imagery" or "acceptance commitment therapy" or "cognitive behavioural therapy" or "cognitive behavioral therapy" or vitalism or "meditative practice" or samu or "positive psycholog\*" or "intentionally focused awareness" or simonton or visuali?ation or imagery or sophrology or "muscle contract\*" or "hold relax" or "alternate nostril" or "abdominal breath" or neidan or "nei dan" or "unilateral nostril" or "forced nostril" or "deep breath\*"):ti,ab,kw = 85146 2. [mh Telemedicine] or [mh “Remote Consultation”] or (cyberthera\* or telecare or telecollaborat\* or teleconsult\* or teleconference\* or teleeducat\* or telediagnos\* or telehealth or teleguide\* or telediagnos\* or telelearn\* or telemed\* or telementor\* or telemonitor\* or teleneurol\* or teleopth\* or telepediatric\* or telepresence\* or telerehab\* or telerobotic\* or telescreen\* or teletherap\* or teletransmi\* or mhealth or "m heath" or ehealth\* or "e health" or website\* or ((cyber or digital or remote\* or distance\* or tele) NEAR/2 (medicine or care or collaborat\* or consult\* or conference\* or educat\* or diagnos\* or health or guide\* or diagnos\* or learn\* or med\* or mentor\* or monitor\* or presence\* or screen\* or therap\* or transmi\*)) or ((cyber or digital or distance\* or tele or remote\* or sms or phone\* or internet or "web based" or telephone\* or texting or "mobile app\*" or Instagram or Snapchat or Facetime or GMeet\* or hangout\* or Skype or Zoom or Web-ex or WebEx or Bluejeans or Facebook or e-mail\* or email\* or "e chat" or echat or "social media" or "text message\*" or "answering machine\*" or "voice mail\*" or "video conferenc\*" or "video link\*" or "video chat\*") NEAR/3 (consult\* or support\* or diagnos\* or "follow-up\*" or "health" or doctor\* or "primary care" or clinic or clinics or clinician\* or nurs\* or psycholog\* or therap\* or intervention\* or delivery))):ti,ab,kw   = 39666   1. [mh "mental disorders"] OR (depress\*  OR psych\* OR behav\* OR neuro\* OR cognitive\* OR anxiety OR attention\* OR mental\* health\* OR stress) OR stress, psychological.sh. OR (wellness OR qol OR "quality of life" OR SF36 OR SF-36):ti,ab,kw   = 618 654   1. [mh "Child"] or ([mh "Congenital, Hereditary and Neonatal Diseases and Abnormalities"]) or [mh "infant"] or [mh ^"adolescent"] or [mh "pediatrics"] or [mh ^"child, abandoned"] or [mh "child, exceptional"] or [mh ^"child, orphaned"] or [mh ^"child, unwanted"] or [mh ^"minor"] or (pediatric\* or paediatric\* or child\* or newborn\* or congenital\* or infan\* or baby or babies or neonat\* or pre-term or preterm\* or (premature NEXT birth) or NICU or preschool\* or (pre NEXT school\*) or kindergarten\* or kindergarden\* or (elementary NEXT school\*) or (nursery NEXT school\*) or ((day NEXT care\*) not adult\*) or schoolchild\* or toddler\* or boy or boys or girl\* or (middle NEXT school\*) or pubescen\* or juvenile\* or teen\* or youth\* or (high NEXT school\*) or adolesc\* or (pre NEXT pubesc\*) or prepubesc\*):ti,ab,kw or (child\* or adolesc\* or pediat\* or paediat\*):so   = 344 420   1. [mh adult] or adult\*:ti,ab,kw   = 860 684   1. #1 AND #2 AND #3   = 4367   1. #6 NOT (#4 NOT #5)   = 3918   1. Select only Cochrane trials = 3826 |
| **SCOPUS** | ( TITLE-ABS-KEY ( "mind-body therapies" OR "breathing exercises" OR meditation OR meditat\* OR "wellness intervention" OR "wellness therapy" OR "wellness program" OR mindful\* OR relaxation OR "relaxation therapy" OR yoga OR "tai ji" OR qigong OR "breath\* exercises" OR "mind-body" OR "body-mind" OR "tai chi" OR taichi OR qigong OR breath\* OR "guided imagery" OR "acceptance commitment therapy" OR "cognitive behavioural therapy" OR "cognitive behavioral therapy" OR vitalism OR "meditative practice" OR samu OR "positive psycholog\*" OR "intentionally focused awareness" OR simonton OR visuali?ation OR imagery OR sophrology OR "muscle contract\*" OR "hold relax" OR "alternate nostril" OR "abdominal breath" OR neidan OR "nei dan" OR "unilateral nostril" OR "forced nostril" OR "deep breath\*") AND TITLE-ABS-KEY ( telemedicine OR "remote consultation" OR cyberthera\* OR telecare OR telecollaborat\* OR teleconsult\* OR teleconference\* OR teleeducat\* OR telediagnos\* OR telehealth OR teleguide\* OR telediagnos\* OR telelearn\* OR telemed\* OR telementor\* OR telemonitor\* OR teleneurol\* OR teleopth\* OR telepediatric\* OR telepresence\* OR telerehab\* OR telerobotic\* OR telescreen\* OR teletherap\* OR teletransmi\* OR mhealth OR "m heath" OR ehealth\* OR "e health" OR website\* OR ( ( cyber OR digital OR remote\* OR distance\* OR tele ) W/2 ( medicine OR care OR collaborat\* OR consult\* OR conference\* OR educat\* OR diagnos\* OR health OR guide\* OR diagnos\* OR learn\* OR med\* OR mentor\* OR monitor\* OR presence\* OR screen\* OR therap\* OR transmi\* ) ) OR ( ( cyber OR digital OR distance\* OR tele OR remote\* OR sms OR phone\* OR internet OR "web based" OR telephone\* OR texting OR "mobile app\*" OR instagram OR snapchat OR facetime OR gmeet\* OR hangout\* OR skype OR zoom OR web-ex OR webex OR bluejeans OR facebook OR e-mail\* OR email\* OR "e chat" OR echat OR "social media" OR "text message\*" OR "answering machine\*" OR "voice mail\*" OR "video conferenc\*" OR "video link\*" OR "video chat\*" ) W/3 ( consult\* OR support\* OR diagnos\* OR "follow-up\*" OR "health" OR doctor\* OR "primary care" OR clinic OR clinics OR clinician\* OR nurs\* OR psycholog\* OR therap\* OR intervention\* OR delivery ) ) ) ) AND TITLE-ABS-KEY ( mental OR disorders OR depress\* OR psych\* OR behav\* OR neuro\* OR cognitive\* OR anxiety OR attention\* OR "mental\* health\*" OR " psychological stress" OR wellness OR qol OR "quality of life" OR sf36 OR sf-36 )  =6743 |