

## Appendix A

### Table of coding of studies

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Diener et al. (2010)	Q2	70.83	2010	ERIC (Ebsco)	English	Chile	44.970	6.560	0.870			689	175	468	university students
Yang et al. (2012)	Q1	96.88	2012	PsycInfo	English	USA	46.280	5.320	0.810	19.940	1.530	78		78	adults
Bakker & Sanz-Vergel (2013)	Q1	76.67	2013	PsycInfo	English	The Netherlands	48.080	5.360	0.900	40.670	10.900	63	1	62	adults
Barrington & Shakespeare-Finch (2013)	Q4	17.21	2013	PsycInfo	English	Australia	44.310	7.370	0.900	27.800	12.660	104	32	72	adults
Esch et al. (2013)			2013	Scopus	Alemán	Germany	41.730	7.460	0.870	52.300		43			patients
Henderson et al. (2013)	Q2	59.3	2013	PsycInfo	English	Australia			0.880	34.550	12.800	105			adults
Khodarahimi (2013)	Q3	48.92	2013	PsycInfo	English	Iran			0.890	37.930	10.660	300	150	150	adults
Kormi-Nour et al. (2013)	Q2	59.3	2013	PsycInfo	English	Iran	46.140	6.060	0.840	20.780	1.700	296	96	200	university students
Kormi-Nour et al. (2013)	Q2	59.3	2013	PsycInfo	English	Swedish	46.930	6.070	0.730	23.820	4.710	310	83	227	university students
Lau et al. (2013)			2013	PsycInfo	English	Singapore	43.160	7.620	0.910	33.700	15.120	114	45	69	university students
Satici et al. (2013)	Q3	26.74	2013	WOS	English	Turkey	40.230	8.500	0.830	20.800	1.200	347	153	194	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Silva & Caetano (2013)	Q1	87.63	2013	ERIC (Ebsco)	English	Portugal	42.920	6.100	0.830			717	373	344	adults
Silva & Caetano (2013)	Q1	87.63	2013	ERIC (Ebsco)	English	Portugal	44.510	4.860	0.780	23.890	10.190	194	87	107	university students
Wolsko & Lindberg (2013)			2013	PsycInfo	English	USA			0.880	30.110	10.910	265	98	167	adults
Becalli (2014)			2014	OATD	Portuguese	Portugal	39.590	5.020	0.840	26.450	8.800	253	124	129	adults
Colomeischi (2014)			2014	WOS	English	Romania			0.804	38.000		575	200	375	adults
Demirli et al. (2014)	Q1	79.47	2014	WOS	English	Turkey			0.800	20.800		881	228	653	university students
Du et al. (2014)	Q1	87.5	2014	PsycInfo	English	China	38.400	6.160	0.920	32.500	3.300	108	23	85	adults
Ferenczi & Marshall (2014)	Q2	66.45	2014	PsycInfo	English	UK	41.920	8.650	0.920	27.810	8.900	258	99	159	university students
Hone et al. (2014)	Q1	79.47	2014	Scopus	English	New Zeland	43.820	8.360	0.910	44.210	16.400	9646	4543	5065	adults
Killen & Macaskill (2014)	Q2	67.83	2014	PsycInfo	English	UK	44.280	6.780	0.950	70.840	7.510	88	23	65	Older adults
Myers et al. (2014)	Q3	34.5	2014	PsycInfo	English	USA	55.840	18.400	0.890	50.860	13.570	426	212	214	adults
Myers et al. (2014)	Q3	34.5	2014	PsycInfo	English	USA	55.840	18.400	0.910	50.860	13.570	426	212	214	adults
Sumi (2014)	Q1	79.47	2014	Scopus	English	Japan	36.630	8.050	0.950	20.900	1.260	520	298	222	university students
Tang et al. (2014)	Q1	88.75	2014	ERIC (Ebsco)	English	China	42.080	7.680	0.910	32.230	10.270	433	195	238	adults
Tang et al. (2014)	Q1	88.75	2014	ERIC (Ebsco)	English	China	42.080	7.760	0.930	32.230	10.270	433	195	236	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Tang et al. (2014)	Q1	88.75	2014	ERIC (Ebsco)	English	China	42.160	7.840	0.900	32.230	10.270	433		236	adults
Akin & Akin (2015a)	Q4	11.18	2015	WOS	English	Turkey	43.170	8.020	0.800	20.500		278	125	153	university students
Akin & Akin (2015b)			2015	Scopus	English	Turkey	42.470	9.880	0.830			284	157	127	university students
Almeida (2015)			2015	OATD	Portuguese	Portugal	45.020	5.530	0.800	34.340	12.190	257	126	131	adults
Collie et al. (2015)	Q1	91.77	2015	PsycInfo	English	Canada	48.480	6.080	0.830	44.000	11.000	485	116	369	adults
Conner et al. (2015)	Q1	83.2	2015	PsycInfo	English	New Zeland			0.860	19.850	1.620	405	135	270	adults
Coulombe et al. (2015)	Q2	74.3	2015	Scopus	English	Canada			0.900	41.500	12.200	149	29	117	patients
Ferenczi et al. (2015)	Q1	77.91	2015	PsycInfo	English	UK	42.220	9.630	0.930	28.530	8.520	278	157	121	adults
Greeceene & McGovern (2015)	Q2	51.55	2015	PsycInfo	English	USA	44.850	8.420	0.912	40.050	12.230	350	34	314	adults
Howell & Buro (2015)	Q1	79.47	2015	Scopus	English	Canada	46.690	6.730	0.890	24.550		478	161	317	university students
Howell et al. (2015)	Q2	68.6	2015	PsycInfo	English	Canada	44.360	6.500	0.800	20.290	3.660	298	101	197	university students
Howell et al. (2015)	Q2	68.6	2015	PsycInfo	English	Canada	46.500	6.140	0.840	20.330	3.940	276	62	214	university students
Krämer et al. (2015)	Q1	77.06	2015	PsycInfo	English	Germany	44.320	7.440	0.890	25.650	6.090	235	75	158	adults
Ksendzova et al. (2015)	Q2	66.94	2015	PsycInfo	English	USA	41.840	10.240	0.930	36.640	13.210	97	34	63	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Li et al. (2015)			2015	Scopus	English	China	47.330	7.670	0.940	19.960	1.780	2863	1147	1716	university students
Singh & Junnarkar (2015)	Q2	66.94	2015	Scopus	English	India	45.400	7.100	0.850	14.920	1.480	604	321	283	child & adolescents
Singh & Raina (2015)			2015	Scopus	English	India			0.810	23.550	8.300	366	130	236	university students
Tan et al. (2015)	Q1	78.57	2015	Scopus	English	China			0.789	20.730	3.460	978	428	550	adults
Uysal (2015)	Q4	12.79	2015	Scopus	English	Turkey	43.150	7.440	0.720	21.300	1.700	259	112	147	university students
Uysal (2015)	Q4	19.77	2015	Scopus	English	Turkey	41.890	8.380	0.900	20.410	1.640	229	109	122	university students
Wang et al. (2015)	Q2	51.18	2015	PsycInfo	English	China			0.560	20.300		156	46	110	university students
Askell-Williams et al. (2016)			2016	PsycInfo	English	China	46.000		0.978	11.750	1.300	2737	1458	1286	child & adolescents
Benzaquen (2016)			2016	NDLTD	Español	Lima	50.390	4.380	0.820	26.300	8.010	44		44	adults
Burckhardt et al. (2016)	Q1	87.07	2016	PsycInfo	English	Australia	42.800	7.200	0.870	16.340	0.640	75	44	43	child & adolescents
Burckhardt et al. (2016)	Q1	87.07	2016	PsycInfo	English	Australia	41.200	9.000	0.870	16.370	0.650	87	55	32	child & adolescents
Chang & Chang (2016)	Q2	65.7	2016	PsycInfo	English	USA	44.420	7.780	0.910	19.700		143	43	100	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Drake & Steege (2016)	Q4	21.49	2016	PsycInfo	English	USA	48.410	5.610	0.933	46.410	11.430	225	16	211	adults
Duan (2016)	Q2	68.55	2016	Scopus	English	China	42.080	7.120	0.870	26.230	9.000	790	382	408	university students
Eraslan-Capan (2016)			2016	ERIC (Ebsco)	English	Turkey	42.460	8.350	0.790	21.780	0.990	260	123	137	university students
Jackowska et al. (2016)	Q2	60.74	2016	PsycInfo	English	UK	42.530		0.860	26.270		119		119	adults
Lee (2016)			2016	PsycInfo	English	Korea	45.280	7.520	0.860	18.400	3.430	34	20	14	university students
Lyons et al. (2016)			2016	Scopus	English	Australia	44.000	9.400	0.920			402	386	16	patients
Meca et al. (2016)	Q3	31.88	2016	PsycInfo	English	USA			0.950	34.360		140			adults
Mesurado et al. (2016)			2016	Scopus	English	Phillippines	44.000	6.630	0.880	17.540	1.320	176	93	79	university students
Molinos (2016)			2016	OATD	English	USA	38.790	7.000	0.786			121	80	39	adults
Momtaz et al. (2016)	Q3	35.71	2016	PsycInfo	English	Malasia	50.160	6.800	0.950	69.050	6.230	2202	1054	1148	Older adults
Munoz et al. (2016)			2016	PsycInfo	English	USA	42.240	5.680	0.888	43.000	11.900	273	46	227	adults
Rijavec et al. (2016)	Q4	1.49	2016	WOS	English	Croatia	45.920	5.120	0.800			176		176	university students
Rodríguez (2016)			2016	Dialnet	English	Spain	42.400	9.600	0.810			396	203	193	adults
Schotanus-Dijkstra et al. (2016)			2016	Scopus	English	The Netherlands	41.400	6.500	0.860	47.780	10.880	236	34	202	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Singh, Jain et al. (2016)			2016	Scopus	English	Czech	41.790	7.170	0.850	22.290	2.290	353	67	286	adults
Singh, Jain et al. (2016)			2016	Scopus	English	India	43.080	9.190	0.930	21.730	3.230	493	194	299	adults
Singh, Jain et al. (2016)			2016	Scopus	English	USA	44.100	8.030	0.910	22.900	2.780	302	80	222	adults
Singh, Junnarka et al. (2016)			2016	Scopus	English	India	45.990	6.950	0.850	14.950	1.450	608	321	287	child & adolescents
Singh, Junnarka et al. (2016)			2016	Scopus	English	India	43.220	8.930	0.910	24.560	3.870	786	384	402	adults
Singh, Junnarka et al. (2016)			2016	Scopus	English	India	40.290	9.800	0.800	25.640	6.760	789	527	262	adults
Singh, Junnarka, Jaswal et al. (2016)			2016	Scopus	English	India	46.770	6.250	0.860	29.510	10.660	269	135	134	adults
Villieux et al. (2016)	Q2	68.55	2016	Scopus	English	Francia	42.630	5.610	0.820	23.080	5.770	403	57	345	university students
Zeng et al. (2016)	Q2	74.81	2016	PsycInfo	English	China			0.920	13.490	3.200	1260	658	602	child & adolescents
Almeida (2017)			2017	OATD	Portuguese	Portugal	41.990	7.380	0.870	19.000	1.000	262	45	217	university students
Burckhardt et al. (2017)	Q2	51.76	2017	Scopus	English	Australia	45.460	7.290	0.870	15.640		48	28	20	child & adolescents
Christie et al. (2017)	Q2		2017	PsycInfo	English	Australia	41.090	7.920	0.890	34.000	11.000	199	54	145	university students
Datu & Mateo (	Q3	50	2017	PsycInfo	English	Phillippines	45.200	6.400	0.840	18.430	1.460	444	176	264	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Datu et al. (2017)	Q4	9.62	2017	PsycInfo	English	Phillippines	43.920	7.120	0.850	13.870		606	300	305	child & adolescents
De la Fuente et al. (2017)	Q3	32.45	2017	Scopus	English	Spain	46.650		0.810	19.950	1.970	747	260	487	university students
De la Fuente et al. (2017)	Q3	32.45	2017	Scopus	English	Spain	46.650		0.810	20.690	2.210	755	339	416	university students
Denovan & Macaskill (2017)			2017	PsycInfo	English	UK	43.670	7.230	0.800	22.820	3.520	202	53	149	university students
Duan et al. (2017)	Q3	50	2017	PsycInfo	English	China	42.480	8.080	0.940	14.670	1.020	442	216	226	child & adolescents
Finch et al. (2017)	Q2	58.1	2017	PsycInfo	English	Australia	47.430	6.910	0.880	11.540	1.200	456	242	214	child & adolescents
Flet et al. (2017)	Q4	16.1	2017	PsycInfo	English	New Zeland	46.200	6.510	0.920	17.000		115		115	university students
Flett et al. (2017)	Q4	16.1	2017	PsycInfo	English	New Zeland	46.370	6.660	0.910	17.000		115		115	university students
Forgeard & Benson (2017)	Q3	26.71	2017	PsycInfo	English	USA	46.440	6.190	0.910	18.960	0.780	512	182	330	university students
Giuntoli et al. (2017)			2017	Scopus	English	Italy	38.830	9.270	0.880	23.300		466		169	university students
Gupta & Singh (2017)			2017	PsycInfo	English	China	21.760	4.880	0.870			120	60	60	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Hwang et al. (2017)	Q3	48.52	2017	Scopus	English	New York	38.830	7.600	0.880	22.550	2.230	27	6	21	university students
Kim & Beehr (2017)	Q2	66.9	2017	PsycInfo	English	USA	45.920	6.800	0.900	36.220	9.670	276	157	123	adults
Maltseva (2017)			2017	PsycInfo	English	Ukraine	26.400	3.920	0.830	21.000		189	95	94	university students
Öcel (2017)			2017	PsycInfo	English	The Netherlands			0.800	40.380	7.090	130		130	patients
Robertson et al. (2017)	Q3	26.28	2017	PsycInfo	English	Australia	43.890	8.700	0.920	40.670	11.800	46	13	33	adults
S & Deb (2017)			2017	PsycInfo	English	India	44.640	6.460	0.850			101	50	51	university students
Salama-Younes (2017)	Q4	10.74	2017	Scopus	English	Egipto	40.720	8.880	0.860	19.940	2.270	207	145	62	university students
Salama-Younes (2017)	Q4	10.74	2017	Scopus	English	Egipto	41.920	14.880	0.910	19.940	2.270	373	245	129	university students
Schotanus-Dijkstra et al. (2017)			2017	Scopus	English	The Netherlands	41.450	6.490	0.860	47.800	10.900	275	39	236	adults
Singh et al. (2017)			2017	WOS	English	India			0.930	21.430	6.790	150	133	17	adults
Stanton et al. (2017)	Q1	84.65	2017	Scopus	English	Turkey	43.020	9.110	0.930	32.160	10.470	329	177	152	adults
Stanton et al. (2017)	Q1	84.65	2017	Scopus	English	Francia	44.920	7.620	0.940	19.210	1.160	305			university students
Stanton et al. (2017)	Q1	84.65	2017	Scopus	English	Francia	44.830	6.870	0.910	19.210	1.160	381	126	255	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Sutton et al. (2017)	Q2	61.72	2017	PsycInfo	English	UK	39.600	9.360	0.910	19.600	3.600	398	47	348	university students
Tan et al. (2017)	Q2	56.67	2017	PsycInfo	English	Australia	45.910	6.780	0.920	69.130	10.200	296		296	adults
Tong & Wang (2017)	Q1	77.34	2017	Scopus	English	China	36.840	8.470	0.880	40.260	16.790	1008	460	548	adults
Wang et al. (2017)	Q2	50.35	2017	Scopus	English	China			0.950	35.440	9.470	1219	923	296	adults
Yang et al. (2017)	Q2	58.24	2017	PsycInfo	English	China	40.620	7.540	0.887	20.000	1.400	594	185	409	university students
Zahniser et al. (2017)	Q4	21.19	2017	PsycInfo	English	USA	46.690	6.410	0.890	28.000		358	46	312	university students
Abdollahi et al. (2018)	Q4	8.39	2018	PsycInfo	English	Iran	40.160	6.840	0.860	69.050	6.230	2301	1100	1201	adults
Aldaz et al. (2018)	Q1	76.28	2018	PsycInfo	English	New Zeland	45.350		0.940	60.000	14.000	31	12	19	patients
Auyeung & Mo (2018)	Q1	77.01	2018	PsycInfo	English	China	39.810	6.720	0.890	22.940	3.020	48	13	35	university students
Auyeung & Mo (2018)	Q1	77.01	2018	PsycInfo	English	China	41.180	7.060	0.920	22.700	3.680	52	14	38	university students
Bailey et al. (2018)	Q2	70.07	2018	PsycInfo	English	New Zeland	43.400	7.840	0.810	44.310	12.400	219	20	199	adults
Bambacus (2018)			2018	NDLTD	English	USA	46.800		0.910			373	112	261	university students
Bambacus (2018)			2018	NDLTD	English	USA	47.460		0.850			373	112	261	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Barrocas (2018)			2018	OATD	Portuguese	Portugal	39.730	5.130	0.790	15.850	0.750	201	102	99	child & adolescents
Brenner et al. (2018)	Q1	84.76	2018	PsycInfo	English	USA	41.440	9.120	0.910	36.700	12.800	794	216	575	adults
Brenner et al. (2018)	Q1	84.76	2018	PsycInfo	English	USA	44.480	7.760	0.900	19.200	2.000	457	153	292	university students
Checa et al. (2018)	Q2	53.65	2018	Scopus	English	Spain	47.040	8.750	0.846	28.980	11.990	502	159	343	adults
Checa et al. (2018)	Q2	53.65	2018	Scopus	English	Spain			0.846	27.770	11.270	497	158	339	adults
Choudhry et al. (2018)	Q2	71.17	2018	Scopus	English	Pakistan	46.110	7.400	0.914	28.500		130	111	19	adults
Choukri et al. (2018)			2018	Scopus	English	New Zeland	43.500	8.600	0.941	24.200	6.000	150		150	adults
Coetzee & Oosthuizen (2018)	Q4	7.66	2018	PsycInfo	English	South Africa	48.320	7.120	0.890			373	179	194	adults
Corcoran & McNulty (2018)	Q1	88.04	2018	PsycInfo	English	Ireland			0.910	22.020	4.240	190	45	145	university students
Datu (2018)	Q1	77.01	2018	PsycInfo	English	Phillippines	43.920	7.100	0.850	13.850	1.230	525	258	266	child & adolescents
Datu (2018)	Q1	77.01	2018	PsycInfo	English	Phillippines	44.970	6.320	0.870	18.490	1.450	424	167	253	university students
Daugherty et al. (2018)	Q2	65.94	2018	PsycInfo	English	USA	43.380	6.110	0.880			112	99	79	university students
De la Fuente et al. (2018)	Q3	48.54	2018	PsycInfo	English	Spain	45.960	6.540	0.840	23.660	2.080	400	132	268	adults
De la Fuente et al. (2018)	Q3	48.54	2018	PsycInfo	English	Spain	45.960	6.540	0.810	20.310	2.040	400	132	268	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Dreyer et al. (2018)	Q2	71.17	2018	PsycInfo	English	Canada			0.880			214	78	128	adults
Duan & Ho (2018)	Q1	77.01	2018	Scopus	English	China	42.560	6.960	0.890	32.100	10.070	375	176	198	adults
Duan & Wang (2018)	Q1	78.96	2018	Scopus	English	China	41.280	7.280	0.910	23.960	5.130	3536	1322	2214	adults
Duan et al. (2018)	Q2	59.62	2018	Scopus	English	China	41.280	6.160	0.830	15.180	1.660	766	390	376	child & adolescents
Elsayed et al. (2018)			2018	PsycInfo	English	Líbano	46.350	4.630	0.630	17.960	2.410	187	51	118	university students
Flett et al. (2018)	Q2	70.07	2018	PsycInfo	English	New Zeland	45.800	5.990	0.880	17.000		208			university students
Flett et al. (2018)	Q2	70.07	2018	PsycInfo	English	New Zeland	44.720	8.290	0.950	17.000		208			adults
Flett et al. (2018)	Q2	70.07	2018	PsycInfo	English	New Zeland	44.730	7.570	0.940	17.000		208			child & adolescents
Hojabrian et al. (2018)			2018	PsycInfo	English	Iran			0.900			412			adults
Howell & Demuynck (2018)	Q3	48.08	2018	PsycInfo	English	Canada	43.360	6.800	0.867	21.350	5.070	315	60	255	university students
Klussman et al. (2018)	Q4	20.07	2018	PsycInfo	English	USA	43.680	10.000	0.950	40.460	10.190	101	39	62	adults
Lipovčan et al. (2018)			2018	Scopus	English	Croatia	46.700	6.960	0.870	64.700	4.630	169	68	101	adults
Littman-Ovadia & Freidlin (2018)	Q2	60.1	2018	PsycInfo	English	Israel	44.480	6.560	0.770	43.470	13.610	970	216	746	adults
Lyngdoh et al. (2018)	Q1	79.93	2018	PsycInfo	English	India	46.560	8.400	0.840			334	85	249	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Mai et al. (2018)	Q3	43.49	2018	PsycInfo	English	China	34.240	11.100	0.871	32.950	8.580	941	941		adults
Oliver & MacLeod (2018)	Q2	52.3	2018	PsycInfo	English	UK	41.690	7.510	0.880			330	89	241	adults
Onyishi et al. (2018)	Q4	7.66	2018	PsycInfo	English	Nigeria	27.010	6.670	0.880	44.290	4.510	203	126	77	adults
Palazzeschi et al. (2018)	Q2	71.17	2018	Scopus	English	Italy	41.410	6.530	0.880	40.360	13.000	204	74	130	adults
Pandya (2018)			2018	Scopus	English	India	25.850		0.920	39.660	6.710	7319	2149	5170	adults
Perera et al. (2018)	Q3	38.08	2018	Scopus	English	USA	41.560	10.220	0.910	53.700	15.200	472	375	89	patients
Šarić & Dijaković (2018)			2018	PsycInfo	English	ZaGreeceeb	40.600	7.660	0.830	49.130	10.960	72	63	9	patients
Singh et al. (2018)	Q3	28.96	2018	PsycInfo	English	India			0.810	21.330	2.200	398	279	119	adults
Smith et al. (2018)	Q3	42.61	2018	PsycInfo	English	Australia	46.850	5.990	0.890	14.100	0.500	607	306	301	child & adolescents
Tey et al. (2018)	Q3	28.96	2018	PsycInfo	English	Malasia	46.880	5.680	0.900	28.630	8.900	183	59	124	adults
Watkins et al. (2018)	Q1	84.31	2018	PsycInfo	English	USA			0.940	22.380		1185	395	790	university students
Weilenmann et al. (2018)	Q2	74.3	2018	PsycInfo	English	Germany	46.930	6.100	0.891	51.150	13.120	21	10	11	adults
Alcántara (2019)			2019	NDLTD	Español	Peru	46.180	4.930	0.810	21.460	1.670	50	33	17	university students
Bagci & Canpolat (2019)	Q3	47.66	2019	PsycInfo	English	Syria	28.400	8.000	0.930	36.430	12.680	163	75	88	adults
Bagci & Olgun (2019)	Q1	83.96	2019	PsycInfo	English	Turkey	40.560	8.800	0.870	23.290	6.910	350	44	306	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Bagci & Turnuklu (2019)	Q2	50.78	2019	PsycInfo	English	Kurdish	41.040	9.280	0.890	20.570	2.020	376			university students
Bagci & Turnuklu (2019)	Q2	50.78	2019	PsycInfo	English	Turkey	39.760	8.960	0.870	20.570	2.020	151			university students
Briet & Runnerstrom (2019)			2019	PsycInfo	English	USA	46.420		0.880	21.300		60	9	51	university students
Buchanan et al. (2019)	Q3	44.38	2019	PsycInfo	English	USA			0.870	20.100	3.780	51	7	44	university students
Cosomalon (2019)			2019	NDLTD	Español	Latin America			0.810	40.230	9.200	22	7	15	adults
Cosomalon (2019)			2019	NDLTD	Español	Latin America			0.920	40.230	9.200	22	7	15	adults
Didino et al. (2020)	Q2	57.35	2019	Scopus	English	Rusia	40.900	7.100	0.820	75.360	6.940	851	341	510	adults
Duan et al. (2019)	Q2	64.84	2019	PsycInfo	English	China	40.000	6.160	0.850	14.490	1.110	468	368	100	child & adolescents
Duan, Qi et al. (2019)	Q2	72.69	2019	PsycInfo	English	China	49.360	9.040	0.970	16.400	5.180	5776	2642	3134	child & adolescents
Duffy et al. (2019)	Q1	92.11	2019	PsycInfo	English	USA	43.190	8.720	0.900	21.250		4000	1720	2280	university students
Fulgencio Cruz (2019)			2019	ERIC (Ebsco)	Portuguese	Portugal	44.800	9.680	0.780	71.500	9.800	329	119	210	Older adults
Ganglmair-Wooliscroft & Wooliscroft (2019)	Q2	72.83	2019	Scopus	English	Austria	43.600	6.940	0.880			100	51	49	adults
Goldbeck et al. (2019)	Q3	40.99	2019	PsycInfo	English	Germany	48.160	4.402	0.782	31.000	11.360	43			patients

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Gothe et al. (2019)	Q3	42.4	2019	PsycInfo	English	Illinois	47.430	6.110	0.890	65.400	4.600	247			adults
Gothe et al. (2019)	Q3	42.4	2019	PsycInfo	English	Illinois	47.690	6.530	0.920	65.400	4.600	247			Older adults
Guo et al. (2019)	Q4	5.47	2019	PsycInfo	English	China	39.280	7.350	0.830	18.850	1.050	1213	323	872	university students
Hanke et al. (2019)	Q2	64.89	2019	PsycInfo	English	The Netherlands	40.570	4.660	0.820	49.350	11.810	200	128	66	adults
Johnstone & Mulherin (2019)	Q3	39.49	2019	PsycInfo	English	Australia	48.070	6.240	0.890	21.350	2.090	106		106	adults
Jurcec (2019)			2019	WOS	English	Croatia			0.880	21.210	11.680	315	15	300	adults
Lambert et al. (2019)	Q2	72.69	2019	PsycInfo	English	Arabian	46.950	4.890	0.670	16.790	0.750	1046			child & adolescents
Lambert et al. (2019)	Q2	72.69	2019	PsycInfo	English	Arabian	46.940	4.750	0.720	20.960	2.350	210			university students
Lefevor et al. (2019)	Q2	62.68	2019	PsycInfo	English	USA	46.000	7.680	0.900	37.980	13.720	1127	857	270	adults
Lydon-Staley et al. (2019)	Q1	89.84	2019	PsycInfo	English	Philadelphia	47.360	6.400	0.900	25.370	7.340	167	29	136	university students
Mackay et al. (2019)			2019	Scopus	English	New Zeland			0.920			9132	4419	4695	adults
Malkoc & Mutlu (2019)			2019	ERIC (Ebsco)	English	Turkey			0.880	21.260		284	92	192	university students
Mason (2019)	Q4	6.16	2019	PsycInfo	English	South Africa	43.420	7.820	0.740	20.040	1.330	198	60	138	university students
Morita et al. (2016)			2019	Scopus	English	Japan			0.850			235			adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Nel & Coetzee (2019)	Q2	55.43	2019	PsycInfo	English	South Africa	48.160	7.120	0.910	45.000	11.310	1102	397	705	adults
Niazi & Adil (2019)			2019	Scopus	English	Pakistan	46.000	13.280	0.800	25.300	5.300	60			university students
Niazi & Adil (2019)			2019	Scopus	English	Pakistan	46.000	6.600	0.800	21.000	1.800	574			university students
Oravecz et al. (2019)	Q2	64.84	2019	PsycInfo	English	USA	45.440	8.880	0.930			52	17	35	adults
Oravecz et al. (2019)	Q2	64.84	2019	PsycInfo	English	USA	46.880	6.000	0.880			162	52	110	university students
O'Sullivan et al. (2019)	Q3	34.51	2019	PsycInfo	English	USA	43.980	7.240	0.800	47.980	12.790	76	53	23	patients
Prizmić-Larsen et al. (2019)	Q2	64.35	2019	PsycInfo	English	Croatia	44.800	7.520	0.880	35.100	12.060	5031	1201	3830	adults
Reaño Avendaño (2019)			2019	NDLTD	Español	Lima	50.220	3.660	0.770	31.590	2.910	27		27	adults
S & Deb (2019)			2019	PsycInfo	English	Malasia	42.520	7.640	0.780	25.450		42	24	18	adults
Thompson et al. (2019)	Q1	78.24	2019	PsycInfo	English	USA	29.760	6.480	0.820	46.670	12.910	257	57	200	adults
Umucu et al. (2019)	Q3	34.51	2019	Scopus	English	USA	42.800	11.280	0.910	29.300	8.000	205	58	147	adults
Wijngaards et al. (2019)	Q2	62.68	2019	PsycInfo	English	Europa	43.040	7.600	0.910	35.600	9.800	997	253	744	adults
Wolsko et al. (2019)			2019	PsycInfo	English	USA			0.900	36.890	13.810	211	82	129	adults
Yu et al. (2019)	Q2	54.46	2019	PsycInfo	English	China	45.040	8.960	0.880	27.600		463			adults
Ahmad et al. (2020)			2020	WOS	English	Pakistan	42.840	8.820	0.700	21.000	4.240	400	191	209	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Amado Ramírez (2020)			2020	NDLTD	Español	Latin America	46.180	6.750	0.800	37.870	14.990	55	19	36	patients
Arslan & Bayraktar-Uyar (2020)			2020	ERIC (Ebsco)	English	Turkey			0.830	22.600	5.250	338	93	245	university students
Balderjahn et al. (2020)	Q4	18.63	2020	PsycInfo	English	Germany			0.805	36.720	13.460	640	283	346	adults
Balderjahn et al. (2020)	Q4	18.63	2020	PsycInfo	English	Germany			0.846	23.410	4.050	450	272	174	university students
Balgiu (2020)			2020	WOS	English	Romania			0.750	19.290	1.420	320	171	149	university students
Belen et al (2020)	Q2	52.5	2020	Scopus	English	Turkey	44.590	5.780	0.790	21.170	1.720	226	169	57	university students
Bernstein et al., (2020)	Q1	77.71	2020	PsycInfo	English	USA			0.860			1020	600	420	adults
Bernstein et al., (2020)	Q1	77.71	2020	PsycInfo	English	USA			0.830	17.200	1.020	478	248	230	child & adolescents
Bernstein et al., (2020)	Q1	77.71	2020	PsycInfo	English	USA			0.900	17.800	0.620	220	171	49	child & adolescents
Bernstein et al., (2020)	Q1	77.71	2020	PsycInfo	English	USA			0.880	17.700	0.760	396	267	129	university students
Bohn et al. (2020)	Q1	78.21	2020	PsycInfo	English	Germany	35.040	4.320	0.830	18.220	0.590	558	190	368	adults
Bohn et al. (2020)	Q1	78.21	2020	PsycInfo	English	Germany	32.400	4.320	0.900	47.660	4.950	410	85	325	adults
Chen et al. (2020)	Q2	69.64	2020	PsycInfo	English	Japan			0.910			667			child & adolescents

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Compton et al. (2020)	Q4	19.89	2020	PsycInfo	English	USA	43.100	8.200	0.820	48.400	9.100	300	159	141	patients
Datu et al. (2020)	Q1	78.21	2020	PsycInfo	English	Phillippines	44.960	6.320	0.870	18.290	1.330	487	185	294	university students
Davis et al. (2020)	Q1	78.21	2020	PsycInfo	English	Canada	44.480	7.840	0.900	29.170	10.760	336		336	adults
Davis et al. (2020)	Q1	78.21	2020	PsycInfo	English	Canada	43.200	8.880	0.910	27.650	9.360	112	112		adults
Demerouti et al. (2020)	Q1	82.53	2020	PsycInfo	English	The Netherlands	46.400	4.480	0.830	36.280	13.000	287	157	130	adults
Duan & Guan (2020)			2020	Scopus	English	China	40.220	6.230	0.850	14.490	1.110	468	368	100	child & adolescents
Duan et al (2020)	Q2	69.64	2020	PsycInfo	English	China			0.930	46.290	10.140	438	276	162	patients
Eloff & Graham (2020)	Q2	51.6	2020	WOS	English	África	47.510	5.860	0.876			443	159	282	university students
Elvin et al. (2020)	Q1	80.38	2020	PsycInfo	English	Australia	44.160	8.320	0.920	9.960	0.360	93	52	41	child & adolescents
Espejo et al. (2020)	Q1	76.42	2020	WOS	English	Spain			0.860	30.000	12.100	821	267	554	adults
Fassih-Ramandi et al. (2020)	Q2	68.87	2020	Scopus	English	Iran	47.760	10.880	0.819	66.100	6.500	300	164	136	Older adults
Fidelis & Mendonça (2020)			2020	Scopus	English	Brasil	43.840	6.240	0.770	27.320	7.210	260	70	189	adults
Guerra et al. (2020)	Q4	5.36	2020	PsycInfo	Español	Spain	40.360	9.350	0.880	50.450	9.420	111	30	81	patients
Haney & Rollock (2020)	Q2	53.93	2020	PsycInfo	English	USA	43.580	7.630	0.920	19.230	1.380	580			adults
Hermaen & Bhutto (2020)			2020	Scopus	English	Pakistan	44.710	8.040	0.780			300	100	200	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Kafetsios & Kateri (2020)			2020	PsycInfo	English	Greece	37.440	10.400	0.860	37.940	11.120	1294	644	650	adults
Kainulainen (2020)	Q1	82.11	2020	PsycInfo	English	Finland	40.810	8.680	0.892			1883	823	1060	adults
Kefenie et al. (2020)			2020	Scopus	English	Etiopia	45.760	5.500	0.770	35.900	13.030	932	596	309	adults
Kim & Beehr (2020)	Q2	59.64	2020	PsycInfo	English	Turkey	44.960	7.280	0.910	35.410	9.580	366	200	166	adults
Kızılırmak Tatu & Demir (2020)	Q3	47.95	2020	Scopus	English	Turkey			0.950	40.880	10.660	42	26	16	patients
Kızılırmak Tatu & Demir (2020)	Q3	47.95	2020	Scopus	English	Turkey			0.960	40.880	10.660	42	26	16	patients
Lefevor et al. (2020)	Q2	53.93	2020	PsycInfo	English	Utah	45.120	7.440	0.900			1128	858	270	adults
Li et al. (2020)	Q2	59.78	2020	PsycInfo	English	China	47.650	6.470	0.910	20.020	1.960	1622	626	1036	adults
Li et al. (2020)	Q2	50.34	2020	Scopus	English	China	41.200	7.280	0.920	30.170	8.400	1866	723	1143	adults
Liu et al. (2020)	Q2	59.78	2020	Scopus	English	China	45.370	6.920	0.859	12.590	0.725	872	392	480	child & adolescents
Martínez Uribe et al. (2020)			2020	Dialnet	English	Peru			0.870	44.780	12.210	512	250	262	adults
Martínez Uribe et al. (2020)			2020	Dialnet	English	Peru			0.910	19.970	2.400	1078	610	468	university students
Neubaum et al. (2020)			2020	PsycInfo	English	Germany	39.040	10.400	0.940	21.540	2.820	93	33	57	adults
Neubaum et al. (2020)			2020	PsycInfo	English	Germany	40.240	8.880	0.930	21.540	2.820	93	33	57	adults
Neubaum et al. (2020)			2020	PsycInfo	English	Germany	41.600	8.160	0.920	21.540	2.820	93	33	57	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Neubaum et al. (2020)			2020	PsycInfo	English	Germany	40.720	8.160	0.900	21.540	2.820	93	33	57	adults
Niazi et al. (2020)			2020	Scopus	English	Pakistan	46.000	6.600	0.800	21.000	1.800	560	228	338	university students
Ntontis et al. (2020)	Q2	59.62	2020	PsycInfo	English	Chile	46.400	6.720	0.870			136			adults
Ntontis et al. (2020)	Q2	59.62	2020	PsycInfo	English	Chile	46.400	6.720	0.890			217			adults
Ntontis et al. (2020)	Q2	59.62	2020	PsycInfo	English	Chile	46.400	6.720	0.920			184			adults
Oguz-Duran & Demirbatir (2020)			2020	ERIC (Ebsco)	English	Turkey	44.270	7.030	0.830	20.600	2.210	162	62	100	university students
Patterson et al. (2020)			2020	PsycInfo	English	USA	50.000	5.560	0.920	41.750	12.540	54	10	44	adults
Pérez-Moreiras (2020)			2020	Dialnet	English	Spain	45.600	9.520	0.894	43.590	12.980	333	159	174	adults
Plouffe et al. (2020)	Q3	50	2020	PsycInfo	English	Spain	32.480	4.720	0.860	25.880	2.870	393	133	260	adults
Rainbow et al. (2020)	Q2	53.69	2020	PsycInfo	English	California			0.860	41.430	11.070	270	27	243	adults
Ramírez-Maestre et al. (2020)	Q2	62.12	2020	PsycInfo	English	USA	45.360	8.570	0.920	58.600	10.700	427	145	282	patients
Rudaz et al. (2020)	Q1	80.21	2020	PsycInfo	English	USA	45.750	8.390	0.950	20.150	1.980	692	46	641	university students
Sánchez-Álvarez et al. (2020)	Q1	78.93	2020	WOS	English	Spain	45.820	7.560	0.880	39.640	16.170	1013	492	521	adults
Santisi et al. (2020)	Q3	32.95	2020	Scopus	English	Italy	41.360	8.560	0.910	39.640	11.670	807	365	442	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Szabó et al. (2020)	Q3	48.46	2020	PsycInfo	English	Hungary	47.520	6.640	0.920	22.990	4.220	291	94	197	university students
Vally & Ahmed (2020)			2020	PsycInfo	English	Arabian	41.920	7.570	0.840	21.370	4.760	147	16	131	university students
Ward et al. (2020)	Q1	82.5	2020	PsycInfo	English	Korea	43.600	7.680	0.890	31.170	10.460	306	134	171	adults
Wickham et al. (2020)	Q2	69.64	2020	Scopus	English	USA	40.080	9.600	0.918	22.020	2.340	1111	316	776	adults
Zhang et al. (2020)	Q1	88.14	2020	PsycInfo	English	China	42.000	6.960	0.910	20.470	1.150	283	112	171	university students
Zhang et al. (2020)	Q1	88.14	2020	PsycInfo	English	China	42.000	6.480	0.890	20.470	1.150	283	112	171	university students
Zhou et al. (2020)	Q2	74.65	2020	PsycInfo	English	Swedish			0.880	14.800	0.690	984	493	498	child & adolescents
Zou et al. (2020)	Q1	94.67	2020	PsycInfo	English	China	30.960	4.320	0.930	32.500	9.100	339	58	281	adults
Arslan & Asıcı (2021)	Q2	50.34	2021	Scopus	English	Turkey			0.850	22.700	4.230	543	184	356	university students
Arslan et al. (2021)			2021	WOS	English	Turkey			0.880	30.330	2.270	380	64	316	adults
Bagci et al. (2021)	Q1	97.37	2021	PsycInfo	English	Turkey	44.160	8.640	0.890	32.810	11.670	397	149	248	adults
Bahar & Basibuyuk (2021)			2021	WOS	English	Turkey			0.830	60.000		384	189	211	Older adults
Barreda (2021)			2021	NDLTD	Español	Lima			0.790	38.040	14.830	57	19	38	patients
Brown & Kwan (2021)	Q2	68.87	2021	Scopus	English	Canada			0.890	15.920	0.490	1118	509	609	child & adolescents

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Bu & Duan (2021)	Q2	51.14	2021	PsycInfo	English	China	40.960	8.800	0.970	41.380	8.810	29	11	18	patients
Bu & Duan (2021)	Q2	51.14	2021	PsycInfo	English	China	38.720	10.320	0.970	43.180	7.960	22	11	11	university students
Chamizo-Nieto et al. (2021)	Q1	76.69	2021	Scopus	English	Spain	43.560	7.490	0.810	14.420	1.120	283	142	141	child & adolescents
Charles et al. (2021)	Q2	65.26	2021	PsycInfo	English	USA	45.280	7.440	0.902			210	42	180	adults
Charles et al. (2021)	Q2	65.26	2021	PsycInfo	English	USA	45.680	6.880	0.916			240	118	122	adults
Çiçek (2021)			2021	ERIC (Ebsco)	English	Turkey	42.220	9.990	0.870	20.740	1.700	340	118	222	university students
Clements et al. (2021)	Q3	36.82	2021	PsycInfo	English	USA	42.720	6.510	0.840	27.000	9.230	11	3	3	adults
Davis et al. (2021)	Q1	83.13	2021	PsycInfo	English	USA	45.360	8.160	0.910	64.460	10.860	302	159	143	patients
Di Fabio & Kenny (2021)	Q2	64.39	2021	PsycInfo	English	Italy	42.610	7.950	0.880	23.020	2.490	524	163	361	university students
Duan & Xie (2021)	Q4	15.57	2021	ERIC (Ebsco)	English	China	41.280	6.160	0.830	15.180	1.660	766	390	376	child & adolescents
Elemo et al. (2021)	Q1	94.76	2021	Scopus	English	Turkey	44.060	11.030	0.960	25.410	5.070	368	273	95	university students
El-Gazar & Zoromba (2021)			2021	Scopus	English	Egipto	35.600	12.080	0.965	39.960	6.510	302			adults
Galanza et al. (2021)			2021	Scopus	English	Phillippines	42.340	9.620	0.920	19.450	1.130	681	239	442	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Giakoumaki et al. (2021)	Q3	47.64	2021	Scopus	English	Greece			0.855	34.570	10.740	261	80	181	adults
Kazak et al. (2021)	Q3	26.6	2021	Scopus	English	Lithuania	45.890	7.820	0.880	25.930	5.990	580	363	217	adults
Klussman et al. (2021)	Q4	16.41	2021	PsycInfo	English	usa	43.840	6.400	0.870	34.480	11.180	143	63	75	adults
Malek Rivan et al. (2021)	Q3	43.55	2021	Scopus	English	Malasia	44.470	6.980	0.944	71.180	5.720	535	238	297	Older adults
Manzi et al. (2021)	Q2	62.88	2021	PsycInfo	English	Italy	44.240	6.720	0.880			2348	931	1417	university students
Martín-Carbonell et al. (2021)	Q1	75.55	2021	Scopus	English	Colombia	46.800	9.760	0.920	25.620	8.600	1255	449	806	adults
McDermott et al. (2021)	Q3	50	2021	Scopus	English	USA			0.910			5708	5708		university students
McDermott et al. (2021)	Q3	50	2021	Scopus	English	USA			0.920			12604		12604	university students
Mesurado et al. (2021)	Q2	50.34	2021	Scopus	English	Argentina	46.910	5.910	0.870	38.540	9.010	256	179	77	adults
Moreno-Murcia et al. (2021)	Q4	7.53	2021	Scopus	English	Spain	47.600	6.560	0.830	37.130	12.560	580		580	adults
Onyishi et al. (2021)			2021	WOS	English	Nigeria	37.940	8.620	0.890	46.430	8.320	153	107	46	adults
Sadauska & Kolesovs (2021)			2021	WOS	English	Letonia	42.270	7.600	0.880	30.620	9.500	191	32	159	adults
Shah et al. (2021)			2021	Scopus	English	Pakistan			0.830			1000	500	500	university students
Tan et al. (2021)	Q2	50.34	2021	Scopus	English	China	35.840	12.400	0.866	13.260	0.700	494	233	261	child & adolescents

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Tan et al. (2021)	Q2	50.34	2021	Scopus	English	China	36.560	13.440	0.807	13.260	0.700	494	233	261	child & adolescents
Tran (2021)	Q1	97.37	2021	PsycInfo	English	China	43.680	8.960	0.930	22.540	4.900	3089	14263	16636	university students
Tümlü et al. (2021)	Q4	21.76	2021	PsycInfo	English	Turkey	41.570	1.990	0.790	31.300	3.100	14			patients
Ugwu et al. (2021)	Q4	11.15	2021	PsycInfo	English	Nigeria	25.780	4.610	0.780	35.830	4.700	259	76	186	adults
Wallis et al (2021)			2021	PsycInfo	English	New Zeland			0.900			4215	1632	2555	adults
Winter et al. (2021)	Q1	92.86	2021	PsycInfo	English	USA			0.930	19.600		1045	307	738	university students
Xiao et al. (2021)	Q1	76.69	2021	Scopus	English	China	48.320	4.640	0.948	20.850	1.300	2065	781	1284	university students
Zammitti et al. (2021)			2021	Scopus	English	Italy	43.700	7.680	0.880	34.090	13.020	281	90	191	adults
Zhu et al. (2021)	Q2	70.98	2021	Scopus	English	China	39.790	8.260	0.919	20.650	1.340	1735	327	1408	university students
Asl-Dehghan et al. (2022)	Q2	62.2	2022	Scopus	English	Iran			0.860	33.530	8.300	610		491	adults
Carmona-Halty et al. (2022)	Q1	77.2	2022	Scopus	English	Chile	47.680	7.110	0.868	15.040	1.430	1348	647	701	child & adolescents
Carmona-Halty et al. (2022)	Q1	77.2	2022	Scopus	English	Chile	47.680	7.110	0.868	15.040	1.430	1348	647	701	child & adolescents
Cerezo et al. (2022)	Q1	96.6	2022	Scopus	English	Spain	44.580	5.900	0.810	51.670	9.750	118		118	patients

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Daigle et al. (2022)	Q2	54.8	2022	Scopus	English	Canada	45.600	8.800	0.900	20.140	3.053	139	30	109	university students
DeCaro, Joanne et al. (2022)	Q1	80.9	2022	PsycInfo	English	USA	48.100	8.200	0.930	56.300	10.500	41	41	0	adults
Demirci (2022)	Q1	83.3	2022	Scopus	English	Turkey	41.990	8.510	0.890	25.250	7.470	390	116	274	adults
Demirci (2022)	Q1	83.3	2022	Scopus	English	Turkey			0.890	25.250	7.470	390	116	274	university students
Ecer (2023)			2022	Scopus	English	Turkey			0.830	33.280	10.500	47	30	17	adults
Elemo et al. (2022)	Q2	62.2	2022	Scopus	English	Turkey	41.380	10.640	0.960	28.190	10.090	312	218	94	adults
Espejo et al. (2022)	Q1	86.4	2022	Scopus	English	Colombia			0.916	25.620	8.600	1255	444	806	adults
Espejo et al. (2022)			2022	Scopus	English	Colombia	46.800	10.800	0.916	25.660	8.660	1222	435	787	adults
Espejo et al. (2022)			2022	Scopus	English	Colombia	46.800	9.565	0.916	25.660	8.660	1222	435	787	adults
Francis et al. (2022)	Q2	72.6	2022	Scopus	English	Australia	38.430		0.870			118	31	86	adults
Graham & Eloff (2022)			2022	Scopus	English	Africa			0.872			905			university students
Herd (2022)	Q2	70.5	2022	WOS	English	Hong Kong	41.440	10.560	0.914	11.170		1827	558	689	child & adolescents
Herd (2022)	Q2	70.5	2022	WOS	English	Hong Kong	40.240	10.720	0.903	11.160		580	302	278	child & adolescents

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Joshi (2022)	Q4	8.7	2022	Scopus	English	USA	32.000	5.540	0.860	20.000	3.180	521	135	386	university students
Koen et al. (2022)	Q3	49.3	2022	WOS	English	South Africa	34.120	11.762	0.880			189	110	78	adults
Li et al. (2022)			2022	Scopus	English	China	47.330	7.670	0.940	19.960	1.780	2863	1147	1716	university students
Lodi et al. (2022)			2022	Scopus	English	Italy	39.570	7.750	0.840	23.700	4.400	410	82	328	university students
MacDonald & Baxter (2022)	Q2	60.8	2022	PsycInfo	English	USA	46.810	5.690	0.880	19.300	1.280	185		185	university students
Malek Rivan et al. (2022)	Q3	47.4	2022	Scopus	English	Malaysia	44.470	6.980	0.944	71.180	5.720	535	238	297	Older adults
Paz et al. (2022)	Q2	69.3	2022	Scopus	English	Ecuador	55.120	14.560	0.890			766	274	492	adults
Phillips et al. (2022)	Q3	49.2	2022	PsycInfo	English	USA	39.140	10.080	0.910	42.600	13.600	429	137	287	adults
Saeed & Malik (2022)			2022	WOS	English	Pakistan	45.700	6.270	0.660	16.070	1.770	303	147	156	child & adolescents
Schmitz et al. (2022)	Q3	42.8	2022	PsycInfo	English	UK			0.860	31.900	13.500	2166	594	1572	adults
Schmitz et al. (2022)	Q3	42.8	2022	PsycInfo	English	England			0.860	31.900	13.500	2166	594	1572	adults
Schmitz et al. (2022)	Q3	42.8	2022	PsycInfo	English	Germany			0.880	31.000	12.600	1302	375	927	adults
Schmitz et al. (2022)	Q3	42.8	2022	PsycInfo	English	Germany			0.880	31.000	12.600	1302	375	927	adults
Seagull (2022)			2022	Scopus	English	USA	46.570	8.570	0.870	48.800		77	13	64	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Seok et al. (2022)	Q2	55	2022	Scopus	English	Malaysia			0.930			663	228	435	university students
Seok et al. (2022)	Q2	55	2022	Scopus	English	Malaysia			0.940			435		435	university students
Seok et al. (2022)	Q2	55	2022	Scopus	English	Malaysia			0.980			228	228		university students
Ünal et al. (2022)	Q2	62.2	2022	Scopus	English	Turkey			0.870	32.660	10.490	529	189	340	adults
Vlachopanou & Karagiannopoulou (2022)	Q4	17.1	2022	WOS	English	Greece	39.520	6.640	0.870			628	138	490	university students
Yildirim et al. (2022)			2022	Scopus	English	UK	32.540	4.600	0.820	30.700	10.300	396	198	198	adults
Zábó et al. (2022)	Q1	77.2	2022	Scopus	English	Hungary			0.940	33.900	12.200	1083	233	847	adults
Zhou & Huo (2022)	Q1	77.2	2022	Scopus	English	China	45.280	6.960	0.930	19.230	1.390	827	333	494	university students
Bagci et al. (2023)	Q1	98.7	2023	PsycInfo	English	Turkey	44.240	8.640	0.890	32.810	11.670	397	149	248	adults
Boskovic et al. (2023)	Q2	71.4	2023	Scopus	English	Rotterdam	42.104	7.624	0.900			95	12	83	university students
de la Fuente et al. (2023)	Q3	44.3	2023	PsycInfo	English	Spain	46.130	6.340	0.840	23.660	2.080	400	132	268	adults
de la Fuente et al. (2023)	Q3	44.3	2023	PsycInfo	English	Spain	46.540	5.690	0.810	20.310	2.040	400	132	268	adults
Di Fabio & Svicher (2023)			2023	Scopus	English	Italy			0.890	20.580	3.080	375	140	235	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Diržytė et al. (2023)	Q1	76.4	2023	Scopus	English	Lithuania			0.910			226	18	208	university students
du Plessis (2023)	Q3	35	2023	Scopus	English	South Africa	46.160	8.320	0.940			435	216	216	adults
Dungan et al. (2023)			2023	WOS	English	USA			0.900			43	18	25	adults
Finch et al., (2023)	Q2	52.7	2023	Scopus	English	Australia	42.000	10.920	0.940	14.930	0.440	56	29	27	child & adolescents
Finch et al., (2023)	Q2	52.7	2023	Scopus	English	Australia	45.520	7.600	0.910	14.930	0.440	56	29	27	child & adolescents
Galanza et al. (2023)	Q2	55.5	2023	Scopus	English	Phillippines	42.340	9.620	0.920	19.450	1.130	681	239	442	university students
Golombok et al. (2023)	Q2	75.3	2023	PsycInfo	English	London	46.960	6.250	0.890	20.480	0.560	22	9	13	adults
Grier-Reed et al. (2023)	Q2	60.7	2023	WOS	English	Africa	45.670	7.820	0.910	21.140	5.460	96	32	64	university students
Grier-Reed, et al. (2023)	Q2	60.7	2023	PsycInfo	English	USA	45.670	7.820	0.910	21.140	5.460	96	32	64	university students
Klein et al. (2023)	Q1	88.4	2023	PsycInfo	English	USA	45.280	7.760	0.930	19.030	1.270	139	17	122	university students
Klein et al. (2023)	Q1	88.4	2023	PsycInfo	English	USA	45.760	5.760	0.870	18.990		134	36	98	university students
Klein et al. (2023)	Q1	88.4	2023	PsycInfo	English	USA	46.000	5.680	0.880	19.410	4.100	98	25	74	university students

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Linardon et al. (2023)	Q1	88.6	2023	WOS	English	Australia	41.770	8.710	0.900	34.000	9.400	1749	98	1651	adults
Mróz (2023)			2023	Scopus	English	Poland			0.910	23.530	5.820	300	50	250	adults
Pandya (2023)	Q2	67.5	2023	WOS	English	India	22.570	2.470	0.810	34.670	2.390	242	175	67	adults
Pignault et al. (2023)	Q1	78.6	2023	Scopus	English	France			0.850	23.880	4.290	172	61	111	university students
Pradhan & Jandu (2023)	Q3	47	2023	Scopus	English	India	42.480	8.940	0.870	21.000		331	161	170	university students
Reardon et al. (2024)	Q1	76.4	2023	Scopus	English	South Australia			0.930			309			child & adolescents
Rosik et al. (2023)	Q1	84.2	2023	PsycInfo	English	USA	46.300	7.760	0.910	38.660	14.230	1412	997	327	adults
Russo et al. (2023)	Q3	33.2	2023	Scopus	English	Italy	44.560	6.960	0.850	26.570	6.830	527	142	385	adults
Russo et al. (2023)	Q3	33.2	2023	Scopus	English	Italy	44.480	7.040	0.850	26.430	6.740	498	135	361	adults
Togonu-Bickersteth et al. (2023)	Q3	33	2023	Scopus	English	Nigeria	48.850	4.550	0.882	69.300	8.610	3696	2055	1641	Older adults
Unjai et al. (2023)	Q1	99.2	2023	Scopus	English	Australia	44.920	6.710	0.920			178	18	160	adults
Wan Sulaiman et al. (2023)			2023	Scopus	English	Malaysia			0.910			226			adults
Wan Sulaiman et al. (2023)			2023	Scopus	English	Malaysia			0.910			226			university students
Angelini et al. (2024)	Q1	78.6	2024	Scopus	English	Italy	45.840	5.990	0.830	40.320	9.010	448	65	383	adults

Author	Q	JIF Perc.	Year	Data Base	Language	Country	Mean Total FS	SD Total FS	Alpha	Mean Age	SD Age	N	N men	N wom.	Sample
Balgiu & Simionescu-Panait (2024)	Q2	73.6	2024	Scopus	English	Romania	48.660	5.740	0.890	38.440	9.550	323	162	161	adults
Cerezo et al. (2024)	Q2	70.9	2024	Scopus	English	Spain	43.540	8.530	0.909	52.200	9.590	217	0	217	patients
Elemo et al., (2024)	Q2	62.2	2024	Scopus	English	Iran	41.380	10.640	0.960	28.190	10.090	312	218	94	adults
Gawda & Kornilu (2024)	Q2	73.6	2024	Scopus	English	Poland	38.090	9.050	0.910	38.970	11.620	484	247	234	adults
Nurchahyo & Valentina (2024)	Q2	52.6	2024	Scopus	English	Indonesia	42.300	8.840	0.903	21.090	7.330	1129	298	831	adults
Prydz et al. (2024)	Q1	86.1	2024	Scopus	English	Norway			0.870			963	615	345	adults
Sigmundsson & Hauge (2024)	Q3	49.2	2024	Scopus	English	Norway	47.640	7.070	0.970	22.550	1.590	38	24	14	university students
Sigmundsson & Hauge (2024)	Q3	49.2	2024	Scopus	English	Norway	48.620	4.730	0.960	22.550	1.590	38	24	14	university students
Yıldırım et al. (2024)	Q4	15.5	2024	Scopus	English	iraq	31.400	5.550	0.870	32.570	10.050	377	174	187	adults
Yukhymenko-Lescroart & Voiedilova (2024)	Q2	54.9	2024	Scopus	English	Ukranie			0.970	19.400		159	104	55	adults
Yukhymenko-Lescroart & Voiedilova (2024)	Q2	54.9	2024	Scopus	English	Ukranie			0.860	19.900		107	66	41	adults
AL-Dossary & Almohayya (2024)			2024	Scopus	English	Arabic			0.830			233	164	69	adults
Figura et al. (2024)			2024	WOS	English	Pakistan	45.320	6.880	0.750	20.710	1.800	300			university students