**Identification of studies via databases and registers**

Records removed *before screening*:

Duplicate records removed (n = 2249)

Records identified from PubMed (n = 1633), PsychInfo (n = 1402) and Web of Science (n = 1844):

Databases (n = 4879)

Authors’ library (n = 3)

**Identification**

Records excluded based on abstracts

(n = 2347)

Records screened

(n = 2633)

Full texts not available

(n = 3)

Reports sought for retrieval

(n = 286)

**Screening**

Reports excluded:

1. No reappraisal instruction (n = 45)
2. No Emotion Regulation questionnaire (n = 166)
3. No control condition (n = 3)
4. Positive stimuli only (n = 5)

Reports assessed for eligibility

(n = 283)

*From:*  Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71