**search strategy**

ScienceDirect:

("Binaural beats" OR "binaural auditory processing" OR "binaural auditory perception") AND ("anxiety disorders" OR "anxiety treatment" OR “anxiety”)

Pubmed(Medline)

("Binaural beats" OR "binaural auditory processing" OR "binaural auditory perception") AND ("anxiety disorders" OR "anxiety treatment" OR "anxiety reduction" OR "anxiety symptoms" OR "anxiolytic effects" OR "stress reduction" OR "anxiety intervention" OR "anxiety management" OR “anxiety”)

Cochrane Library

("Binaural beats" OR "binaural auditory processing" OR "binaural auditory perception") AND ("anxiety disorders" OR "anxiety treatment" OR "anxiety reduction" OR "anxiety symptoms" OR "anxiolytic effects" OR "stress reduction" OR "anxiety intervention" OR "anxiety management" OR “anxiety”)

Embase

("Binaural beats" OR "binaural auditory processing" OR "binaural auditory perception") AND ("anxiety disorders" OR "anxiety treatment" OR "anxiety reduction" OR "anxiety symptoms" OR "anxiolytic effects" OR "stress reduction" OR "anxiety intervention" OR "anxiety management" OR “anxiety”)