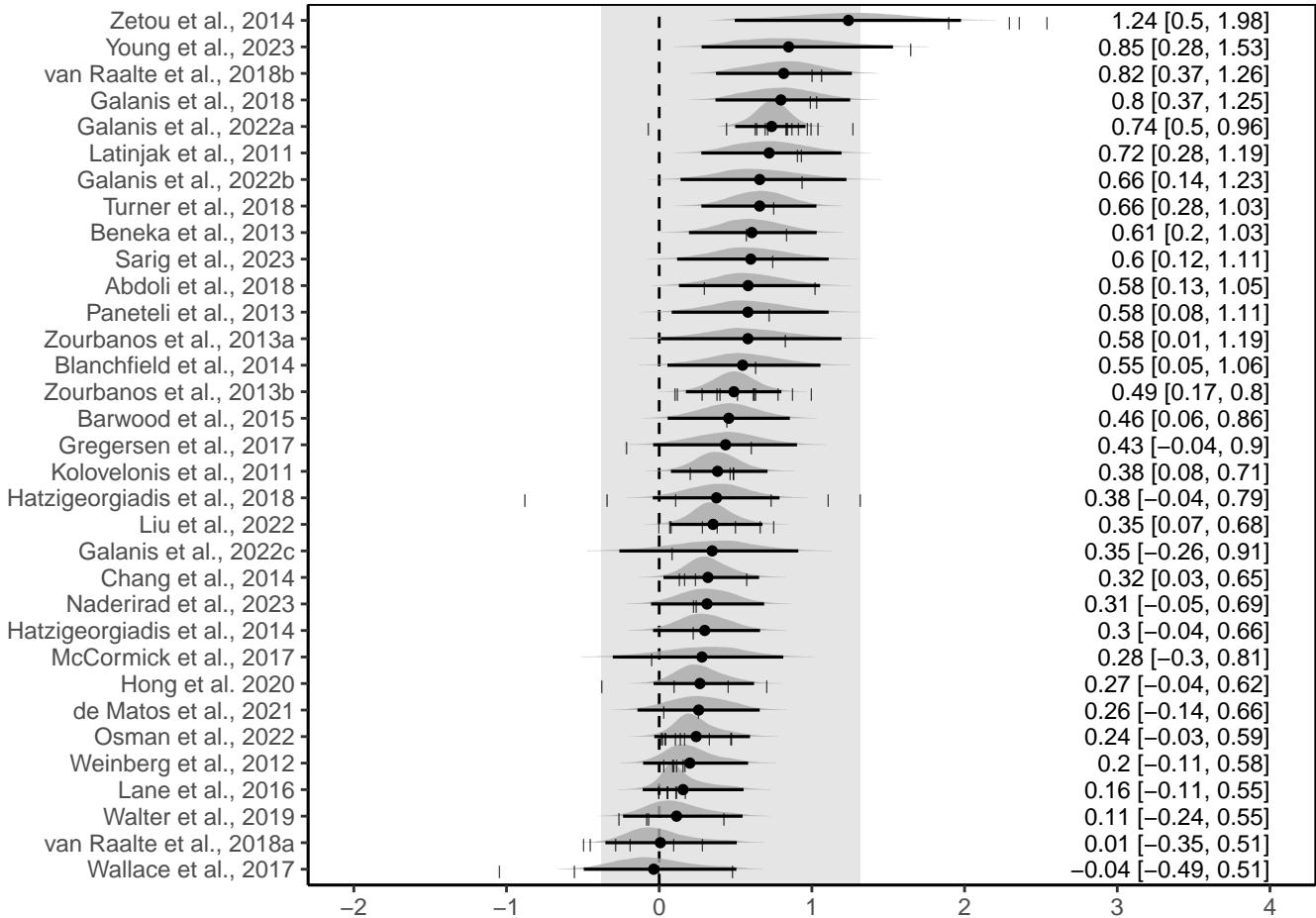## A

Study level estimates
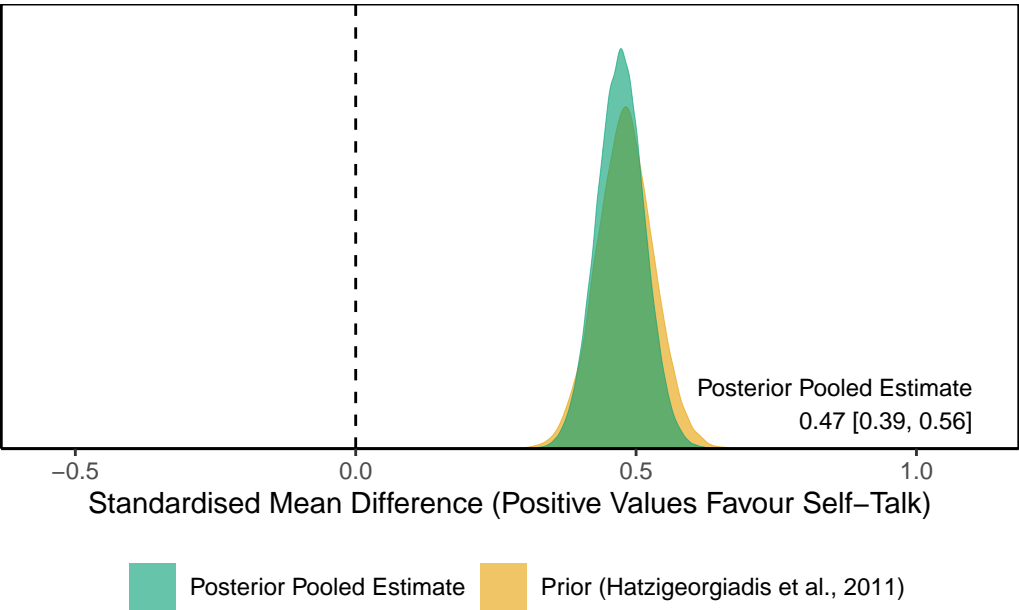Posterior distributions, mean and 95% quantile intervals, individual effects (ticks), and 95% prediction interval (grey band)

Study	Estimate
Zetou et al., 2014	1.24 [0.5, 1.98]
Young et al., 2023	0.85 [0.28, 1.53]
van Raalte et al., 2018b	0.82 [0.37, 1.26]
Galanis et al., 2018	0.8 [0.37, 1.25]
Galanis et al., 2022a	0.74 [0.5, 0.96]
Latinjak et al., 2011	0.72 [0.28, 1.19]
Galanis et al., 2022b	0.66 [0.14, 1.23]
Turner et al., 2018	0.66 [0.28, 1.03]
Beneka et al., 2013	0.61 [0.2, 1.03]
Sarig et al., 2023	0.6 [0.12, 1.11]
Abdoli et al., 2018	0.58 [0.13, 1.05]
Paneteli et al., 2013	0.58 [0.08, 1.11]
Zourbanos et al., 2013a	0.58 [0.01, 1.19]
Blanchfield et al., 2014	0.55 [0.05, 1.06]
Zourbanos et al., 2013b	0.49 [0.17, 0.8]
Barwood et al., 2015	0.46 [0.06, 0.86]
Gregersen et al., 2017	0.43 [−0.04, 0.9]
Kolovelonis et al., 2011	0.38 [0.08, 0.71]
Hatzigeorgiadis et al., 2018	0.38 [−0.04, 0.79]
Liu et al., 2022	0.35 [0.07, 0.68]
Galanis et al., 2022c	0.35 [−0.26, 0.91]
Chang et al., 2014	0.32 [0.03, 0.65]
Naderirad et al., 2023	0.31 [−0.05, 0.69]
Hatzigeorgiadis et al., 2014	0.3 [−0.04, 0.66]
McCormick et al., 2017	0.28 [−0.3, 0.81]
Hong et al. 2020	0.27 [−0.04, 0.62]
de Matos et al., 2021	0.26 [−0.14, 0.66]
Osman et al., 2022	0.24 [−0.03, 0.59]
Weinberg et al., 2012	0.2 [−0.11, 0.58]
Lane et al., 2016	0.16 [−0.11, 0.55]
Walter et al., 2019	0.11 [−0.24, 0.55]
van Raalte et al., 2018a	0.01 [−0.35, 0.51]
Wallace et al., 2017	−0.04 [−0.49, 0.51]

B

Updated Posterior Pooled Estimate
Prior and posterior distributions for pooled estimates, and mean and 95% quantile interval for posterior (text label)
Note: x−axis rescaled from panel (A) for easier comparison of prior and posterior distributions

Posterior Pooled Estimate
0.47 [0.39, 0.56]

Standardised Mean Difference (Positive Values Favour Self−Talk)

Posterior Pooled Estimate   Prior (Hatzigeorgiadis et al., 2011)

C

Change in Evidence
Positive values indicate greater evidence against standardised mean difference after updating prior
Note, thresholds for evidence are indicated for Jeffreys scale

log10(BF)

Decisive
Very Strong
Strong
Substantial
Weak
Negative

Standardised Mean Difference BF Calculated *Against*