

Online Supplementary Material

Table S1. Logic Grids for Electronic Databases

	Multiple Sclerosis	Stress Management
PubMed	<p>“Multiple Sclerosis”[mh] OR Multiple Sclerosis[tw] OR Disseminated Sclerosis [tw]</p>	<p>“psychotherapy”[mh:noexp] OR psychotherap*[tw] OR “behavior therapy”[mh:noexp] OR behaviour therap*[tw] OR behavior therap*[tw] OR behavioural therap*[tw] OR behavioral therap*[tw] OR “cognitive behavioral therapy”[mh] OR cognitive behav*[tw] OR acceptance and commitment therap*[tw] OR mindfulness*[tw] OR cognitive therap*[tw] OR “autogenic training”[mh] OR autogenic training[tw] OR relaxation training[tw] OR psychosocial intervention*[tw] OR stress management*[tw] OR “relaxation therapy”[mh:noexp] OR relaxation therap*[tw] OR “biofeedback, psychology”[mh] OR biofeedback*[tw]</p>
PsycINFO	<p>Multiple Sclerosis.sh OR Multiple sclerosis.mp OR Disseminated Sclerosis.mp</p>	<p>psychotherapy.sh OR psychotherap*.mp OR behavior therapy.sh OR behav* therap*.mp OR exp cognitive behavior therapy OR cognitive behav*.mp OR acceptance and commitment therap*.mp OR cognitive therapy.sh OR cognitive therap*.mp OR mindfulness.sh OR mindfulness*.mp OR autogenic training.sh OR autogenic training.mp OR relaxation training.mp OR stress management.sh OR stress management*.mp OR psychosocial intervention*.mp OR exp relaxation therapy OR relaxation therap*.mp OR biofeedback training.sh OR biofeedback*.mp</p>

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Table S1 (cont.)

Embase	'Multiple Sclerosis'/de OR 'Multiple Sclerosis':ti,ab,kw OR 'Disseminated Sclerosis':ti,ab,kw	psychotherapy/de OR psychotherap*:ti,ab,kw OR 'autogenic training':ti,ab,kw OR 'behavior therapy'/de OR 'behav* therap*':ti,ab,kw OR 'cognitive behavioral therapy'/exp OR 'cognitive behav*':ti,ab,kw OR 'cognitive therapy'/de OR 'cognitive therap*':ti,ab,kw OR 'acceptance and commitment therap*':ti,ab,kw OR mindfulness*:ti,ab,kw OR 'relaxation training':ti,ab,kw OR 'psychosocial intervention*':ti,ab,kw OR 'stress management'/de OR 'stress management*':ti,ab,kw OR 'relaxation therap*':ti,ab,kw OR biofeedback/exp OR biofeedback*:ti,ab,kw
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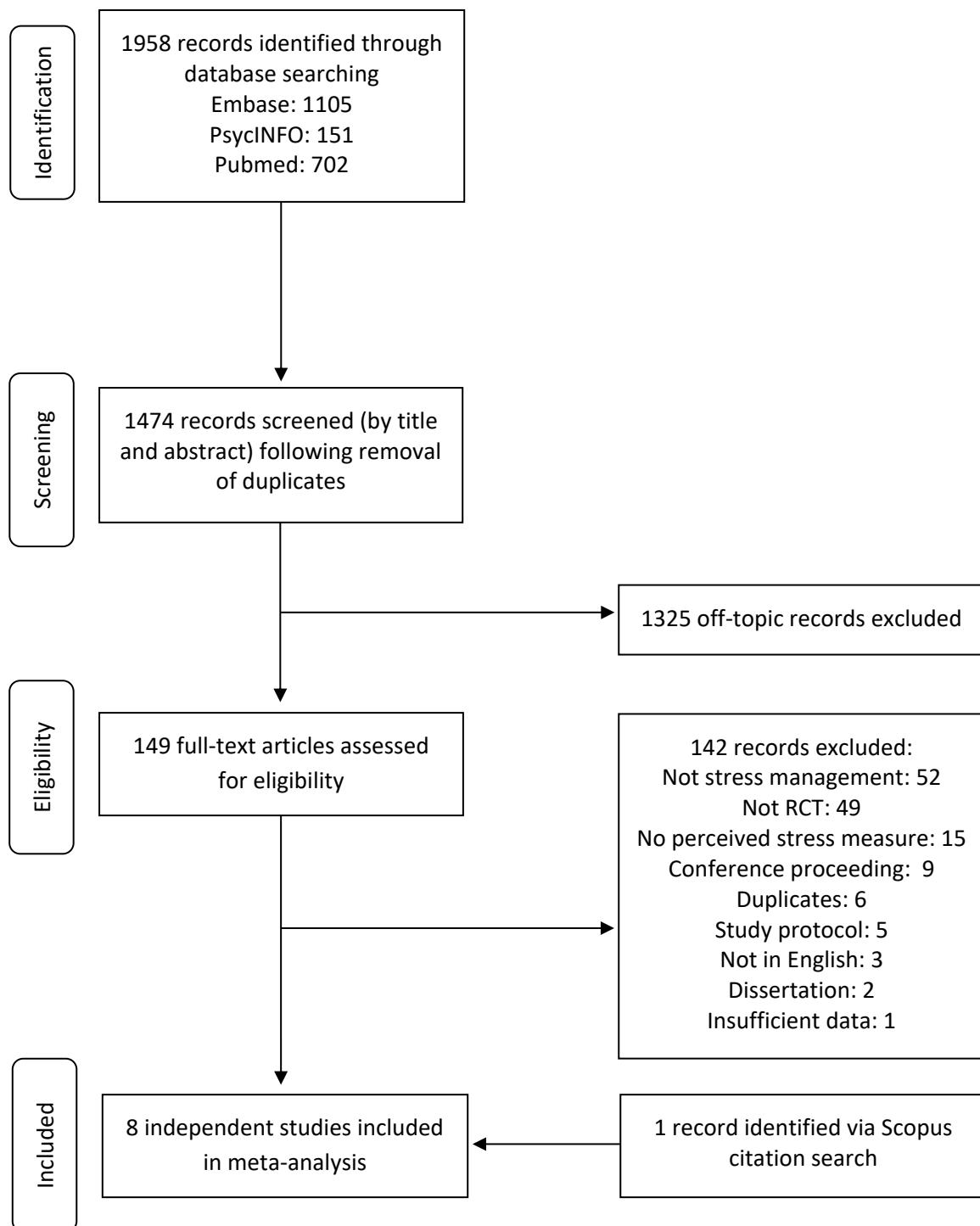


Figure S1. PRISMA Flow Chart of Study Selection Process (Moher et al., 2009)

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Table S2. Sample Characteristics

		Stress Management			Control			
	N _{studies}	N _{participants}	Mean (SD)	Median	N _{studies}	N _{participants}	Mean (SD)	Median
Sample size	7	263	37.57 (13.57)	13.35	7	259	37.71 (13.67)	34
Age (in years)	7	263	39.44 (8.72)	40.88	7	259	40.71 (9.30)	42.98
Disease duration (in years)	5	199	10.04 (4.01)	8.90	5	195	11.45 (4.42)	9.60
			N (%)				N (%)	
Gender	Female	7	263	235 (89.35)	28	7	259	222 (85.71)
	Male	7	263	28 (10.64)	5	7	259	37 (14.28)
MS sub-type	Relapsing-remitting	5	198	180 (90.91)	31	5	193	170 (88.08)
	Progressive	5	198	18 (9.09)	3	5	193	23 (11.91)

Note: N_{studies} = number of studies providing this data; N_{participants} = number of participants from studies providing this data; SD = standard deviation

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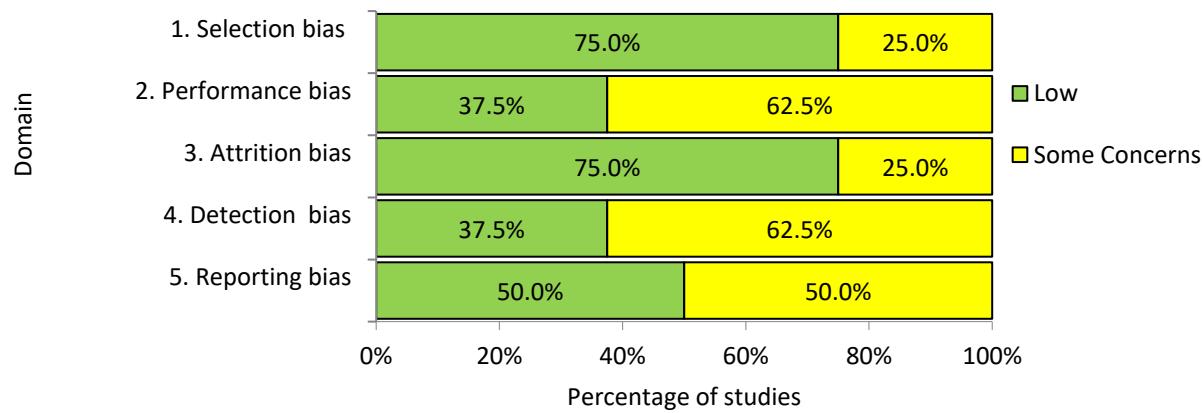


Figure S1. Risk of Bias summary based on Cochrane Collaboration Risk of Bias tool – revised (Higgins et al., 2016)