

A systematic review of patient-therapist synchrony as an indicator of emotion regulation in psychotherapy: an integrated approach

Patient-therapist synchrony and emotion regulation

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SUPPLEMENTARY MATERIAL

Supplementary Table 1. The Newcastle-Ottawa Scale used in the present study for quality assessment (maximum 7 stars).

Selection (maximum 2 stars):
<i>Representativeness of the general population sample:</i> 1) Truly representative of the average in the target population (all subject or random sampling).* 2) Somewhat representative of the average in the target population (non-random sampling).* 3) Selected group of users. 4) No description of the sampling strategy. <i>Sample size:</i> 1) Satisfactory (minimum 30).* 2) Not satisfactory.
Measurement of the variables of interest (maximum 2 stars):
1) The procedure is available or described.** 2) No description of the measurement procedure.
Outcome (maximum 3 stars):
<i>Assessment of the outcome:</i> 1) Detailed description.** 2) No description. <i>Statistical test:</i> 1) The statistical test used to analyze the data is clearly described and appropriate, and the measurement of the association is presented, including confidence intervals and the probability level (p-value).* 2) The statistical test is not appropriate, not described or incomplete.

*Each asterisk corresponds to the stars awarded according to the Newcastle-Ottawa Scale.

Supplementary Table 2. Details on the quality assessment of each included study for each criterion of the Newcastle-Ottawa Scale.

Study	Selection		Measurement of variables of interest	Outcome		Total
	Truly/somewhat representative of population (*)	Sample size ≥ 30 (*)	Procedure is available/described (**)	Detailed description (**)	Statistical testing is appropriate and described (*)	
Erdös & Ramseyer, 2021	NO	YES	YES	YES	YES	6
Goren <i>et al.</i> , 2025	NO	YES	YES	YES	YES	6
Bar-Kalifa <i>et al.</i> , 2023	NO	NO	YES	YES	YES	5
Prinz <i>et al.</i> , 2021	YES	YES	YES	YES	YES	7
Soma <i>et al.</i> , 2019	NO	YES	YES	YES	YES	6
Kykyri <i>et al.</i> , 2024	NO	NO	YES	YES	YES	5
Marci <i>et al.</i> , 2007	NO	NO	YES	YES	NO	4

*Each asterisk corresponds to the stars awarded according to the Newcastle-Ottawa Scale.

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