

<b>Interventions (extracted from top 30 studies and searched across the full text of 90 studies in Endnote)</b>	<b>Total studies scoring <math>\geq</math> 90% on MMAT n=30 (%)</b>	<b>Total MMAT rated studies n=90 (%)</b>	<b>References (studies may include more than one reference)</b>
Cognitive behaviour therapy (CBT)	5 (17%)	14 (16%)	[39, 48, 50, 59, 67, 69, 80, 89, 95, 102, 109, 111, 118, 119, 122, 125, 134, 137]
Behaviour change techniques (BCT's)	4 (13%)	10 (11%)	[39, 50, 51, 54, 55, 70, 81, 115, 137, 140, 142, 143]
Mindfulness	4 (13%)	8 (9%)	[46, 59, 63, 67, 95, 109, 125, 134]
Acceptance and commitment therapy (ACT)	2 (7%)	3 (3%)	[39, 46, 95]
National Comprehensive Cancer Network Distress Management Guidelines	1 (3%)	1 (1%)	[39]
Prevention principles of the National Institute on Drug Abuse (NIDA)	1 (3%)	1 (1%)	[32]