*Table S5. Summary of instructions characteristics*

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| --- | --- | --- | --- | --- | --- |
| Reference | NI | PI | AI | MFI | Frequency of presentation |
| 1. *Anxiety-based*
 |
| Barlow et al. (2016, Study 1) |  |  | YES | Not reported | HA: 2×; LA: 2× |
| Barlow et al. (2016, Study 2) |  |  | YES | Not reported | HA: 2×; LA: 2× |
| Gorgulu (2019a) |  |  | YES | Not reported | HA: 2×; LA: 2× |
| Gorgulu (2019b) |  |  | YES | YES (FSS) | HA: 2×; LA: 2× |
| Gorgulu (2019c) |  |  | YES | YES (FSS) | HA: 3×; LA: 3× |
| Gorgulu et al. (2019, Study 1) |  |  | YES | YES (FB) | HA: 3×; LA: 3× |
| Gorgulu et al. (2019, Study 2) |  |  | YES | YES (FB) | HA: 3×; LA: 3× |
| Gorgulu et al. (2019, Study 3) |  |  | YES | YES (FB) | HA: 3×; LA: 3× |
| Gorgulu et al. (2019, Study 4) |  |  | YES | YES (FB) | HA: 3×; LA: 3× |
| Gorgulu et al. (2019, Study 5) |  |  | YES | YES (FB) | HA: 3×; LA: 3× |
| Gorgulu & Gokcek (2021) |  |  | YES | YES (FB) | HA: 2×; LA: 2× |
| Gray et al. (2017) |  |  | YES | Not reported | LP: 2×; P: 2× |
| Oudejans et al. (2013) | YES (BB) |  | YES | Not reported | AI: before every third throw |
| Woodman & Davis (2008) |  |  | YES(Long1)  | Not reported | TB: 2× |
| Woodman et al. (2015, Study 1) |  |  | YES | Not reported | HA: 2×; LA: 2× |
| Woodman et al. (2015, Study 2) |  |  | YES | Not reported | HA: 2×; LA: 2× |
| 1. *DT-based*
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| de la Pena et al. (2008, Study 1) | YES (BB) |  | YES(Short1) | Not reported | Before TB2 and TB3 |
| Dugdale & Eklund (2003) |  | YES (HS) | YES (DW) | YES (FIC) | Before each trial |
| Liu et al. (2015) |  | YES (GS) | YES (DS) | YES (MC) | As frequent as possible |
| Wegner et al. (1998, Study 1) | YES(BB) |  | YES(Long1) | Not reported | Before each TB |
| Wegner et al. (1998, Study 2) |  | YES (HS) | YES(x-axis) | Not reported | Before each condition |
| Bakker et al. (2006, Study 2) | YES (NOI) | YES (SC) | YES | YES (FT) | Not reported |
| Binsch et al. (2010a) | YES (AC) | YES | YES | Not reported | NK: 10×; PK: 10× |
| Binsch et al. (2010b) | YES (AC) | YES | YES | Not reported | AC: 5×; NK: 5×; OS: 5× |
| Notes: (1) Directional avoidant instructions; (2) Abbreviations as follows: MFI = measuring whether participants followed instruction; FSS = familiarization with scoring system; FB = familiarization block; FT = Familiarization of the task; FIC = familiarization & instruction check; MC = manipulation check (i.e., requested participants to tell the correct cue word); NI = neutral instruction; PI = positive instruction; AI = avoidant instruction; LA = low anxiety; HA = high anxiety; LP = Low-pressure (as LA); P = pressure (as HA); BB = baseline block; TB = trial/test block; NK = 'not-keeper' (as AI); PK = 'pass keeper' (as PI); AC = accurate condition (as NI); NOI = 'no instruction' as (NI); OS = 'open space' (as PI); SC = 'space condition'; HS = hold-steady; DW = don't wobble; GS = go steady; DS = don't shake. |