

Appendix A

Percentage of participants reporting each of the reasons for all of the included studies that reported the reasons of dropouts

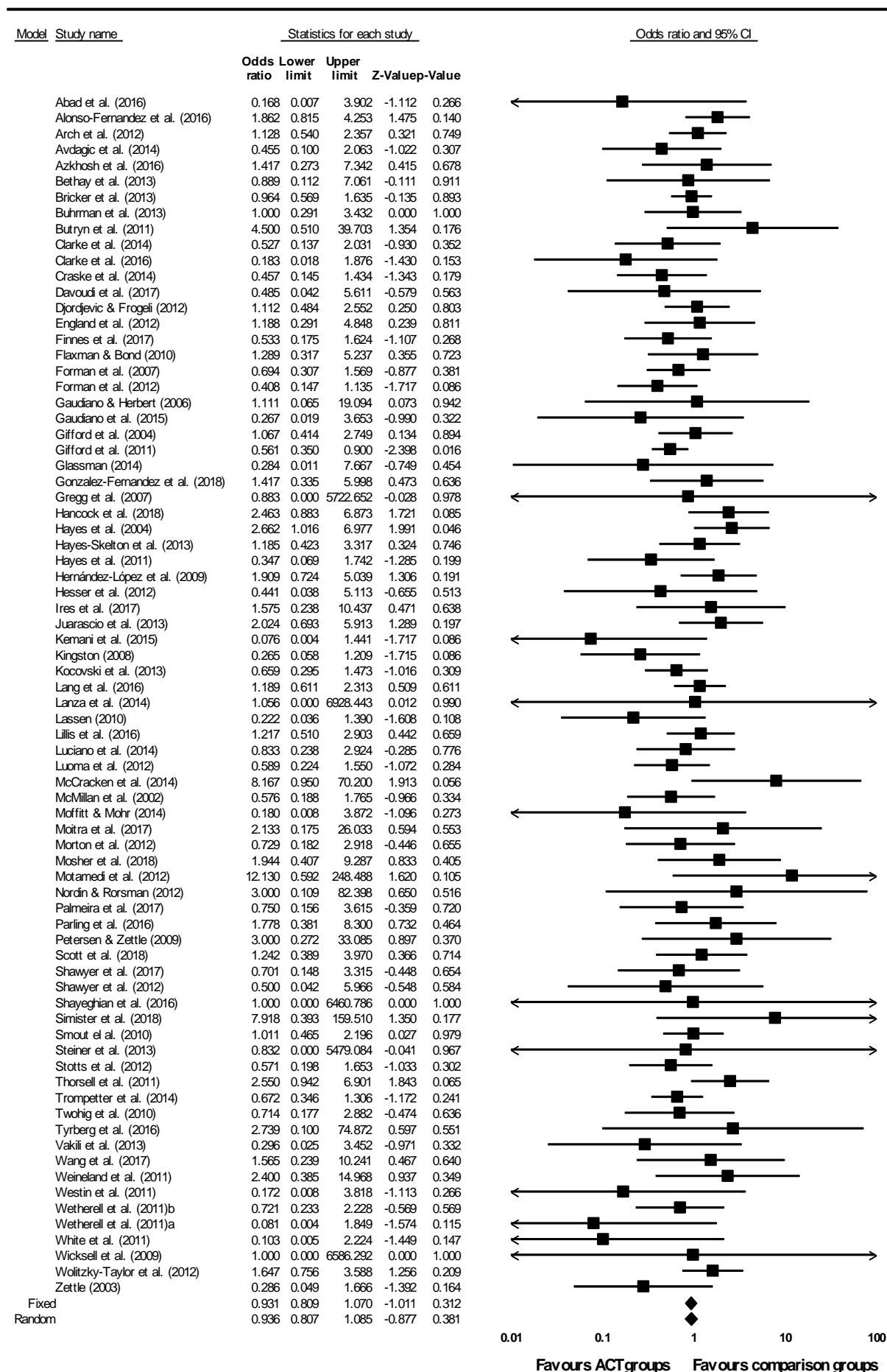
Study	ACT (n=27)							Comparison groups (n=30)						
	Lost contact	Time demands	Therapy factors	Transportation issues	Violation of rules	Personal reasons	Need for other treatment	Lost contact	Time demands	Therapy factors	Transportation issues	Violation of rules	Personal reasons	Need for other treatment
Alonso-Fernandez et al. (2016)	34,78	-	21,74	-	-	26,09	17,39	28,57	-	-	35,71	-	-	35,71
Arch et al. (2012)	75,00	-	15,00	-	-	10,00	-	60,87	4,35	30,43	4,35	-	-	-
Avdagic,Morrissey & Boschen (2014)	-	33,34	-	-	-	66,66	-	50,00	33,33	16,67	-	-	-	-
Bethay et al. (2013)	50,00	-	-	-	-	50,00	-	50,00	-	-	-	-	50,00	-
Bricker et al. (2013)	100,00	-	-	-	-	-	-	100,00	-	-	-	-	-	-
Clarke et al. (2016) ¹	-	-	-	33,33	-	66,67	-	-	-	-	-	-	-	-
Craske et al. (2014)	33,32	16,67	16,67	16,67	16,67	-	-	41,67	25,00	8,33	-	16,67	8,33	-
Davoudi et al. (2017) ²	-	-	-	-	-	-	-	50,00	-	-	-	-	50,00	-
Djordjevic & Frogeli (2012)	100,00	-	-	-	-	-	-	100,00	-	-	-	-	-	-
Forman et al. (2012)	85,72	14,28	-	-	-	-	-	81,82	18,18	-	-	-	-	-
Gaudio et al. (2015)	100,00	-	-	-	-	-	-	66,67	-	-	-	-	-	33,33
Gifford et al. (2011)	72,10	-	9,30	-	-	9,30	9,30	55,56	-	40,74	-	-	-	3,70
Glassman (2014) ³	-	-	-	-	-	-	-	-	100,00	-	-	-	-	-
González-Fernández et al. (2018)	20,00	40,00	20,00	-	-	-	20,00	40,00	-	-	-	40,00	-	20,00
Hancock et al. (2018)	-	-	-	7,14	-	92,86	-	-	-	33,33	16,67	-	50,00	-
Hayes, Boyd & Sewell (2011) ⁴	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hayes-Skelton, Roemer & Orsillo (2013)	40,00	-	40,00	10,00	-	-	10,00	33,33	33,33	11,11	11,11	-	11,11	-
Juarascio et al. (2013)	-	-	-	-	50,00	50,00	-	-	-	-	-	-	100,00	-
Kemani et al. (2015) ³	-	-	-	-	-	-	-	40,00	40,00	-	-	-	-	20,00
McCracken et al. (2014) ²	-	-	-	-	-	-	-	-	-	100,00	-	-	-	-
Moffitt & Mohr (2014) ^{3,5}	-	-	-	-	-	-	-	-	50,00	-	-	-	-	-
Moitra et al. (2018) ⁴	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mosher et al. (2018)	40,00	60,00	-	-	-	-	-	66,67	-	-	-	-	33,33	-
Motamedi, Rezaieemaram & Tavallaie (2012)	-	50,00	-	25,00	-	25,00	-	-	-	-	-	-	-	-
Petersen & Zettle (2009) ^{1,5}	-	-	-	-	33,33	-	-	-	-	-	-	100,00	-	-
Scott et al. (2018) ²	-	-	-	-	-	-	-	100,00	-	-	-	-	-	-

Shawyer et al. (2017)	33,33		33,33	33,33	-	-	-	80,00	-	20,00	-	-	-	-
Shawyer et al. (2012)	-	-	-	100,00	-	-	-	-	-	-	-	-	-	100,00
Shayeghian et al. (2016) ¹	-	-	-	66,67	-	33,33	-	-	-	-	-	-	-	-
Stotts et al. (2012)	-	-	-	8,33	-	25,00	66,67	28,57	-	-	-	-	7,14	57,14
Trompetter, Bohlmeijer, Veehof & Schreurs (2014)	30,43	-	17,40	-	-	47,83	4,35	37,93	10,34	27,59	-	-	17,24	6,90
Vakili et al. (2013)	-	-	-	-	-	-	100,00	-	-	100,00	-	-	-	-
Wetherell et al. (2011)	-	16,67	33,33	16,67	33,33	-	-	-	25,00	25,00	12,50	37,50	-	-

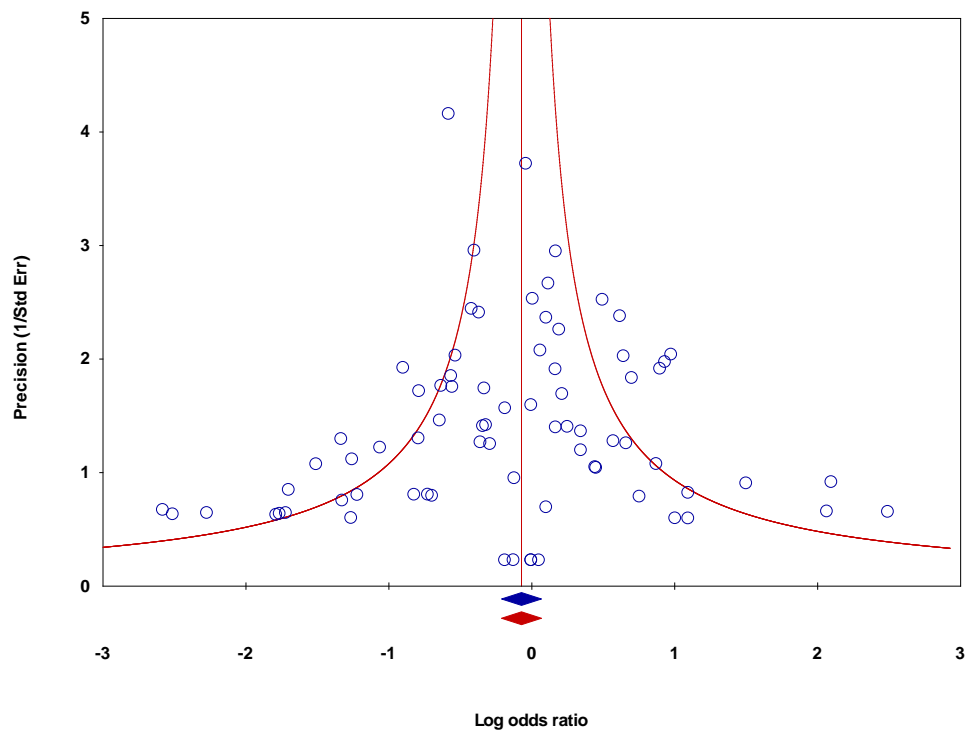
¹Control group did not have dropouts during treatment; ²Reasons for dropout were given only for comparison group; ³ACT did not have dropouts during treatment; ⁴For this study, the authors reported the reasons but without separating them for the treatment and comparison condition. Therefore, it was unable to calculate the reasons for each condition; ⁵Do not report reasons for all of the participants having dropout

Appendix B

Forest and funnel plots of included studies

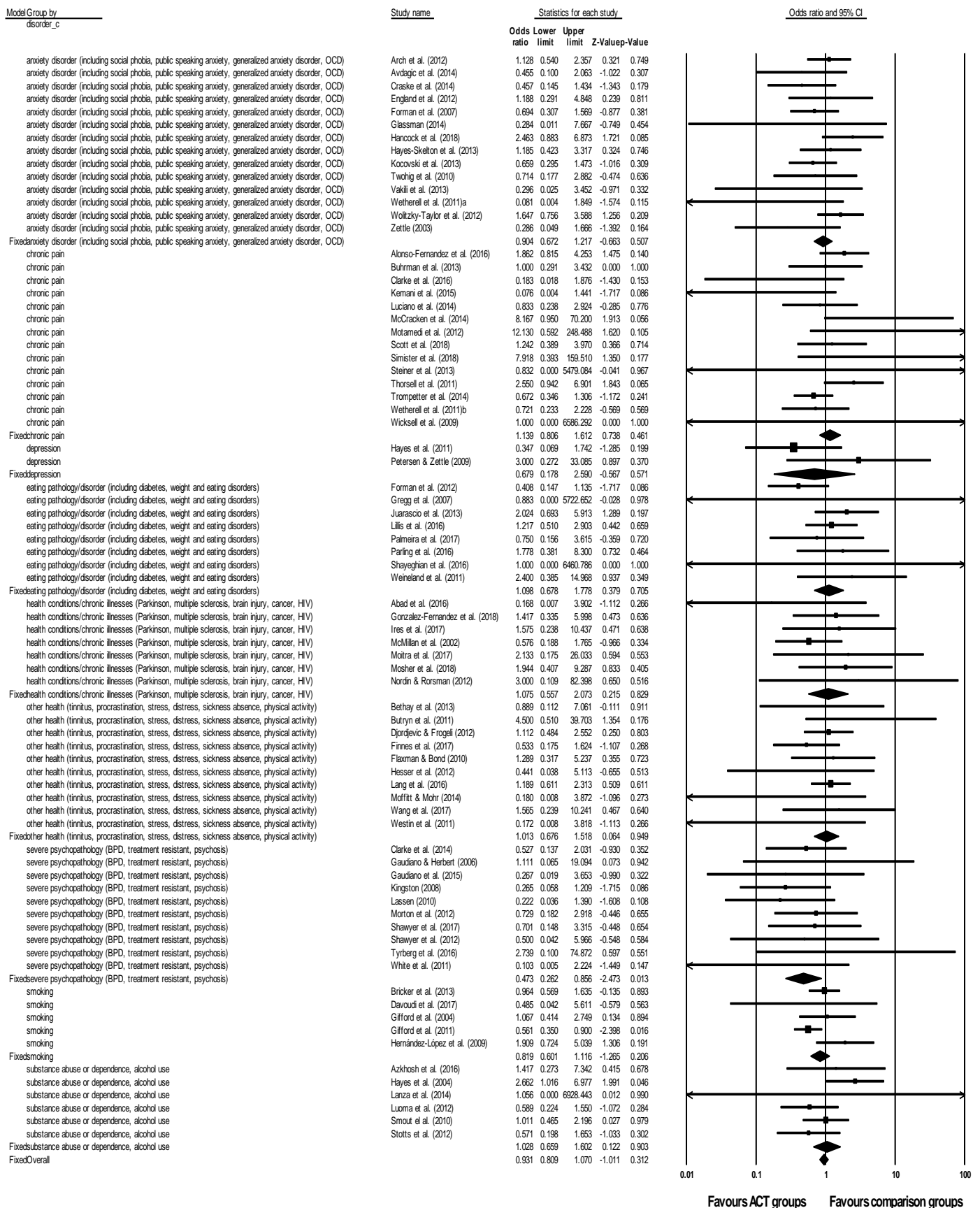


Funnel Plot of Precision by Log odds ratio



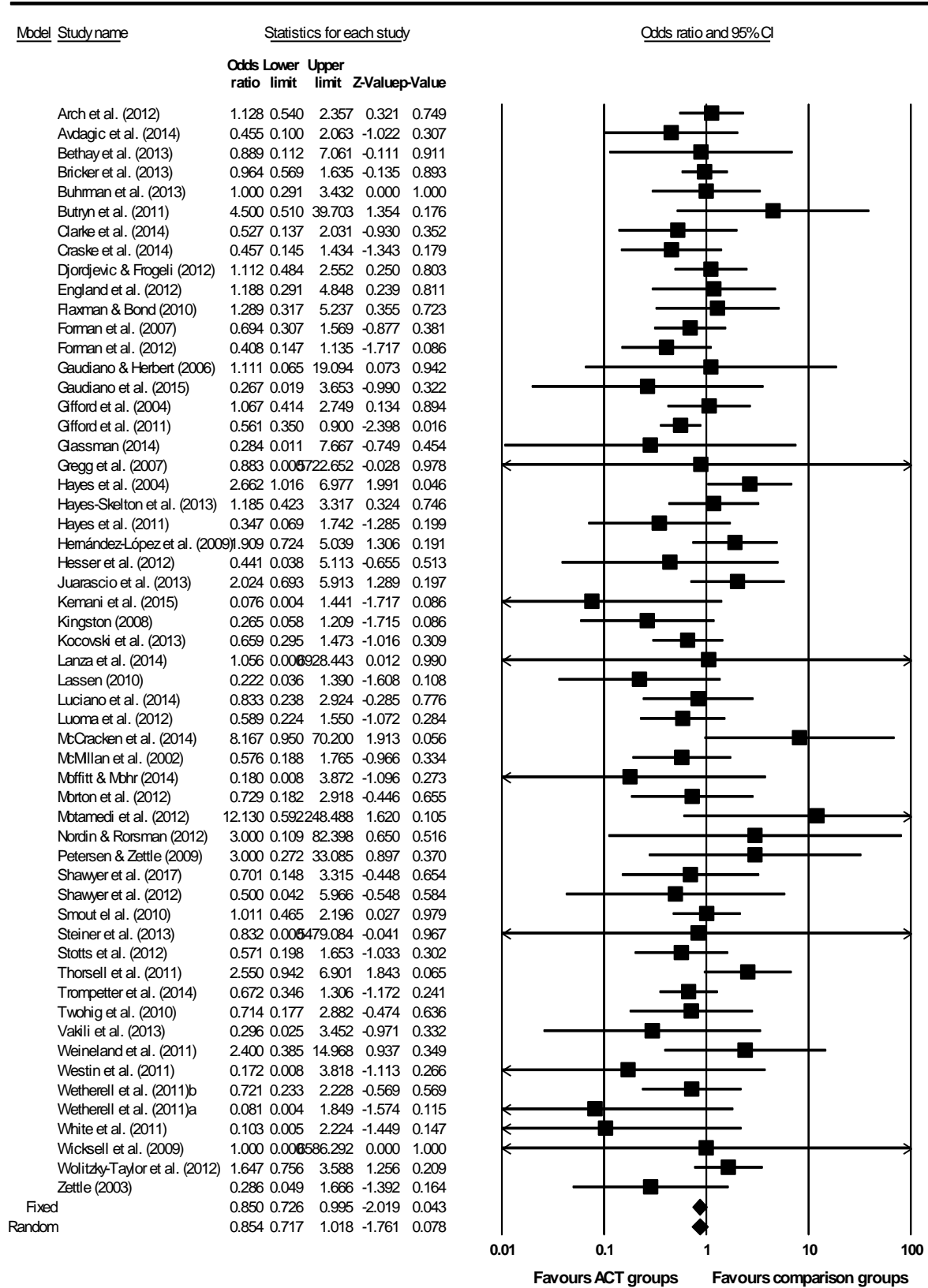
Appendix C

Forest plot of subgroup analyses based on the type of disorder under investigation



Appendix D

Sensitivity analysis for the year of publication (studies until 2015), showing significantly lower dropouts from ACT groups compared to comparison group



Meta Analysis

Appendix E

Checklist of Definitions and Variables to be collected in order to properly document dropouts

This is a checklist that researchers can utilize before, during and while reporting their findings, to ensure that adequate information regarding dropouts is documented.

Item	Description	Reported on Manuscript page #	
		Treatment/ Interested group	Control group
1. Completer definition	Definition of who will be considered a completer		
2. Drop out definition	Definition of who will be considered a drop out		
3. Drop outs at baseline/pre-treatment	The total number of participants who drop out at the baseline/pre-treatment assessment point		
4. Drop outs during treatment/training	The total number of participants who drop out during treatment/training		
5. Drop outs at post-treatment	The total number of participants who drop out at the post-treatment assessment point		
6. Drop outs at follow-up	The total number of participants who drop out at the follow-up assessment point		
7. Time point of drop outs	The specific session/time point in which a participant drops out from therapy/training		
8. Reasons of dropping out	The reasons that each of the participants who drops out reports for dropping out*		
9. Demographics or other relevant information of drop outs	Demographic (e.g., gender, age) or other relevant information (e.g. diagnosis, severity, years suffering) of the participants who drop out		
10. Demographics or other relevant information of completers	Demographic (e.g., gender, age) or other relevant information (e.g. diagnosis, severity, years suffering) of the participants who complete therapy/training		
11. Comparison of drop outs vs. completers	Statistical comparison for differences of participants who dropped out vs. those who completed the study (e.g., t-test, ANOVA, χ^2)		

*Researchers are encouraged to ask participants to share their reason(s) for dropping out