**Figure S5.** Forest plot for perceived stress.

Study or Subgroup	TE	SE	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
Western countries					<u>L</u>
Abbott (2009)		0.1517	2.8%	0.06 [-0.24; 0.36]	₽
Aikens (2014)		0.0953	3.0%		<b>₽</b>
Arnetz (2009)		0.4549	1.6%		<del>_</del> :
Baliousis (2016)		0.2032	2.6%		<u></u>
Bernburg (2016)	-0.25	0.1497	2.8%		_=
Botella (2016)		0.2188	2.6%	-0.77 [-1.20; -0.34]	<del></del>  _
Botello (2015)		0.2215	2.6%	0.68 [ 0.24; 1.11]	<u> </u>
Brown (2016)	-0.90	0.2431	2.5%	-0.90 [-1.38; -0.42]	<del></del>
Christopher (2018)	-0.15	0.1461	2.9%	-0.15 [-0.43; 0.14]	🚅
Duchemin (2015)	-0.02	0.2542	2.4%	-0.02 [-0.52; 0.48]	<del>       </del>
Erogul (2014)	-0.67	0.1438	2.9%	-0.67 [-0.95; -0.38]	<b>=</b>
Galante (2018)	0.00	0.0144	3.1%	0.00 [-0.03; 0.03]	
Gaugler (2015)	-0.39	0.2244	2.5%	-0.39 [-0.83; 0.05]	<del></del>
Grant (2009)	-0.26	0.1959	2.7%	-0.26 [-0.64; 0.12]	<del></del>
Grant (2010)	-0.93	0.1894	2.7%	-0.93 [-1.30; -0.56]	<del></del>
Hallowell (2011)	-0.47	0.1153	3.0%	-0.47 [-0.70; -0.24]	<u> </u>
Houston (2016)		0.0652	3.1%	. , .	+
Jensen (2015)		0.1745	2.7%		<u>=</u>
Klatt (2016)		0.1488	2.8%	. , .	<b>=</b>
Kreutzer (2018)		0.0562	3.1%		<u> </u>
Lantieri (2011)		0.1479	2.8%		<u> </u>
Luthar (2017)		0.2045	2.6%	. , .	<b>-</b>
Mache (2015)		0.0947	3.0%	. , .	<b>=</b>
Mache (2016)		0.1123	3.0%	-0.49 [-0.71; -0.27]	i i
Perez-Blasco (2016)			2.7%	-0.57 [-0.94; -0.19]	<u> </u>
Pidgeon (2014)		0.1948	2.7%	-0.63 [-1.01; -0.25]	<u></u>
Ricelli (2016)		0.1662	2.8%	0.21 [-0.11; 0.54]	<b>□</b>
Rose (2013)		0.1510	2.8%		<b>≓</b> 🗖
Ross (2014)		0.2496	2.4%		<u> </u>
Schroeder (2016)		0.2619	2.4%	. , ,	<u></u>
Steinhardt (2008)		0.1441	2.4%		<b>≓</b> T
Stephens (2012)		0.1224	2.9%	0.11 [-0.13; 0.35]	
		0.2317		-0.28 [-0.73; 0.17]	<b>=</b>
West (2014)				-0.22 [-0.45; 0.01]	
Zernicke (2014)		0.5397		-4.21 [-5.27; -3.15]	_ <del>_</del> _
Total (95% CI)	-4.21	0.5551	0/1.0%	-0.40 [-0.61; -0.20]	_
Prediction interval			34.2 /0	[-1.39; 0.58]	<u> </u>
	n 2232	Chi <sup>2</sup> = 3	94.81 df:	= 34 (P < 0.01); I <sup>2</sup> = 91%	
rictorogeneity. Fau -	V.ZZJZ	, 0111 - 3	77.01, ul	- 07 (1 ~ 0.01), 1 - 0170	
Eastern countries					
Pawar (2016)	-0.94	0.1196	2.9%	-0.94 [-1.18; -0.71]	<b>=</b>
Zhang (2017)		0.1410			<u>=</u>
Total (95% CI)	5.11	20	5.8%	. , .	
Prediction interval			2.0 /0		1
Heterogeneity: $Tau^2 = 0.0969$ ; $Chi^2 = 6.67$ , $df = 1 (P < 0.01)$ ; $I^2 = 85\%$					
Total (95% CI)			100.0%	-0.42 [-0.62; -0.22]	<b>↓</b>
Prediction interval			.00.070	[-1.38; 0.54]	
	0 21 <i>4</i> 6	Chi <sup>2</sup> = 4	51.83 df	= 36 (P < 0.01); I <sup>2</sup> = 92%	
ricterogeneity. rau –	0.2140	, 0111 - 4	o 1.00, ul	- 00 (1 ~ 0.01), 1 - 0270	-4 -2 0 2 4
					- <del></del>