Supplementary file 6. Narrative anxiety outcome data not contributing to meta-analyses

Study ID	Number of overall study participants	Time point (weeks)	Measure used[1]	Narrative data comparing change in anxiety scores between quitters and non-quitters	Between group difference (↑ anxiety improved more in quitters than non-quitters; ↔ equivocal; ↓ anxiety improved less in quitters than non-quitters
Hays 2012	2052	52	SCQoL – two anxiety-related questions	A significant positive association existed between length of continuous abstinence and anxiety. Smoking cessation was associated with reduced smoking-related anxiety and improvement in the mental component summary score. "Additionally, subjects who abstained from smoking for 16 weeks (but <44 weeks) and for ≥44 weeks had less anxiety than subjects with <4 weeks of cessation (<4 vs. 16 weeks: difference = 5.14, P < 0.01, effect size = 0.26; <4 vs. ≥44 weeks: difference = 5.90, P < 0.01, effect size = 0.29)."	↑
Heffner 2019	3079	12	Trial SAEs - not a validated scale. The occurrence of ≥1 moderate to severe NPSAEs categorised as anxiety	"Within the bipolar disorder subcohort, there was no indication that NPSAE variability across treatment groups was driven by smoking abstinence" However, this is not broken down for specific types of NPSAE i.e. anxiety only	Cannot predict due to lack of data
Hughes 1991	315	26	Observers & participants separately rated participants' anxiety symptoms over last 24hr, using the scale: 0=not present;	This is not discussed with regards to our exposure of interest in the text, however the figure suggests that both continuing smokers and quitters reported a decrease in anxiety. However the decrease appears greater in quitters. This was not statistically assessed.	↑

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[1] BAI: Beck Anxiety Inventory; HADS-A: Hospital Anxiety and Depression Scale (anxiety subscale only); NPSAEs: Neuropsychiatric Serious Adverse Events; SAEs: Serious Adverse Events; STAI: State Trait Anxiety Inventory; SCQoL: Smoking Cessation Quality of Life questionnaire

			1=mild; 2=moderate; 3=severe		
Marqueta 2010	569	13	STAI	"State anxiety levels decreased during the smoking cessation process, and these levels were maintained three months later." "Regarding the evolution of anxiety in relation to the process of quitting smoking, it is observed, in the population of smokers analyzed, that state anxiety decreases throughout the first month and remains at lower levels than before quitting." However, does not report 3-month STAI results split by exposure of interest.	Cannot predict due to lack of data
Pacheco 2017	678	13	HADS-A	There was a fall in the HADS-A score in the overall sample over the three months of the programme. However, although change in anxiety for the overall sample was reported, this was not split into a group of quitters and non-quitters.	Cannot predict due to lack of data
Pawlina 2015	142	6.5	BAI	"Among the 142 patients evaluated, there were improvements, in terms of the levels of anxiety, depression, motivation, and stress, between E1 and E2, as well as between E1 and E3. In addition, treatment success correlated significantly with the levels of motivation and anxiety throughout the study period, whereas it correlated significantly with the level of depression only at E2 and E3." "We conclude that there are in fact changes in the levels of patient anxiety, depression, motivation, and stress over the course of smoking cessation treatment. Those changes appear to be more pronounced in patients in whom the treatment succeeded."	↑
Peltzer 2015	620	26	HADS-A	"Smoking abstinence significantly reduced anxiety and depression symptoms" Mean anxiety scores were lower for those who abstained from smoking in the past 7 days prior to follow-up at all follow-up time points. (summarised from Table 1)	↑
Schwartz 1968	158	8	The Reaction Index	"Both before and during treatment, successful subjects scored less anxious on the mood scale than persons who did not change (p<0.5)" However, the change in anxiety is not given and compared between groups."	Cannot predict due to lack of data