

Supplementary file 9. Narrative stress 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 stress scores between quitters and non-quitters	Between group difference (↑ stress improved more in quitters than non-quitters; ↔ equivocal; ↓ stress improved less in quitters than non-quitters)
Carey 1993	308	52	PSS-4	"Quitters perceived less stress during their quit efforts than did non-quitters" However, although stress data was collected at baseline this is not reported and so change in stress over time has not been provided or compared between groups.	Cannot predict due to lack of data
Cohen 1990	260	26	PSS-4	"Changes from smoking to abstinence were associated with decreased feelings of stress, whereas changes from abstinence to smoking were associated with increased feelings of stress. Stress levels did not change for subjects whose smoking status did not change."	↑
McMahon 1998	844	104	PSS-4	"Quitters' stress-levels decreased from pre-test, while smokers' stress levels did not change."	↑
Pawlina 2015	142	26	LSSI	The proportion of quitters who reported stress reduced more over the course of the study than the proportion of non-quitters who reported stress	↑

¹ LSSI: Lipp Inventory of Stress Symptoms for Adults; PSS-4: Perceived Stress Scale (four-item version)