

Supplementary Material S1: Database Search Strategies

Sport Discus

1. SU"COACHES (Athletics)" OR SU"AFRICAN American coaches (Athletics)" OR SU "ASSISTANT coaches (Athletics)" OR SU "BASEBALL coaches" OR SU "BASKETBALL coaches" OR SU "BOXING trainers" OR SU "CATHOLIC coaches" OR SU "COLLEGE athletic coaches" OR SU "CRICKET coaches" OR SU "DIVING coaches" OR SU "FENCING coaches" OR SU "FOOTBALL coaches" OR SU "GAY coaches (Athletics)" OR SU "GOLF coaches" OR SU "GYMNASTICS coaches" OR SU "HOCKEY coaches" OR SU "HURLING coaches" OR SU "ICE dancing coaches" OR SU "LACROSSE coaches" OR SU "LGBTQ+ coaches (Athletics)" OR SU "ROWING coaches" OR SU "RUGBY football coaches" OR SU "SKATING coaches" OR SU "SKI coaches" OR SU "SOCCER coaches" OR SU "SPRINGBOARD diving coaches" OR SU "SWIMMING coaches" OR SU "TENNIS coaches" OR SU "TRACK & field coaches" OR SU "VOLLEYBALL coaches" OR SU "WATER polo coaches" OR SU "WOMEN coaches (Athletics)" OR SU "WRESTLING coaches" OR DE "COACHES (Athletics)" OR DE "AFRICAN American coaches (Athletics)" OR DE "ASSISTANT coaches (Athletics)" OR DE "BASEBALL coaches" OR DE "BASKETBALL coaches" OR DE "BOXING trainers" OR DE "CATHOLIC coaches" OR DE "COLLEGE athletic coaches" OR DE "CRICKET coaches" OR DE "DIVING coaches" OR DE "FENCING coaches" OR DE "FOOTBALL coaches" OR DE "GAY coaches (Athletics)" OR DE "GOLF coaches" OR DE "GYMNASTICS coaches" OR DE "HOCKEY coaches" OR DE "HURLING coaches" OR DE "ICE dancing coaches" OR DE "LACROSSE coaches" OR DE "LGBTQ+ coaches (Athletics)" OR DE "ROWING coaches" OR DE "RUGBY football coaches" OR DE "SKATING coaches" OR DE "SKI coaches" OR DE "SOCCER coaches" OR DE "SPRINGBOARD diving coaches" OR DE "SWIMMING coaches" OR DE "TENNIS coaches" OR DE "TRACK & field coaches" OR DE "VOLLEYBALL coaches" OR DE "WATER polo coaches" OR DE "WOMEN coaches (Athletics)" OR DE "WRESTLING coaches"
2. DE "ATHLETIC trainers" OR DE "PERSONAL trainers" OR DE "WOMEN athletic trainers" OR DE "WOMEN personal trainers" OR SU "ATHLETIC trainers" OR SU "PERSONAL trainers" OR SU "WOMEN athletic trainers" OR SU "WOMEN personal trainers"
3. TI (coach OR coaches OR trainer OR trainers) OR AB (coach OR coaches OR trainer OR trainers) OR KW (coach OR coaches OR trainer OR trainers)
4. TI ("sport* coach*" OR "sport* trainer*" OR "sport* instructor*") OR AB ("sport* coach*" OR "sport* trainer*" OR "sport* instructor*") OR KW ("sport* coach*" OR "sport* trainer*" OR "sport* instructor*")
5. TI elite N2 coach* OR AB elite N2 coach* OR KW elite N2 coach*
6. S1 OR S2 OR S3 OR S4 OR S5
7. SU mindful* OR TI mindful* OR AB mindful* OR KW mindful*
8. SU compassion* OR TI compassion* OR AB compassion* OR KW compassion*

9. SU ("self-care" or "self care" or "self-compassion" or "self compassion" or "compassion-focused" or "compassion-based" or "self-kindness") OR TI ("self-care" or "self care" or "self-compassion" or "self compassion" or "compassion-focused" or "compassion-based" or "self-kindness") OR AB ("self-care" or "self care" or "self-compassion" or "self compassion" or "compassion-focused" or "compassion-based" or "self-kindness") OR KW ("self-care" or "self care" or "self-compassion" or "self compassion" or "compassion-focused" or "compassion-based" or "self-kindness")
10. TI ("self awareness" or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception" or "self-perception" or "self insight" or "self-insight") OR AB ("self awareness" or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception" or "self-perception" or "self insight" or "self-insight") OR KW ("self awareness" or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception" or "self-perception" or "self insight" or "self-insight") OR SU ("self awareness" or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception" or "self-perception" or "self insight" or "self-insight")
11. TI ("self-reflection" or "self reflection" or "self-evaluation") OR AB ("self-reflection" or "self reflection" or "self-evaluation") OR KW ("self-reflection" or "self reflection" or "self-evaluation") OR SU ("self-reflection" or "self reflection" or "self-evaluation")
12. S7 OR S8 OR S9 OR S10 OR S11
13. S6 AND S12

APA Psychinfo

1. DE("Sports Coaching") OR TI ("sport* leader*" OR "athletic trainer*" OR "sport* coach*" OR "sport* trainer*" OR "sport* instructor*") OR AB ("sport* leader*" OR "athletic trainer*" OR "sport* coach*" OR "sport* trainer*" OR "sport* instructor*") OR KW ("sport* leader*" OR "athletic trainer*" OR "sport* coach*" OR "sport* trainer*" OR "sport* instructor*") OR SU ("sport* leader*" OR "athletic trainer*" OR "sport* coach*" OR "sport* trainer*" OR "sport* instructor*")
2. TI elite N2 coach* OR AB elite N2 coach* OR KW elite N2 coach* OR SU elite N2 coach*
3. TI (leader OR leaders OR coach* OR trainer OR trainers OR instructor*) OR AB (leader OR leaders OR coach* OR trainer OR trainers OR instructor*) OR KW (leader OR leaders OR coach* OR trainer OR trainers OR instructor*) OR SU (leader OR leaders OR coach* OR trainer OR trainers OR instructor*)
4. S2 OR S3
5. (DE "Sports" OR DE "Adaptive Sports" OR DE "Baseball" OR DE "Basketball" OR DE "Cycling" OR DE "Extreme Sports" OR DE "Football" OR DE "Judo" OR DE "Martial Arts" OR DE "Professional Sports" OR DE "Soccer" OR DE "Swimming" OR DE "Tennis" OR DE "Weightlifting") OR SU ("Sports" OR "Adaptive Sports" OR "Baseball" OR "Basketball" OR "Cycling" OR "Extreme Sports" OR "Football" OR "Judo" OR "Martial Arts" OR "Professional Sports" OR "Soccer" OR "Swimming" OR "Tennis" OR "Weightlifting") OR KW ("Sports" OR "Adaptive Sports" OR "Baseball" OR "Basketball" OR "Cycling" OR "Extreme Sports" OR

- "Football" OR "Judo" OR "Martial Arts" OR "Professional Sports" OR "Soccer" OR "Swimming" OR "Tennis" OR "Weightlifting")
6. S4 AND S5
 7. S1 OR S6
 8. DE "Mindfulness"
 9. TI mindful* OR AB mindful* OR KW mindful* OR SU mindful*
 10. DE "Self-Compassion" OR DE "Self-Evaluation"
 11. TI compassion OR AB compassion OR KW compassion OR SU compassion
 12. TI ("self-care" or "self care" or "self-compassion" or compassion-focused or "compassion-based" or "self-kindness") OR AB ("self-care" or "self care" or "self-compassion" or compassion-focused" or "compassion-based" or "self-kindness") OR KW ("self-care" or "self care" or "self-compassion" or compassion-focused" or "compassion-based" or "self-kindness") OR SU ("self-care" or "self care" or "self-compassion" or compassion-focused" or "compassion-based" or "self-kindness")
 13. TI ("self-awareness or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception or "self-perception" or "self insight" or "self-insight") OR AB ("self awareness or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception or "self-perception" or "self insight" or "self-insight") OR KW ("self awareness or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception or "self-perception" or "self insight" or "self-insight") OR SU ("self awareness or "self-awareness" or "self-knowledge" or "self knowledge" or "self perception or "self-perception" or "self insight" or "self-insight")
 14. TI ("self-reflection" or "self reflection" or "self evaluation") OR AB ("self-reflection" or "self reflection" or "self evaluation") OR KW ("self-reflection" or "self reflection" or "self evaluation") OR SU ("self-reflection" or "self reflection" or "self evaluation")
 15. S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14
 16. S7 AND S15

Web of Science

1. ALL=("athletic trainer*" OR "athletic leader*" OR "personal trainer*" OR "sport* coach*" OR "sport* trainer*" OR "sport* leader*" OR "sport* instructor*")
2. ALL=(coach*)
3. ALL=(sport OR sports)
4. S2 AND S3
5. S1 OR S4
6. ALL=(mindful* OR self-insight OR "self insight" OR self-awareness OR "self-awareness" OR self-knowledge OR "self knowledge" OR self-care OR "self care" OR self-perception OR "self-perception" OR self-reflection OR "self reflection" OR self-evaluation OR "self evaluation" OR compassion OR self-compassion OR "self compassion" OR compassion-based OR compassion-focused OR self-kindness OR "self kindness" OR acceptance)
7. S5 AND S6

PubMed

1. "trainer*" [Title/Abstract] OR "coach*" [Title/Abstract] OR "leader*" [Title/Abstract] OR "instructor*" [Title/Abstract]
2. "Sports" [MeSH Terms] OR "sport*" [Title/Abstract]
3. #1 AND #2
4. "mindful*" [Title/Abstract] OR "self-insight" [Title/Abstract] OR "self-insight" [Title/Abstract] OR "self-awareness" [Title/Abstract] OR "self-awareness" [Title/Abstract] OR "self-knowledge" [Title/Abstract] OR "self-knowledge" [Title/Abstract] OR "self-care" [Title/Abstract] OR "self-care" [Title/Abstract] OR "self-perception" [Title/Abstract] OR "self-perception" [Title/Abstract] OR "self-reflection" [Title/Abstract] OR "self-reflection" [Title/Abstract] OR "self-evaluation" [Title/Abstract] OR "self-evaluation" [Title/Abstract] OR "compassion" [Title/Abstract] OR "self-compassion" [Title/Abstract] OR "self-compassion" [Title/Abstract] OR "compassion-based" [Title/Abstract] OR "compassion-focused" [Title/Abstract] OR "self-kindness" [Title/Abstract] OR "self-kindness" [Title/Abstract] OR "acceptance" [Title/Abstract] OR "mindfulness" [MeSH Terms exp.]
5. #3 AND #4

Google Scholar

1. coach AND mindfulness (reviewed the first 300 of 62 700 hits)
2. trainer AND mindfulness (reviewed the first 300 of 53,100 hits)
3. instructor AND mindfulness (reviewed the first 300 of 58 700 hits)
4. leader AND mindfulness (reviewed the first 300 of 171 000 hits)
5. coach AND "self-compassion" OR "self compassion" (reviewed the first 300 of 12 200 hits)
6. trainer AND "self-compassion" OR "self compassion" (reviewed the first 300 of 17 500 hits)
7. instructor AND "self-compassion" OR "self compassion" (reviewed the first 300 of 9140 hits)
8. leader AND "self-compassion" OR "self compassion" (reviewed the first 300 of 17,300 hits).