Table 1. Characteristics of studies comparing nostalgic reminiscence to non-nostalgic reminiscence on several psychological resources

| Studies (first author) by year of publication | N | Male (n) | Female (n) | Age (M) | Population | NM | NMC  Y= Yes  N= No | Dependent variable  (DV) | DV effect size  (95% CI) a |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Wildschut, 2006 - exp5 | 52 | 7 | 45 |  | U | ERN | Y | Social bonding | **0.99(0.41,1.57)** |
|  |  |  |  |  |  |  |  | Self-regard | **1.08(0.49,1.66)** |
|  |  |  |  |  |  |  |  | Positive affect | **0.77(0.21,1.34)** |
|  |  |  |  |  |  |  |  | Negative affect | 0.24(-0.30,0.79) |
| Wildschut, 2006 - exp6 | 54 | 8 | 46 |  | U | ERN | Y | Positive affect | **0.71(0.15,1.26)** |
|  |  |  |  |  |  |  |  | Negative affect | -0.32(-0.85,0.22) |
|  |  |  |  |  |  |  |  | Self-regard | **0.64(0.09,1.19)** |
| Wildschut, 2010 - exp4 | 106 | 31 | 74 |  | U | ERN | Y | Social connectedness | **0.50(0.11,0.89)** |
|  |  |  |  |  |  |  |  | Self-esteem | **0.51(0.12,0.90)** |
|  |  |  |  |  |  |  |  | Positive affect | **0.47(0.08,0.85)** |
|  |  |  |  |  |  |  |  | Negative affect | 0.14(-0.24,0.53) |
| Routledge, 2011- exp2 | 53 | 9 | 44 |  | U | MEN | Y | Meaning in life | **0.73(0.17,1.30)** |
|  |  |  |  |  |  |  |  | Social connectedness | **0.62(0.07,1.17)** |
| Turner, 2012 - exp2 | 50 | 10 | 40 | 19.60 | U | ERN | Y | Positive mood | 0.21(-0.35,0.77) |
|  |  |  |  |  |  |  |  | Negative mood | 0.39(-0.17,0.95) |
| Routledge, 2012 - exp1 | 24 | 13 | 11 | 20.00 | U | ERN | N | Presence of meaning | **0.86(0.03,1.70)** |
| Routledge, 2012 - exp3 | 34 | 10 | 24 | 20.00 | U | ERN | N | Presence of meaning | **1.27(0.53,2.00)** |
| Stephan, 2012 - exp2 | 55 | 13 | 42 | 19.56 | U | ERN | Y | Positive affect | **0.73(0.06,1.41)** |
|  |  |  |  |  |  |  |  | Negative affect | 0.45(-0.21,1.12) |
| Vess, 2012 - exp1 | 30 | 15 | 15 | 18.80 | U | ERN | N | Positive affect | -0.74(-1.40,0.00) |
|  |  |  |  |  |  |  |  | Negative affect | -0.73(-1.48,0.00) |
| Hepper, 2012 - exp7 | 90 |  |  |  | NU | ERN | Y | Positive affect | **0.63(0.21,1.06)** |
|  |  |  |  |  |  |  |  | Self-regard | 0.26(-0.16,0.68) |
|  |  |  |  |  |  |  |  | Social connectedness | **0.63(0.21,1.06)** |
|  |  |  |  |  |  |  |  | Meaning in life | **0.50(0.08,0.92)** |
| Zhou, 2012 - exp1 | 43 | 19 | 24 | 21.74 | U | ERN | Y | Positive affect | **1.20(0.55,1.85)** |
| Zhou, 2012 - exp2 | 71 | 31 | 40 | 18.92 | U | ERN | Y | Positive affect | 0.20(-0.26,0.67) |
| Zhou, 2012 - exp3 | 40 | 16 | 24 | 23.13 | U | ERN | Y | Positive affect | 0(-0.62,0.62) |
| Zhou, 2012 - exp4 | 64 | 40 | 22 | 25.79 | NU | ERN | N | Positive affect | 0.22(-0.27,0.71) |
| Cheung, 2013 - exp1 | 102 | 10 | 92 | 20.09 | NU | ERN | Y | Positive affect | 0.35(-0.04,0.74) |
|  |  |  |  |  |  |  |  | Negative affect | -0.00(-0.39,0.38) |
|  |  |  |  |  |  |  |  | Optimism | **0.50(0.11,0.90)** |
| Cheung, 2013 - exp2 | 127 | 65 | 62 | 18.95 | NU | ERN | Y | Positive affect | **0.36(0.01,0.71)** |
|  |  |  |  |  |  |  |  | Optimism | **0.46(0.11,0.82)** |
| Cheung, 2013 - exp3 | 664 | 319 | 345 | 36.58 | NU | MEN | Y | Positive affect | 0.13(-0.02,0.28) |
|  |  |  |  |  |  |  |  | Self-esteem | **0.19(0.04,0.34)** |
|  |  |  |  |  |  |  |  | Optimism | **0.37(0.22,0.53)** |
| Cheung, 2013 - exp4 | 127 | 15 | 69 | 19.38 | U | MEN | Y | Positive affect | **0.74(0.38,1.10)** |
|  |  |  |  |  |  |  |  | Social connectedness | **0.87(0.50,1.23)** |
|  |  |  |  |  |  |  |  | Self-esteem | **0.72(0.36,1.08)** |
|  |  |  |  |  |  |  |  | Optimism | **0.42(0.07,0.78)** |
| Turner, 2013 - exp2 | 48 | 6 | 42 | 19.48 | U | ERN | Y | Social connectedness | **0.91(0.32,1.50)** |
|  |  |  |  |  |  |  |  | Positive mood | 0.40(-0.17,0.98) |
| Turner, 2013 - exp4 | 64 | 20 | 44 | 21.92 | U | ERN | Y | Positive affect | 0.31(-0.19,0.80) |
|  |  |  |  |  |  |  |  | Negative affect | 0.12(-0.37,0.61) |
| Turner, 2013 - exp5 | 41 | 12 | 29 | 22.63 | U | ERN | Y | Positive affect | 0.13(-0.48,0.74) |
|  |  |  |  |  |  |  |  | Negative affect | 0.22(-0.39,0.83) |
| Lasaleta, 2014 - exp4 | 100 | 46 | 54 | 35.53 | NU | ERN | N | Positive affect | **0.81(0.41,1.22)** |
|  |  |  |  |  |  |  |  | Negative affect | **-0.41(-0.80, -0.01)** |
| Lasaleta, 2014 - exp5 | 105 | 34 | 66 | 36.90 | NU | ERN | N | Social connectedness (SFNS) | **0.66(0.27,1.06)** |
|  |  |  |  |  |  |  |  | Social connectedness (LIWC) | **0.76(0.36,1.16)** |
|  |  |  |  |  |  |  |  | Positive affect | **1.32(0.89,1.74)** |
|  |  |  |  |  |  |  |  | Negative affect | 0.00 (-0.38,0.38) |
| Lasaleta, 2014 - exp6 | 55 | 31 | 24 | 21.15 | U | ERN | Y | Social connectedness | **0.91(0.34,1.47)** |
|  |  |  |  |  |  |  |  | Positive affect | **1.26(0.67,1.85)** |
|  |  |  |  |  |  |  |  | Negative affect | 0.00 (-0.53,0.53) |
| Wildshut, 2014 - exp2*a* | 65 |  |  |  | U | ERN | Y | Self-esteem | 0.36(-0.07,0.79) |
|  |  |  |  |  |  |  |  | Positive affect | 0.32(-0.11,0.75) |
|  |  |  |  |  |  |  |  | Negative affect | -0.30(-0.73,0.13) |
| Wildshut, 2014 - exp2*b* | 66 |  |  |  | U | ERN | Y | Self-esteem | -0.32(-0.75,0.10) |
|  |  |  |  |  |  |  |  | Positive affect | 0.36(-0.06,0.79) |
|  |  |  |  |  |  |  |  | Negative affect | -0.13(-0.55,0.29) |
| Baldwin, 2014 - exp1 | 159 | 65 | 94 | 31.36 | NU | ERN | Y | Positive emotion | **0.74(0.41,1.06)** |
| Baldwin, 2014 - exp2 | 121 | 54 | 67 | 21.38 | NU | ERN | Y | Meaning in life | **1.33(0.94,1.73)** |
| Abeyta, 2014 - exp1 | 101 | 34 | 67 | 19.49 | U | ERN | N | Stronger positive emotions | **0.96(0.54,1.37)** |
|  |  |  |  |  |  |  |  | Stronger negative emotions | **-0.59(-0.99, -0.19)** |
|  |  |  |  |  |  |  |  | Positive affect | **0.47(0.08,0.86)** |
| Baldwin, 2015a - exp2 | 110 | 56 | 54 | 28.00 | NU | ERN | Y | Positive affect | **0.63(0.25,1.02)** |
| Baldwin, 2015b - exp2 | 78 | 44 | 34 | 31.06 | NU | ERN | Y | Positive affect | 0.05(-0.39,0.49) |
| Sedikides, 2015 - exp3 | 127 | 65 | 62 | 18.95 | U | ERN | Y | Personal continuity | **0.87(0.51,1.24)** |
| Sedikides, 2015 - exp4 | 60 | 20 | 40 | 19.80 | U | ERN | Y | Positive affect | 0.27(-0.36,0.89) |
|  |  |  |  |  |  |  |  | Self-continuity | **0.83(0.19,1.48)** |
| Stephan, 2015 - exp4 | 60 | 7 | 53 | 21.68 | U | MEN | N | Social connectedness | **1.05(0.51,1.59)** |
|  |  |  |  |  |  |  |  | Self-esteem | **0.93(0.40,1.46)** |
|  |  |  |  |  |  |  |  | Positive affect | **1.42(0.85,1.98)** |
| Stephan, 2015 - exp5 | 150 | 67 | 83 | 38.87 | NU | ERN | N | Social connectedness | **1.23(0.88,1.57)** |
|  |  |  |  |  |  |  |  | Self-esteem | **0.89(0.55,1.22)** |
|  |  |  |  |  |  |  |  | Positive affect | 0.23(-0.09,0.55) |
| Abeyta, 2015 - exp2 | 338 | 130 | 208 | 37.12 | NU | ERN | Y | Positive affect | 0.19(-0.07,0.45) |
| Abeyta, 2015 - exp7 | 97 | 56 | 41 | 19.35 | U | MEN | N | Optimism | **0.41(0.01,0.31)** |
| Sedikides, 2016 - exp1 | 40 | 3 | 37 | 22.00 | U | MEN | Y | Self-continuity | **1.58(0.87,2.29)** |
|  |  |  |  |  |  |  |  | Social connectedness | **1.10(0.43,1.76)** |
| Sedikides, 2016 - exp2 | 192 | 53 | 139 | 21.25 | U | ERN | Y | Self-continuity | **0.42(0.14,0.71)** |
|  |  |  |  |  |  |  |  | Social connectedness | **0.29(0.01,0.58)** |
| Sedikides, 2016 - exp3 | 90 | 35 | 55 | 39.59 | NU | ERN | Y | Positive affect | 0.20(-0.21,0.62) |
|  |  |  |  |  |  |  |  | Self-continuity | **0.96(0.53,1.40)** |
|  |  |  |  |  |  |  |  | Social connectedness | **0.96(0.52,1.40)** |
| Sedikides, 2016 - exp6 | 110 | 54 | 55 | 35.52 | NU | ERN | Y | Self-continuity | **0.71(0.32,1.09)** |
|  |  |  |  |  |  |  |  | Social connectedness | **0.40(0.02,0.78)** |
| Cheung, 2016 | 448 | 198 | 247 | 19.37 | NU | ERN | Y | Positive affect | **0.22(0.03,0.40)** |
|  |  |  |  |  |  |  |  | Negative affect | 0.01(-0.18,0.19) |
|  |  |  |  |  |  |  |  | Social connectedness | **0.48(0.29,0.66)** |
|  |  |  |  |  |  |  |  | Self-esteem | **0.23(0.04,0.41)** |
|  |  |  |  |  |  |  |  | Optimism | **0.23(0.04,0.41)** |
| Kersten, 2016 – exp1 | 105 | 49 | 56 | 19.74 | U | ERN | Y | Optimism (health) | **0.42(0.35,0.50)** |
| Kersten, 2016 – exp2 | 118 | 50 | 68 | 27.80 | U&NU | ERN | Y | Optimism (health) | **0.63(0.56,0.70)** |
| Kersten, 2016- exp3 | 58 | 25 | 33 | 19.09 | U | ERN | Y | Optimism (health) | **0.58(0.43,0.72)** |
| Sedikides, 2017 – exp1 | 60 | 8 | 52 | 20.38 | U | ERN | Y | Positive affect | **1.34(1.18,1.50)** |
|  |  |  |  |  |  |  |  | Meaning in life | **0.57(0.44,0.71)** |
| Sedikides, 2017 – exp2 | 91 | 30 | 61 | 21.88 | NU | ERN | Y | Positive affect | 0.04(-0.04,0.13) |
|  |  |  |  |  |  |  |  | Meaning in life | **0.40(0.31,0.49)** |

NM= Nostalgia Manipulation; NMC = Nostalgia Manipulation Check; U= Undergraduates; NU = Non-undergraduates; ERN= Event Reflection Nostalgia; MEN= Music-Evoked Nostalgia; SFNS = State Functions of Nostalgia Scale; LIWC = Linguistic Inquiry Word Count.

Effect sizes in bold show statistically significant results. Empty cells represent missing or unavailable data.

a. Effect sizes have not been corrected for upward bias