

Chua, L.-K., Jimenez-Diaz, J., Lewthwaite, R., Kim, T., & Wulf, G. (2021). Superiority of external attentional focus for motor performance and learning: Systematic reviews and meta-analyses. *Psychological Bulletin*, 147, 618-645.

Supplementary Material: Forest plots

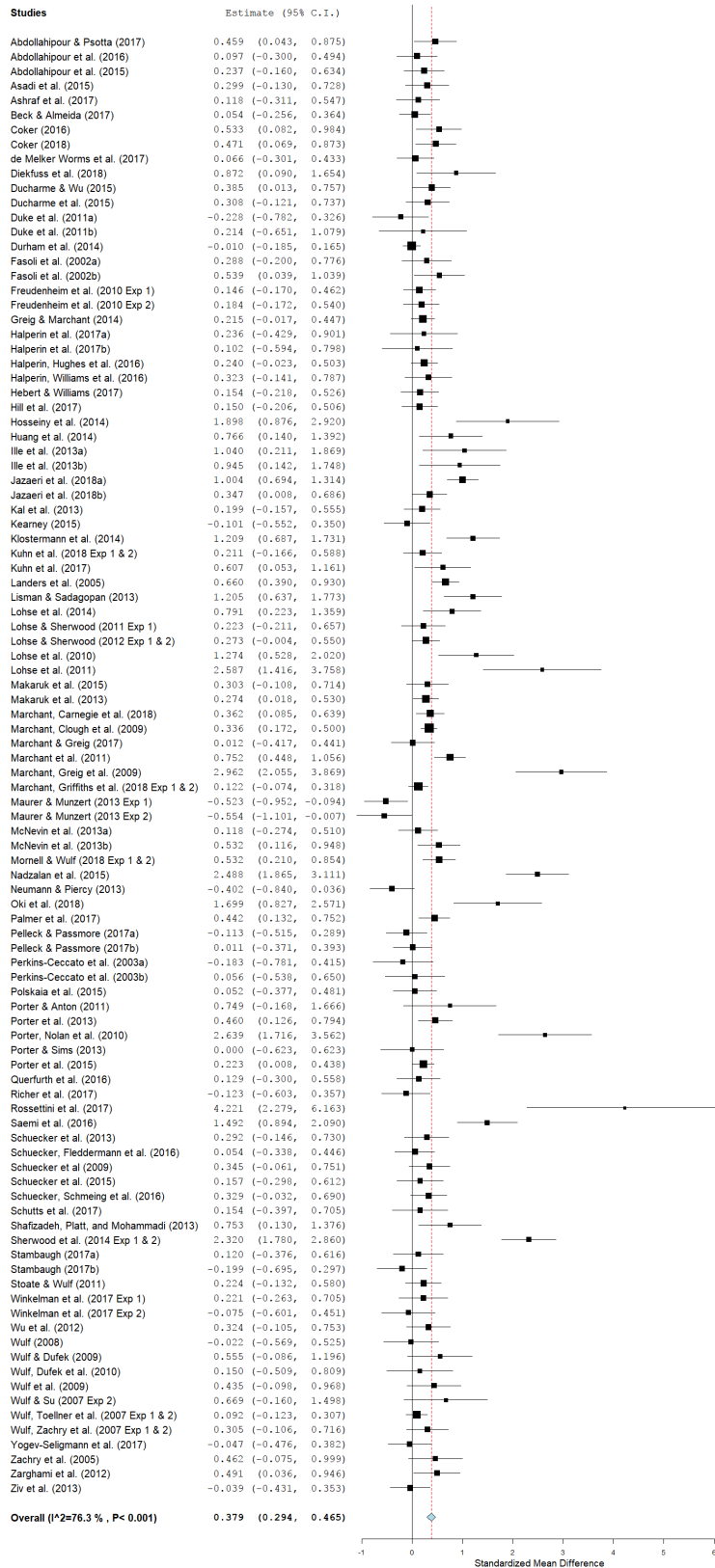


Figure 1. Forest plot of effect sizes of motor performance studies comparing external versus internal focus. Values above zero indicate outcome effects in favor of external focus.

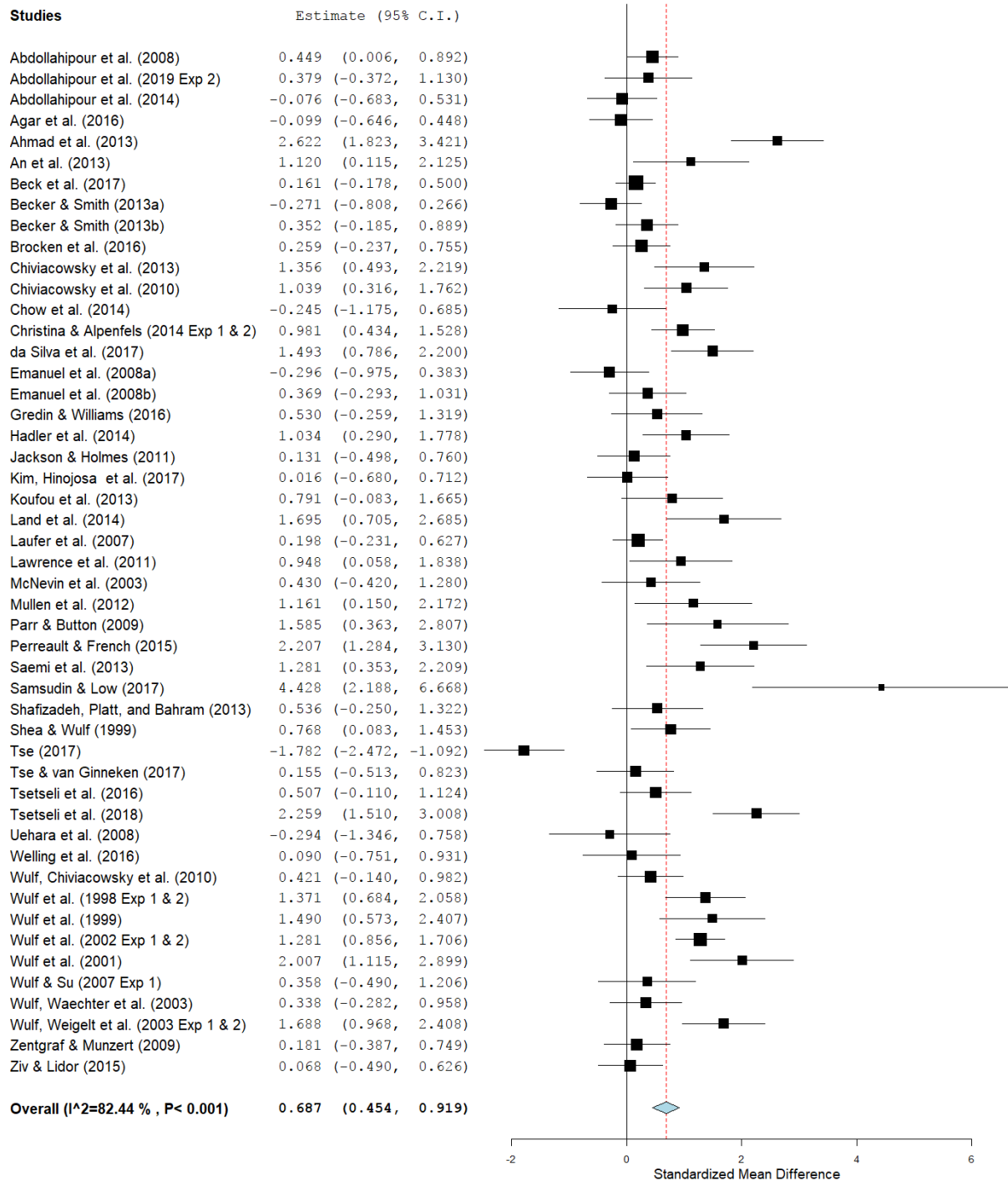


Figure 2. Forest plot of effect sizes of motor learning studies comparing external versus internal focus in retention tests. Values above zero indicate outcome effects in favor of external focus.

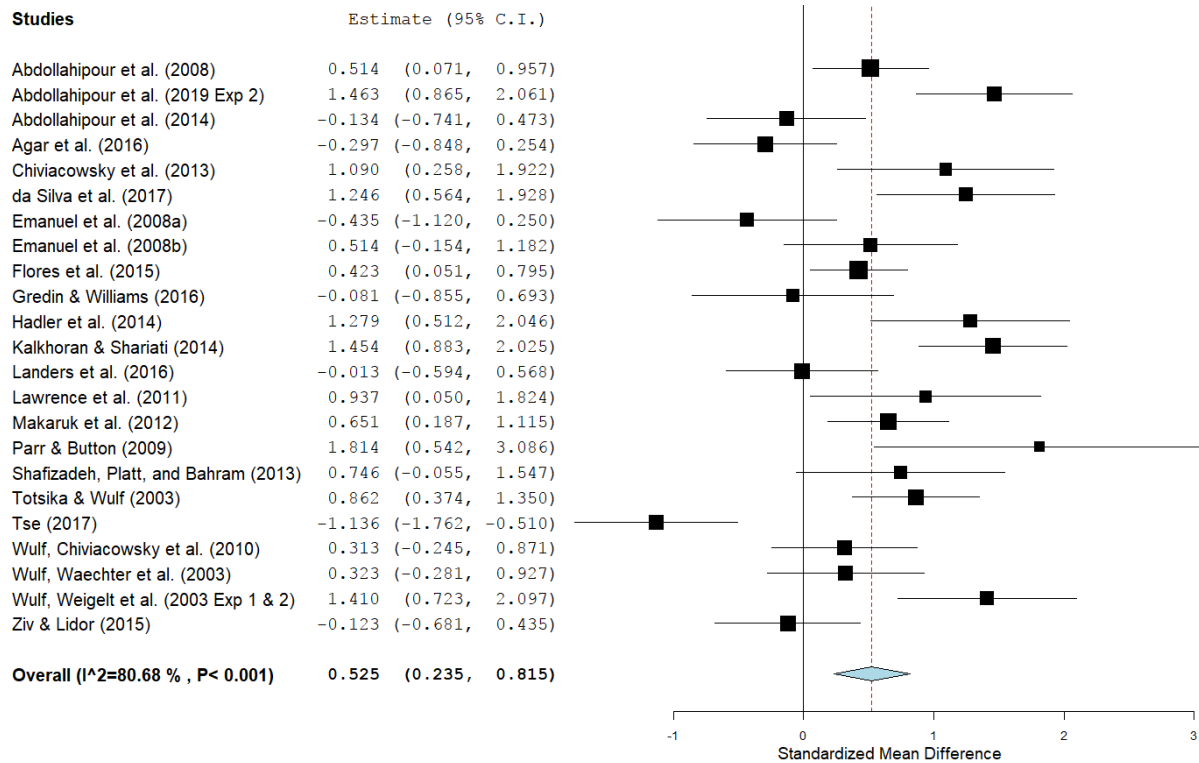


Figure 3. Forest plot of effect sizes of motor learning studies comparing external versus internal focus in transfer tests. Values above zero indicate outcome effects in favor of external focus.

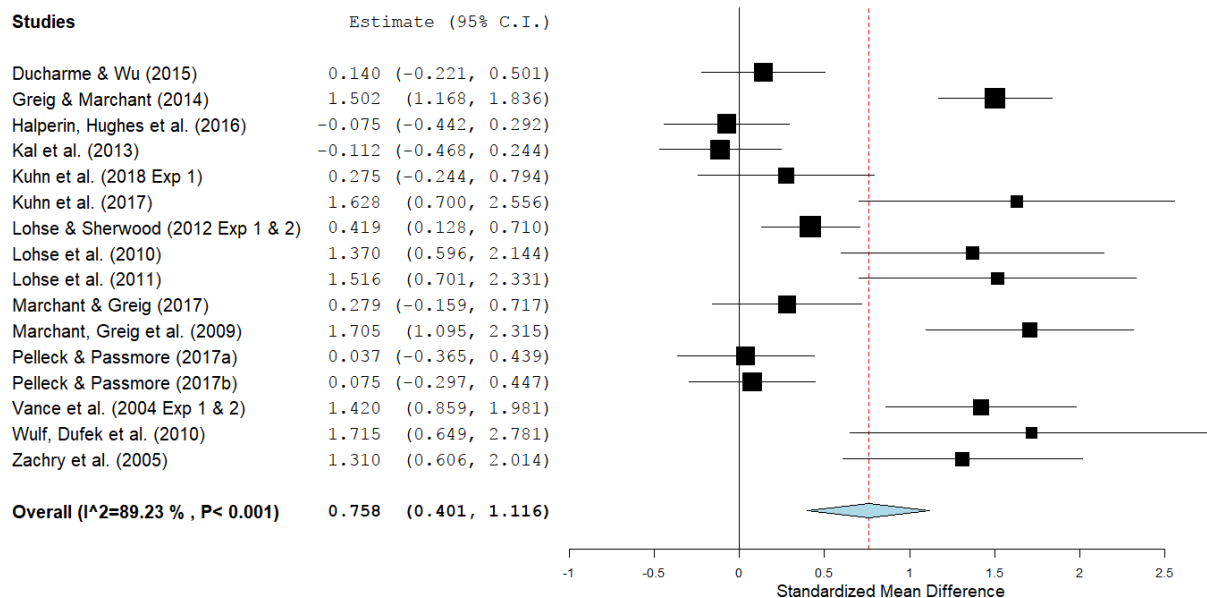


Figure 4. Forest plot of effect sizes of studies with EMG measures comparing external versus internal focus. Values above zero indicate (lower) activation in favor of external focus.

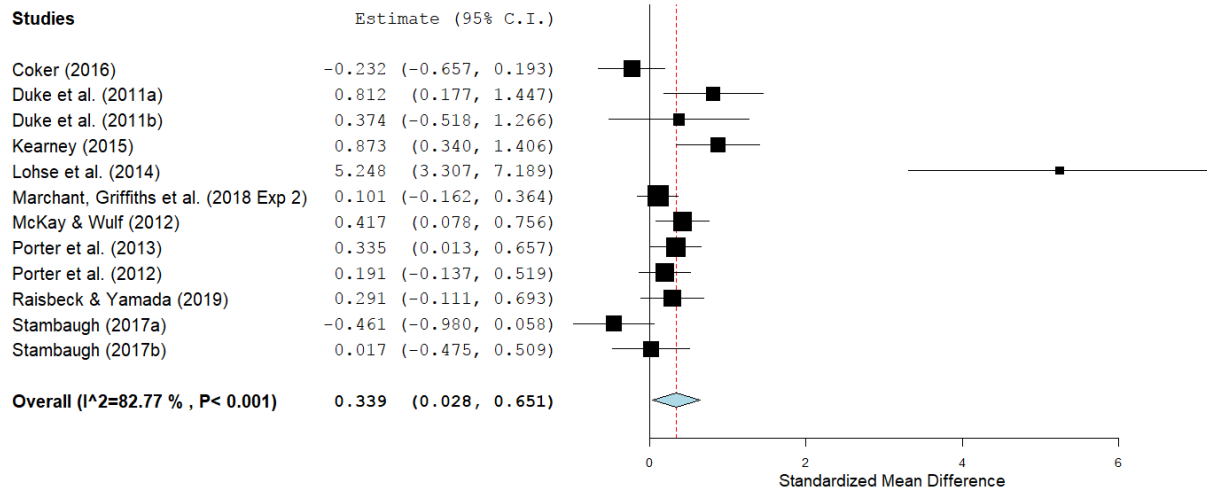


Figure 5. Forest plot of effect sizes of motor performance studies comparing distal versus proximal external focus in motor performance. Values above zero indicate outcome effects in favor of distal external focus.