Supplementary material C: *Data extraction form*

Variable	Coding
PUBLICATION DETAILS	
Authors	Text entry
Publication date	Numerical entry
Publication status	0 = unpublished; 1 = published
Publication language	Text entry (to be coded once compiled)
SAMPLE CHARACTERISTICS	
Mean age	Numerical entry
Gender composition (% male)	Numerical entry
Type of sample	0 = university sample; 1 = community adults; 2 = clinical population; 3 = adolescents/ children
METHODOLOGICAL DETAILS	
Time interval (in weeks) between measures of time perspective and measures of self-regulation	0 = cross-sectional study; 1 = one week; 2 = two weeks; 3 = three weeks (and so on)
Country where the study was conducted	Text entry (to be coded once compiled)
Measure of time perspective	Text entry (to be coded once compiled)
Measure(s) of self-regulation	Text entry (to be coded once compiled). Please specify all measures reported, if more than one is available.
Self-report or objective measure of self-regulation?	0 = objective; 1 = self-report
Reliability of the measure	Test-retest or internal reliability
Domain being studied	0 = health; 2 = academic; 3 = work; 4 = financial; 5 = environmental
STATISTICAL DETAILS (to be duplicated where studies report multiple measures of self-regulation)	
Effect size *(r)*	Numerical entry
How the effect size was calculated	0 = reported in the manuscript; 1 = author provided on contact; 3 = converted from other data provided
Sample size	Numerical entry
CODING (to be duplicated where studies report multiple measures of self-regulation)	
Self-regulatory process / ability / outcome	0 = goal setting; 2 = goal monitoring; 3 = goal operating; 4 = goal outcome; 5 = self-regulatory ability
Inference coding for measure of self-regulatory outcome	0 = goal specified; 1 = low inference; 2 = medium inference; 3 = high inference