Study	Executive functions studied	Study Sample Size	Time of Day Study Began	Percent Male Participants	Average Participant Age	Coded Exclusion Criteria	Stressor	Delay between stress and EF test	Task(s) Used
Alexander et al. (2007)	Cognitive Flexibility	$N = 16$		50	23.81	Smokers	TSST	6min	Anagrams, compound remote associates test
Alomari et al. (2015)	Inhibition	Stress $n = 17$; Control $n = 16$	2:00pm	27.27	19.5	None	SECPT	3-18min	Sustained attention to response task
Banks et al. (2014)	Inhibition	Stress $n = 24$; Control $n = 24$	12:00pm	27.08	22.19	None	SECPT	5min, 13min	Sustained attention to response task
Bogdanov and Schwabe (2016)	Working Memory	Stress $n = 20$; Control $n = 20$	1:00pm	50	25.2	Illnesses, Use of any medication(s), Smokers, BMI over 30, Hypertension	TSST	30min	Digit span backward, corsi block backward
Cackowski et al. (2014)	Inhibition	$N = 30$		0	27.67	Use of any medication(s)	MMST	10min	Go/stop task
Chajut and Algom (2003)	Inhibition	Stress $n = 80$; Control $n = 80$			22.5	None	Pressured cognitive task with expected social evaluation	10min	Stroop task
Cornelisse, Joëls, et al. (2011)	Working Memory, Inhibition	Stress $n = 16$; Control $n = 16$	8:00am	100	21.75	Smokers, BMI over 30, Hypertension	TSST	42.5min	d2 test of attention, N-back
Cornelisse, van Stergen, et al. (2011)	Working Memory	Stress $n = 60$; Control $n = 17$	12:00pm	50	20.44	Smokers, BMI over 30	TSST	31min	N-back
Cousijn et al. (2012)	Working Memory	Stress $n = 20$; Control $n = 19$	12:00pm	100	26.5	None	Stressful videos during fMRI	1.5min	N-back

Duncko et al. (2009)	Working Memory	Stress $n = 11$; Control $n = 13$	12:00pm	50	28.1	Illnesses, Use of any medication(s)	CPT	21min	Sternberg item recognition task
Etherton (2014)	Working Memory	Stress $n = 20$; Control $n = 20$		32.5	20.4	None	CPT	5min	WAIS Working Memory Index
Etherton and Tapscott (2015)	Working Memory	Stress $n = 18$; Control $n = 14$		28.13	21.4	None	CPT	5min	Spatial addition and spatial span (combined)
Etherton et al. (2005)	Working Memory	Stress $n = 20$; Control $n = 20$		23.33	20.5	None	CPT	0.5min	Digit span backward and forward (combined)
Finy et al. (2014)	Inhibition	Stress $n = 44$; Control $n = 44$	6:00pm	62.5	16.1	None	TSST-C	18min	Go/no-go
Gathmann et al. (2014)	Working Memory	Stress $n = 16$; Control $n = 17$	9:30am	50	23.9	Illnesses, Use of any medication(s), Smokers, BMI over 30, Hypertension	TSST	60min	N-back
Giles et al. (2014)	Working Memory	$N = 24$	1:00pm	29.17	20.63	Use of any medication(s), Smokers, Hypertension	SECPT, TSST	3min, 13min, 20min, 23min, 30min, 40min	N-back
Giles et al. (2015)	Inhibition	$N = 72$	7:00am	37.5	20.65	Illnesses, Use of any medication(s), Hypertension	TSST	25min	Emotional Stroop
Hendricks (2013)	Inhibition	Stress $n = 26$; Control $n = 22$	12:00pm	100		None	TSST	31min	Go/no-go

Hoffman and al'Absi (2004)	Working Memory, Inhibition	$N = 25$		40	24.8	Illnesses	Public speaking	80min	Digit span backward, spatial span backward, digit span forward, spatial span forward
Hood et al. (2015)	Working Memory	Stress $n = 52$; Control $n = 51$	10:00am	49	21.04	Smokers, Hypertension	Forehead CPT	0min, 30min	Letter-number sequencing
Ishizuka et al. (2007)	Working Memory, Inhibition, Cognitive Flexibility	$N = 16$		50	23.8	None	CPT	3-30min	Stroop task, compound remote associates task, anagrams, N-back
Kuhlmann et al. (2005)	Working Memory, Inhibition	$N = 19$	10:00am	100	24.58	Illnesses, Use of any medication(s)	TSST	45min	Digit span backward, digit span forward, d2 test of attention
Lai et al. (2014)	Working Memory	$N = 12$	1:00pm	100	22.1	None	SECPT	20min	Sternberg item recognition task
Luethi et al. (2009)	Working Memory	Stress $n = 19$; Control $n = 16$	11:00am	100	23.4	Use of any medication(s), Smokers	TSST	69min	Reading span
Mahoney et al. (2007)	Working Memory, Inhibition	$N = 19$			20.5	None	Whole-body cold water immersion for 90min	90min	Delayed match to sample, novel task
McMorris et al. (2006)	Working Memory, Inhibition	$N = 8$	10:00am	100	22.2	None	Heat + dehydration	135min	Random movement generation, simple reaction time task
Oei et al. (2006)	Working Memory	Stress $n = 9$; Control $n = 10$	9:30am	100	21.86	Illnesses, Use of any medication(s), BMI over 30, Hypertension	TSST	30min	Sternberg item recognition task
Oei et al. (2012)	Working Memory	Stress $n = 17$; Control $n = 17$	8:30am	100	24.24	Illnesses, Use of any medication(s), BMI over 30,	TSST	23min	Sternberg item recognition task (modified)

						Hypertension			
Plessow et al. (2011)	Cognitive Flexibility	Stress $n = 24$; Control $n = 24$	12:00pm	50	22.46	Illnesses, Smokers, BMI over 30	TSST	20min	Simon task
Plessow et al. (2012)	Cognitive Flexibility	Stress $n = 23$; Control $n = 24$	12:00pm	50	22.17	Illnesses, Use of any medication(s), Smokers, BMI over 30, Hypertension	TSST	35min	Novel task
Pulopulos et al. (2015)	Working Memory	Stress $n = 37$; Control $n = 39$		50	64.26	Smokers	TSST	15min	Letter-number sequencing
Qin et al. (2009)	Working Memory	Stress $n = 14$; Control $n = 13$	3:00pm	0	20.52	None	Stressful videos during fMRI	15.5min	N-back
Qin et al. (2012)	Working Memory	$N = 39$	1:00pm	100	26.5	Illnesses, Use of any medication(s)	Stressful videos during fMRI	1.5min	N-back
Quesada et al. (2012)	Working Memory, Inhibition	Stress $n = 22$; Control $n = 19$	2:00pm	56.09	9.8	Use of any medication(s), Smokers, BMI over 30, Hypertension	TSST-C	25min, ~33min	Digit span backward, digit span forward, spatial span
Sänger et al. (2014)	Inhibition	Stress $n = 12$; Control $n = 12$	2:00pm	100	24.86	Illnesses, Use of any medication(s), Smokers, BMI over 30	SECPT	~72.5min on average	Novel task
Sato et al. (2012)	Inhibition	Stress $n = 19$; Control $n = 20$	2:00pm	100	21.06	None	TSST	15min	Flanker task
Scholz et al. (2009)	Working Memory	Stress $n = 10$;	2:00pm	100	25.73	Illnesses, Use of any	TSST	25min	Novel task

Study	Domain	Group	Time	%	Age	Exclusion	Stressor	Duration	Task
		Control n = 11				medication(s), Smokers			
Schoofs et al. (2008)	Working Memory	Stress n = 19; Control n = 17	10:00am	100	24.53	Illnesses, Use of any medication(s), BMI over 30, Hypertension	TSST	25min	N-back
Schoofs et al. (2009)	Working Memory, Inhibition	Stress n = 36; Control n = 35	2:30pm	100	20.18	Illnesses, Use of any medication(s), BMI over 30	CPT	~7.5min on average	OSPAN, digit span backward, digit span forward
Schoofs et al. (2013), Exp. 1	Working Memory	Stress n = 30; Control n = 29	10:00am	50	23.53	Illnesses, Use of any medication(s)	TSST	25min	N-back
Schoofs et al. (2013), Exp. 2	Working Memory	Stress n = 53; Control n = 56	10:00am	50	23.8	Illnesses, Use of any medication(s)	TSST	25min	N-back
Schwabe et al. (2013)	Inhibition	Stress n = 18; Control n = 18	1:30pm	44.44	24.4	Illnesses, Use of any medication(s), Smokers, Hypertension	SECPT	30min	Stop signal task
Shields et al. (2016)	Cognitive Flexibility	Stress n = 56; Control n = 57	12:00pm	50	20.2	Illnesses, Use of any medication(s), Hypertension	TSST-G	35min	PEBL Wisconsin Card Sorting Test
Shurtleff et al. (1994)	Working Memory	N = 8		100	27.5	None	Whole-body cold immersion for 30min	30min	Delayed match to sample
Smeets et al. (2006)	Working Memory	Stress n = 30; Control n = 30	2:00pm	50	19.65	Illnesses	TSST	40min	Digit span backward
Sorg and Whitney	Working Memory,	N = 30		53.33		None	Pressured cognitive task	10min	Word span, reading span

Study	Executive Function	Sample	Time			Exclusion Criteria	Stressor	Duration	Task
(1992)	Inhibition						with with social evaluation		
Steinhauser et al. (2007)	Cognitive Flexibility	Stress *n* = 20; Control *n* = 20		42.5	22.8	None	Pressured cognitive task with expected social evaluation	10min	Novel task
Taverniers et al. (2010)	Working Memory, Inhibition	Stress *n* = 13; Control *n* = 13	7:00pm	100	27.4	Illnesses, Use of any medication(s), BMI over 30, Hypertension	Mock prisoner of war exercise	60min	Digit span backward, digit span forward
Vinksi and Watter (2013), Exp. 1	Inhibition	Stress *n* = 51; Control *n* = 73		44.35		None	TSST	16min	Sustained attention to response task
Vinksi and Watter (2013), Exp. 2	Inhibition	Stress *n* = 23; Control *n* = 24		40.42		None	TSST	16min	Sustained attention to response task
Weerda et al. (2010)	Working Memory	Stress *n* = 20; Control *n* = 21	2:30pm	100	26.5	BMI over 30	TSST	16min	Novel task

Note: Values listed are study-average values and do not necessarily represent those used for analyses, had the information been broken up into smaller groups initially. If a study lists a total *N* rather than an *n* for stress and an *n* for control, that study used a within-subjects design. TSST: Trier Social Stress Test; TSST-G: TSST for Groups; TSST-C: TSST for children; CPT: Cold pressor task; SECPT: Social evaluated cold pressor task; MMST: Manheim multicomponent stress test;