**S1 Appendix.** Preclinical and Clinical PubMed Search Algorithm

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| Step | Preclinical Search Terms |
| 1 | Rat\* or mouse\* or mice\* or murine or rodent |
| 2 | Bifidobacterium or Probiotic\* or Lactobacillus or prebiotic\* or synbiotic\* or saccharomyces or mycobacterium |
| 3 | 1 and 2 |
| 4 | Anxiety or anxious or anx\* or anxiety-like |
| 5 | mental health\* |
| 6 | Psycholo\* and stress |
| 7 | 4 or 5 or 6 |
| 8 | 3 and 7 |

|  |  |
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| Step | Clinical Search Terms |
| 1 | randomized controlled trial\* or Clinical Trial \* or trial |
| 2 | Bifidobacterium or Bacteria\* or Probiotic\* or Lactobacillus or prebiotic\* or synbiotic\* or saccharomyces |
| 3 | 1 and 2 |
| 4 | Anxiety or anxious or anxio\* |
| 5 | mental health\* |
| 6 | Psycholo\* and stress |
| 7 | 4 or 5 or 6 |
| 8 | 3 and 7 |