

GRADE evidence profile

Certainty assessment							№ of patients		Effect		Certainty
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Mindfulness	control	Relative (95% CI)	Absolute (95% CI)	

Pain End of treatment

7	randomised trials	serious ^a	serious ^b	not serious	not serious	none	263	331	-	SMD 0.46 SD lower (0.75 lower to 0.17 lower)	⊕⊕○○ LOW
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Pain Follow-up

6	randomised trials	serious ^c	not serious	not serious	serious ^d	none	224	313	-	SMD 0.25 SD lower (0.52 lower to 0.01 higher)	⊕⊕○○ LOW
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Depression End of treatment

8	randomised trials	serious ^a	serious ^b	not serious	not serious	none	277	347	-	SMD 0.49 SD lower (0.85 lower to 0.12 lower)	⊕⊕○○ LOW
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Depression Follow-up

7	randomised trials	serious ^c	serious ^b	not serious	not serious	none	238	329	-	SMD 0.48 SD lower (0.77 lower to 0.19 lower)	⊕⊕○○ LOW
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Anxiety End of treatment

4	randomised trials	serious ^a	not serious	not serious	not serious	none	150	228	-	SMD 0.37 SD lower (0.71 lower to 0.02 lower)	⊕⊕⊕○ MODERATE
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Anxiety Follow-up

3	randomised trials	serious ^a	serious ^b	not serious	serious ^d	none	111	210	-	SMD 0.44 SD lower (0.9 lower to 0.02 higher)	⊕○○○ VERY LOW
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Sleep quality End of treatment

3	randomised trials	serious ^a	not serious	not serious	serious ^d	none	126	173	-	SMD 0.33 SD lower (0.7 lower to 0.04 higher)	⊕⊕○○ LOW
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Sleep quality Follow-up

3	randomised trials	serious ^a	not serious	not serious	not serious	none	128	175	-	SMD 0.25 SD lower (0.5 lower to 0)	⊕⊕⊕○ MODERATE
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Health-related quality of Life End of treatment

2	randomised trials	serious ^a	serious ^b	not serious	serious ^d	none	92	152	-	SMD 0.62 SD lower (1.52 lower to 0.28 higher)	⊕○○○ VERY LOW
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Health-related quality of Life Follow-up

2	randomised trials	serious ^a	serious ^b	not serious	serious ^d	none	92	152	-	SMD 0.62 SD lower (1.52 lower to 0.28 higher)	⊕○○○ VERY LOW
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Mindfulness End of treatment

2	randomised trials	serious ^a	not serious	not serious	not serious	none	75	134	-	SMD 0.4 SD lower (0.69 lower to 0.11 lower)	⊕⊕⊕○ MODERATE
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Mindfulness Follow-up

2	randomised trials	serious ^a	not serious	not serious	serious ^d	none	77	136	-	SMD 0.28 SD lower (0.56 lower to 0.01 higher)	⊕⊕○○ LOW
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Fatigue - not measured

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Workability - not measured

									-	0 (0 to 0)	-
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CI: Confidence interval; SMD: Standardised mean difference

Explanations

- a. The Risk of Bias show High Risk on attrition bias, selection bias and performance bias. In addition there are some uncertainty and unclear risk.
- b. The p-value is low and the I-square is high.
- c. The Risk of Bias show High Risk on attrition bias and performance bias. In addition there are some uncertainty and unclear risk.
- d. The confidence interval goes from a large effect in favor of mindfulness to a small effect in favor of control.
- e. The Risk of Bias show High Risk on performance bias. In addition there are some uncertainty and unclear risk.