

Risk of bias summary

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Astin 2003	+	+	+	+	-	?	+
Cash 2015	+	?	?	+	?	?	+
Grossman 2007	-	-	+	+	-	?	?
Luciano 2014	+	+	-	+	+	?	?
Parra-Delgado 2013	+	?	-	+	+	?	+
Schmidt 2011	+	+	+	+	+	+	+
Septon 2007	+	?	?	+	?	?	+
Simister 2018	+	+	-	+	+	?	+
Wicksell 2012	?	+	-	?	+	?	+

Reasons for high risk of bias

Astin 2003 et al. (34): Incomplete outcomes; 26 % never attended a class. Of 128 randomized into 2 groups, 50 (39%) dropped out from the study prior to 'end of treatment', 61 (48%) dropped out by week 16, and 63 (49%) failed to complete 24 week assessment.

Grossman 2007 et al. (35): Random sequence generation; quote p. 228: 'A quasi-random allocation to treatments was based upon alternation of small groups of patients according to time of enrollment'. Allocation concealment; Alternation of small groups of patients according to time of enrollment. The first 31 patients who enrolled comprised the initial two MBSR groups; the next consecutive 15 patients formed the control group, which was then followed with subsequent MBSR groups. Incomplete outcomes; 26 of 58 participants in follow-up.

Luciano 2014 et al. (36): Blinding of participants and personnel; Not blinded.

Parra-Delgado 2013 et al. (37): Blinding of participants and personnel; Participants were probably aware of assignment.

Simister 2018 et al. (42): Blinding of participants and personnel; quote p. 743: 'a registered physiotherapist...remained blind to participants' assigned condition for the duration of the study'. Participants were probably aware of assignment

Wicksell 2012 et al. (40): Blinding of participants and personnel; Wait-list control.