**TEMPLATE OF INCLUDED MAs**

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# Title of metanalysis : The use of mindfulness-based stress reduction (MBSR) for breast cancer patients-meta-analysis

PubMed ID of metaanalysis: 39487509

**Search terms**:

The search terms used were related to breast cancer (key words: breast cancer, breast neoplasms, breast tumors, cancer of breast, human mammary carcinoma; Mesh term: breast neoplasm); mindfulness-based stress reduction (key words: mindfulness-based stress reduction, MBSR, mindfulness-based intervention; Mesh term: mindfulness-based stress reduction).

**Inclusion Criteria:**

(1) Study type: RCT of breast cancer patients using MBSR; (2) Study population: Breast cancer patients aged 18 years and above, regardless of cancer stage; (3) The intervention group was treated with MBSR (meditation, zazen, body scanning, mindfulness yoga, etc.), while the control group was treated with routine nursing and waiting control; (4) Meta-analysis indicators: stress, anxiety, depression, fatigue, QOL, pain, sleep, FCR and PTG.

**Exclusion Criteria:**

(1) Republished articles; (2) Articles with incomplete data; (3) The article lacks the original data.

Search Date:

From inception (of Database) to November 2023.

Included studies:

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| Study title | Pubmed ID of included study |
| A randomized controlled trial of mindfulness-based stress reduction for women with early-stage breast cancer receiving radiotherapy | 23362338 |
| Effectiveness of mindfulness-based stress reduction in mood, breast- and endocrine-related quality of life, and well-being in stage 0 to III breast cancer: a randomized, controlled trial. | 22430268 |
| Mindfulness significantly reduces self-reported levels of anxiety and depression: results of a randomised controlled trial among 336 Danish women treated for stage I-III breast cancer. | 23265707 |
| Mindfulness based stress reduction (MBSR(BC)) in breast cancer: evaluating fear of recurrence (FOR) as a mediator of psychological and physical symptoms in a randomized control trial (RCT). | 23184061 |
| Mindfulness meditation for younger breast cancer survivors: a randomized controlled trial. | 25537522 |
| Examination of broad symptom improvement resulting from mindfulness-based stress reduction in breast Cancer survivors: a randomized controlled trial. | 27247219 |
| Mindfulness and its efficacy for psychological and biological responses in women with breast cancer. | 28421677 |
| Randomized controlled trial of mindfulness-based stress reduction (MBSR) on posttraumatic growth of Chinese breast cancer survivors. | 26853191 |
| Mindfulness based stress reduction provides psychological benefit and restores immune function of women newly diagnosed with breast cancer: a randomized trial with active control. | 30953776 |
| The effect of mindfulness-based stress reduction group counseling on psychological and inflammatory responses of the women with breast cancer. | 33078649 |
| Mindfulness-based stress reduction with acupressure for sleep quality in breast cancer patients with insomnia undergoing chemotherapy: a randomized controlled trial. | 36257214 |
| Mindfulness-based stress reduction in breast cancer survivors with chronic neuropathic pain: a randomized controlled trial. | 35845983 |
| ffect of mindfulness yoga on anxiety and depression in early breast cancer patients received adjuvant chemotherapy: a randomized clinical trial. | 35788727 |
| Research on mindfulness-based stress reduction in breast Cancer patients undergoing chemotherapy: an Observational Pilot Study. | 37023321 |
| Mindfulness-based stress reduction for quality of life, psychological distress, and cognitive emotion regulation strategies in patients with breast Cancer under early Chemotherapy-a Randomized Controlled Trial. | 37070838 |