

Anexo I. Procedimiento de cálculo meta-analítico.

Introducción

El objetivo de un meta-análisis es calcular el tamaño de efecto en las VDs de estudio, y el análisis del mismo. Existen diferentes coeficientes que definen el tamaño de efecto, como la d_{Cohen} , r : coeficiente de Pearson, Razón de ventajas (Odd Ratio), η^2_p (η^2 parcial), etc. En este trabajo se adopta como coeficiente para el tamaño de efecto la d_{Cohen} . El tamaño de efecto de la intervención MBI, en la forma de d_{Cohen} , es el correspondiente a:

$$d_{\text{Cohen intervención}} = [\text{VD}_{\text{post-intervención}} - \text{VD}_{\text{pre-intervención}}] / S ; \text{ siendo:}$$

VD: Variable Dependiente de estudio, y la diferencia en VDs de esta expresión también se denomina en este trabajo como “ $\text{VD}_{t2} - \text{VD}_{t1}$ ”; y S es la desviación típica de la variable d_{Cohen} , que se define y se calcula según los diferentes casos, según se indica en el Anexo 6.

El tamaño de efecto del seguimiento, (también denominado en este trabajo “FU” o “follow-up”), en la forma de d_{Cohen} , es:

$$d_{\text{Cohen FU}} = [\text{VD}_{\text{follow-up}} - \text{VD}_{\text{pre-intervención}}] / S$$

siendo “follow-up” tiempo posterior al “post-intervención”, normalmente expresado en meses o años en los EPs de este trabajo. En la base de datos, los EPs que tengan seguimiento en dos momentos (t_3 y t_4) serán registrados en la base de datos de EPs como “ $\text{VD}_{t3} - \text{VD}_{t1}$ ” y “ $\text{VD}_{t4} - \text{VD}_{t1}$ ”, tal como se refleja en los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls; hoja “listado13” (cálculos para VD rumiación FU)

Procedimiento de cálculo.

Los pasos necesarios para la realización de un meta-análisis son:

- 1) Comprobar si la muestra de investigaciones (ETs), tiene sesgo de publicación. En este trabajo se utiliza el método de Rosenthal (1979).
- 2) Comprobar que el tamaño de efecto sea significativo en la VD en estudio. mediante el cálculo del valor de contraste p . En este meta-análisis se aplica el método de Stouffer (1949).
- 3) Cálculo del tamaño de efecto d_{Cohen} en el caso de que p sea significativo, mediante el método de Stouffer (1949).
- 4) Cálculo del intervalo de confianza del tamaño de efecto (global), para un nivel de confianza de $(1 - \alpha) = 0.95$; (95%).

- 5) Análisis de la homogeneidad del tamaño de efecto. En este trabajo se utiliza el método de contraste de Hedges y Olkin (1985).
- 6) Inspección de variables mediadoras de tipo categórico. En este trabajo se aplica el método de Botella y Gambara (2012).
- 7) Cálculo del tamaño de efecto en las subcategorías de las variables mediadoras que hayan sido declaradas significativas en el paso 6).
- 8) Cálculo del intervalo de confianza del tamaño de efecto, para cada una de las subcategorías de las variables mediadoras que fueron significativas en el paso 6), para un nivel de confianza de $(1 - \alpha) = 0.95$; (95%).
- 9) Inspección de variables mediadoras de tipo numérico. En el presente meta-análisis se utiliza el método de Botella y Gambara (2012).
- 10) Cálculo del tamaño de efecto en las variables mediadoras numéricas significativas, según modelo de regresión lineal con el método de estimación ponderada (con la variable de ponderación: el inverso de la varianza del tamaño de efecto).
- 11) Cálculo del intervalo de confianza del tamaño de efecto, para cada una de las subcategorías de las variables mediadoras numéricas que fueron significativas en el paso 9), (que se han de definir posteriormente al paso 10) para un nivel de confianza de $(1 - \alpha) = 0.95$; (95%).

1. Cálculo de Ns: Número de seguridad de Rosenthal. Sesgo de publicación.

Rosenthal propuso una forma de valorar esta potencial amenaza del sesgo de publicación mediante el cálculo del número de estudios (Ns) con un promedio de efectos nulos que debería haber en los archivos (o sea, realizarse, pero no publicarse) o que deberíamos hacer en el futuro, para que el resultado global se redujese hasta un nivel de no significación prefijado, en este meta-análisis de 0.05 (α). Este número, es denominado por Rosenthal “número de seguridad” o “tolerancia”. Ns. Su cálculo se basa en la prueba de Stouffer explicada en el paso 2 y 3 de este Anexo I.

Particularizando para $\alpha = 0.05$: la expresión de Stouffer es:

$$Z_c = \frac{(\sum Z_i)}{\sqrt{k}} \leq 1.64 \quad (\text{Condición genérica de Stouffer})$$

Con $i = 1, 2, \dots, k$, siendo k el número de ETs existentes para la VD en estudio, y Z_c es el valor de la función $N(0,1)$ del conjunto de ETs.

Suponiendo que de los k estudios realizados, una parte ha sido realmente publicada (k_p) y la otra está en los archivadores y no ha sido publicada (k_{np}). Entonces la forma correcta de la expresión anterior sería:

$$Z_c = \frac{(\sum Z_i + \sum Z_i)}{\sqrt{(k_p + k_{np})}} \leq 1.64 \quad (\text{Condición genérica de Rosenthal})$$

donde cada sumatorio $\sum Z_i$ es diferente: Primer sumatorio: con $i = 1, 2, \dots, k_p$; Segundo sumatorio: con $i = 1, 2, \dots, k_{np}$. Es decir, la expresión de Stouffer (para el cálculo de d_{Cohen}) asume la hipótesis de asumir que $k_{np} = 0$.

El cálculo hecho con los estudios realmente publicados (tal como se hace en el presente meta-análisis) podría llevar a concluir que el resultado de d_{Cohen} es estadísticamente significativo (mayor que 1.64 para $\alpha = 0.05$) cuando realmente podría no ser significativo. La estrategia de Rosenthal (1979) consiste en calcular cuánto debería valer k_{np} para conseguir que ese valor aparentemente significativo se redujera hasta un valor no significativo (menor que 1.64). Para ello se iguala la expresión de la condición de Rosenthal $\left[\frac{(\sum Z_i + \sum Z_i)}{\sqrt{(k_p + k_{np})}} = 1.64 \right]$; y se despeja k_{np} . k_{np} para este caso se denomina: Ns: número de seguridad

$$Ns = \frac{(\sum Z_i)}{\sqrt{(1.64)}} - k, \text{ siendo:}$$

$i = 1, 2, \dots, k$; k : número de estudios involucrados; $\alpha = 0.05$ (si se trabajase con $\alpha = 0.01$, habría que sustituir en la condición de Rosenthal el 1.64 por 2.33); Ns: número de estudios con resultados no significativos que no se hayan publicado para que su inclusión en el meta-análisis llevase a invertir la conclusión y decidir que no hay tamaño de efecto significativo.

Condición de contraste: Rosenthal propuso la relación: $5k + 10$, siendo k el número de ETs para la VD en estudio, considerando que si Ns es mayor que el resultado de esta expresión entonces la conclusión es robusta con respecto a la amenaza representada por el problema del sesgo de la no publicación. Es decir, si Ns es mayor que la condición de contraste ($5k + 10$), no existe sesgo de publicación.

Los cálculos correspondientes al Número de Rosenthal para cada una de las variables dependientes de este meta-análisis, y las condiciones de contraste, se realizan entre las columnas comprendidas entre “X” y “AD”, ambas inclusive, de los ficheros:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

2. Cálculo de p. Método de Stouffer.

El Método de Stouffer, también denominado “de suma de puntuaciones típicas”, consiste en suponer que se realizan k contrastes sucesivos sobre una misma hipótesis nula, H_0 , de forma independiente (en nuestro meta-análisis H_0 es suponer que la VD no varía tras MBI, es decir, que $d_{\text{Cohen}} = 0$), obteniendo para cada contraste el valor p_i . A partir de p_i , mediante la función inversa de la normal, obtenemos z_i (para cada uno de los valores p_i) de una $N(0,1)$, bajo H_0 verdadera los valores z_i se distribuyen según una $N(0,1)$. Si estudiamos la variable: $\sum z_i$, que es la suma de k valores independientes (en nuestro caso k ETs). esta variable, suma de z_i , se distribuirá según $N(0, \sqrt{k})$.

Por tanto, el estadístico $z_c = (\sum z_i) / \sqrt{k}$; se distribuye según $N(0,1)$ y así, se puede comparar con los valores de la Tabla de la normal unitaria $N(0,1)$, debiendo resultar una $p < 0.05$ para que d_{Cohen} sea significativa.

Estos cálculos de p para cada VD del meta-análisis se han realizado entre las columnas comprendidas entre “AE” y “AH”, ambas inclusive, de los ficheros:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

3. Cálculo del tamaño de efecto d_{Cohen} . Método de Stouffer.

El método de Stouffer supone la existencia de k estudios (en nuestro meta-análisis k ETs) en los que cada uno se tiene una estimación del mismo tamaño de efecto, d_{Cohen} de cada ET, teniéndose para cada VD del meta-análisis, k estimaciones sobre el tamaño del efecto.

Los estimadores tienen un error típico, que es función del tamaño muestral. Por tanto, trabajando con valores d_{Cohen} , de cada ET, el mejor estimador puntual es:

$$Cohen's\ d = \frac{\sum(w_i \times d_i)}{\sum(w_i)}$$

donde w_i es el peso de cada estudio. El valor de w_i en el método de Stouffer es el inverso de la varianza del tamaño de efecto.

El valor de la varianza en función de los tamaños muestrales N_{exp} y N_c (del grupo experimental y del grupo de control), para un ET determinado viene dado por:

$$S^2 = \frac{N_{exp} + N_c}{N_{exp} \times N_c} + \frac{1}{2(N_{exp} + N_c)} \times d^2$$

Siendo d el tamaño de efecto correspondiente a la VD y ET en estudio.

Por tanto, sustituyendo la expresión anterior en la definición de $w_i = 1/S^2$ se tiene:

$$w_i = \frac{2(N_{exp} + N_c) N_{exp} N_c}{2 N_{exp} N_c d^2 (N_{exp} + N_c)^2}$$

En el caso de que el estudio ET sea de no asignación aleatorizada, que en la mayoría de los casos de la muestra de este meta-análisis se produce por la no existencia de grupo de control ($N_c=0$), entonces la fórmula a aplicar para obtener w_i , según el método de Stouffer, es:

$$w_i = \frac{N_{exp}}{s^2}, \text{ siendo:}$$

s^2 la varianza de la variable tamaño de efecto d_{Cohen} .

El cálculo de s^2 para los diferentes casos se refleja en el Anexo 6.

Los cálculos correspondientes al cálculo de d_{Cohen} según este método, que se han desarrollado para los ETs del presente meta-análisis se han realizado entre las columnas comprendidas entre “AI” y “AN”, ambas inclusive, de los ficheros:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

4. Cálculo del intervalo de confianza del tamaño de efecto.

Conocidos los w_i (pesos proporcionales al inverso de la varianza, tal como se ha explicado en el paso 3.), y recordando que en el presente trabajo se tiene $\alpha = 0.05$, el intervalo de confianza (IC) para el tamaño de efecto d_{Cohen} viene dado por la expresión:

$$IC = d \pm \frac{1.96}{\sqrt{\sum(w_i)}}$$

Los cálculos correspondientes al intervalo de confianza al 95% de d_{Cohen} se han desarrollado para los ETs en cada una de las VDs de estudio del presente meta-análisis entre las columnas comprendidas entre “AI” y “AN”, ambas inclusive, de los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

5. Análisis de la homogeneidad del tamaño de efecto.

En este trabajo se contrasta la homogeneidad de los datos del tamaño de efecto d_{Cohen} mediante el contraste de Hedges y Olkin (1985), que calcula un indicador objetivo de homogeneidad de los tamaños de efecto de los estudios que componen el metaanálisis (ETs).

El tamaño de efecto es independiente del tamaño de la muestra empleada, aunque su desviación típica es función inversa de la muestra empleada. Las técnicas para contrastar la homogeneidad de las estimaciones de tamaño de efecto se emplean para estudiar si la dispersión observada en los valores es compatible con la hipótesis de que todos ellos son estimaciones del mismo parámetro. La hipótesis alternativa es que nuestras estimaciones incluyen subconjuntos que estiman dos o más valores paramétricos distintos.

La hipótesis H_0 que se contrasta establece que las diferencias que se observan entre las estimaciones del tamaño del efecto proceden exclusivamente de las fluctuaciones aleatorias procedentes del muestreo de los sujetos que participaron en cada estudio concreto.

La hipótesis alternativa, H_1 , establece que hay alguna fuente de variación adicional a la de las fluctuaciones asociadas al muestreo. Esta fuente puede estar asociada a los procedimientos de medida, de aplicación de la intervención, del muestreo de los sujetos, del diseño empleado, (por ejemplo, la frecuencia de las sesiones de intervención) etc.

La fórmula propuesta por Hedges y Olkin, 1985, para contrastar la hipótesis de homogeneidad de las estimaciones de los tamaños del efecto d , viene dada por la expresión:

$$Q_t = \sum (w_i \times d_i^2) - \frac{(\sum (w_i \times d_i))^2}{\sum w_i}$$

Donde este estadístico tiene como d_i a las estimaciones de d en cada estudio ET del metaanálisis, y w_i el peso de cada estudio. Q_t se distribuye según una χ^2 con $k-1$ grados de libertad para el caso de un Metaanálisis de k estudios en una VD.

Así, cuando el estadístico de contraste Q_t tenga un valor menor o igual al valor de χ^2 con $k-1$ grados de libertad, no se puede rechazar la hipótesis nula H_0 , es decir, la distribución de d_{Cohen} es homogénea, en cuyo caso toda su varianza es explicada por una distribución por azar. En caso contrario, cuando $Q_t > \chi^2$ con $k-1$ grados de libertad, entonces se rechaza la hipótesis nula H_0 , y existiría una varianza que ha de explicarse más allá del azar, mediante el análisis de las variables mediadoras de los siguientes pasos del meta-análisis.

Los cálculos correspondientes al análisis de homogeneidad del tamaño de efecto de d_{Cohen} se han desarrollado cada una de las VDs de estudio del presente meta-análisis entre las columnas comprendidas entre “AJ” y “AP”, ambas inclusive, de los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls; hoja “listado13” (cálculos para VD rumiación FU)

6. Inspección de variables mediadoras de tipo categórico.

En este trabajo se aplica el método de Botella y Gambara (2012) para realizar la inspección de potenciales variables mediadoras (de tipo categórico o de tipo numérico) que reduzcan el valor de la varianza no explicada del tamaño de efecto d_{Cohen} . En caso de existir homogeneidad en el tamaño de efecto, el meta-análisis estaría terminado para dicha VD y conjunto de ETs, ya que el único valor de d_{Cohen} representaría a toda el conjunto de ETs.

En el presente trabajo, todas las VDs que han superado el test del sesgo de publicación, (es decir, todas menos “rumiación FU”) han tenido heterogeneidad en d_{Cohen} , por lo que se ha realizado la inspección de variables mediadoras para dichas 7 VDs (depresión, mindulness, ansiedad, rumiación, depresión FU, mindfulness FU y ansiedad FU).

La **primera variable categórica potencialmente mediadora** que se ha analizado para cada VD es la variable categórica existencia de Asignación Aleatorizada en el ET (sí / no), ya que ésta ha sido una eficaz variable mediadora en diferentes meta-análisis, como el caso del meta-análisis realizado en 2007 por Vázquez y Torres. Además, otra motivación que ha hecho que sea ésta una variable a inspeccionar como posible variable mediadora es que en el cálculo de d_{Cohen} del paso 3), al calcular los coeficientes peso w_i , como dichos coeficientes tienen expresiones de cálculo distintas para los ensayos con asignación aleatoria con respecto a los que no tienen dicha asignación, se observa que la aportación (en general en todas las 7 VDs) de los RCTs (con asignación aleatorizada) es diferente del resto de estudios. Esto puede verse en el desglose de los cálculos realizados entre las columnas comprendidas entre “AI” y “AN”, ambas inclusive, de los ficheros Excel que figuran al final de este paso 6.

La **segunda variable categórica potencialmente mediadora** que se ha analizado para cada VD es la variable categórica población clínica (sí / no), motivado por haber sido una buena variable mediadora en la investigación realizada por Ferrer, Bosch, García, Manassero y Gili, (2004), quienes utilizaron una variable mediadora categórica, de 13 diferentes diagnósticos clínicos de los participantes, es decir, de 13 subcategorías. En el presente meta-análisis se ha pretendido inspeccionar el carácter mediador de la variable diagnóstico, haciendo una sucategorización básica (2 categorías): población clínica o no clínica. Para analizar si cada una de estas dos variables categóricas son significativas, es decir, que tienen un efecto diferenciador para cada una de sus subcategorías en el tamaño de efecto de la VD en estudio, se utiliza el contraste de Hedges y Olkin, visto en el paso 5 de este Anexo para

Analizar la homogeneidad del tamaño de efecto global. Ahora se utilizará el mismo método para cada una de las submuestras definidas por cada una de las categorías que marcan la variable categórica en estudio. Así, el contraste χ^2 viene definido para $k=n^\circ$ de categorías $- 1$, que para el presente meta-análisis es: $2-1 = 1$, teniéndose $\chi^2(1) = 3.84$.

Se calcula el estadístico Q_b , como la diferencia: $Q_t - Q_w$, siendo Q_t el estadístico correspondiente al total de la VD, calculado en el paso 5, y $Q_w = Q_{w1} + Q_{w2}$ (ya que sólo hay dos categorías), siendo Q_{w1} el estadístico calculado según el método de Hedges y Olkin para la categoría 1 (valor = sí), y Q_{w2} el correspondiente para la categoría 2 (valor =no).

Si Q_b es superior al valor de contraste de $\chi^2(1) = 3.84$, entonces habrá heterogeneidad en las dos categorías en cuanto al tamaño de efecto sobre la VD en estudio, o lo que es lo mismo, la variable mediadora será significativa.

Los cálculos correspondientes al análisis de inspección de dos potenciales variables mediadoras categóricas mediante contraste de Hedges y Olkin se han desarrollado para cada una de las VDs de estudio del presente meta-análisis entre las columnas comprendidas entre “AQ” y “BE”, ambas inclusive, de los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

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http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

7) Cálculo del tamaño de efecto en las subcategorías de las variables mediadoras que hayan sido declaradas significativas en el paso 6.

Para cada una de las dos variables categóricas: ensayo aleatorizado (sí/no) y población clínica (sí/no), si en el paso 6 resultan que son significativas, hay que calcular el tamaño de efecto para cada una de las categorías (2 en nuestro estudio) de dichas variables. Para ello se aplica a los ETs correspondientes a cada una de las categorías el método de Stouffer visto en el paso 3 de este Anexo.

Los cálculos correspondientes al cálculo del tamaño de efecto, d_{Cohen} , de las variables mediadoras categóricas que hayan sido consideradas significativas mediante el paso 6 se han desarrollado en las mismas columnas que en las del paso 6, es decir, entre las columnas comprendidas entre “AQ” y “BE”, ambas inclusive, de los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

8) Cálculo del intervalo de confianza del tamaño de efecto, para cada una de las subcategorías de las variables mediadoras.

En este paso se realiza el cálculo del intervalo de confianza del tamaño de efecto, para cada una de las subcategorías de las variables mediadoras que fueron significativas en el paso 6), para un nivel de confianza de $(1 - \alpha) = 0.95$; (95%). Para ello se sigue el mismo procedimiento que el utilizado en el paso 4), requiriéndose el cálculo de los w_i para cada una de las categorías de la variable mediadora. Dichos cálculos se han desarrollado en las mismas columnas que en las del paso 6, es decir, entre las columnas comprendidas entre “AQ” y “BE”, ambas inclusive, de los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

9) Inspección de variables mediadoras de tipo numérico. Método de Botella y Gambara (2012).

En el presente meta-análisis se utiliza el método de Botella y Gambara para inspeccionar potenciales variables mediadoras de tipo numérico.

La tercera variable potencialmente mediadora que se ha analizado para cada VD es la variable edad, en base a la influencia que muestra la edad en las VDs en diferentes investigaciones. Incluso una de las investigaciones de este meta-análisis, el E.P. nº 91 (=E.T. nº45), realizada en 2014 por Nyklíček, Dijkman, Lenders, Fonteijn, y Koolen, encontraron que la variable edad es mediadora en su estudio, haciendo que el tamaño de efecto en las VDs de ansiedad y depresión fuera diferente según dicha variable mediadora, tal como se refleja en el siguiente gráfico:

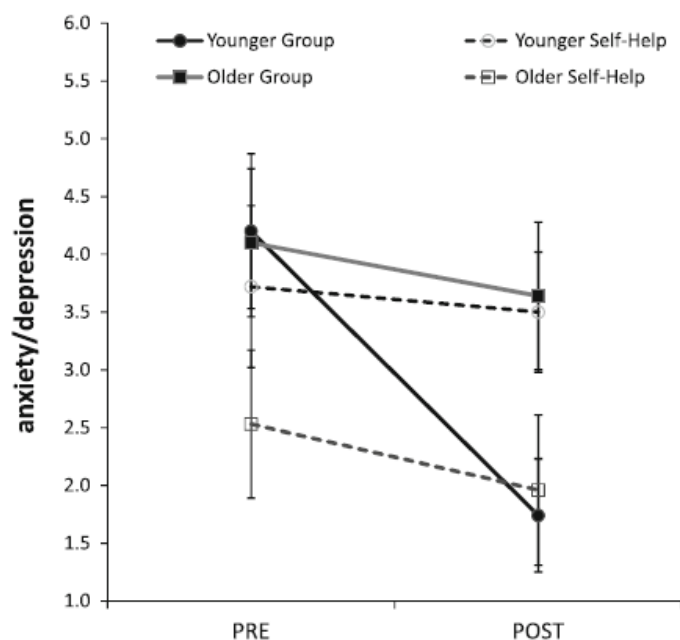


Fig. 3 del E.P. de Nyklíček, Dijkman, Lenders, Fonteijn, y Koolen (2014).

En dicha investigación, consideran la variable mediadora edad como una variable categórica, con dos subcategorías (mayor y menor de 60 años). En el presente meta-análisis se inspecciona dicha variable mediadora, y se considera numérica, para analizar la potencial significación entre la covariación entre edad y tamaño de efecto, d_{Cohen} en cada una de las VDs de estudio.

Método de Botella y Gambara (2012), para contraste de variables mediadoras de tipo numérico. La variabilidad de los tamaños de efecto es función del tamaño muestral, por lo que no se puede aplicar el método de regresión estándar para analizar la posible recta de regresión (o covarianza) entre las variables tamaño de efecto y la variable numérica potencialmente mediadora. La alternativa que proponen Botella y Gambara es ponderar cada estudio (ET) por el inverso de la varianza y aplicar un análisis de regresión, que en el SPSS versión 19.0 se realiza mediante el menú: Analizar/Regresión/Estimación ponderada, e introduciendo como variable de ponderación di (=los tamaños de efecto de cada uno de los ETs) y como rango de potencia: “1 hasta 1 por 0” para así ponderar cada ET mediante el factor $1/s^2$ (inverso de la varianza del tamaño de efecto de la VD en estudio). Lo que analiza este método es tener como referencia el estadístico Q_t , y hace una partición de la varianza en una varianza explicada por el modelo de regresión ponderada, y una varianza residual o de error:

$$Q_t = Q_R + Q_E$$

Este estudio se puede hacer con el SPSS, tal como se ha indicado en el párrafo anterior. Los valores Q_R y Q_E se obtienen directamente de la columna de sumas de cuadrados que aparece en la tabla de análisis de varianza de la regresión. Q_R es la suma de cuadrados del modelo de regresión, que con una sola variable predictora numérica (que es el caso de nuestro meta-análisis) se distribuye según χ^2 . Y el valor de contraste es $\chi^2(1) = 3.84$.

Q_E es la suma de cuadrados residual, con una sola variable predictora numérica se distribuye según $\chi^2(k-2)$, siendo k el número de ETs existentes para la VD en estudio.

Si Q_R es significativa, entonces el modelo de regresión explica una parte significativa de la varianza. Si Q_E es significativa, entonces aunque Q_R explique parte de la varianza, queda aún parte significativa sin explicar.

Los cálculos correspondientes a la inspección de la variable numérica edad para las VDs en estudio del meta-análisis se han realizado entres las columnas “BF” y “BI” de los ficheros Excel:

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado6” (cálculos para VD depresión)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado7” (cálculos para VD mindfulness)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado8” (cálculos para VD ansiedad)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado9” (cálculos para VD rumiación)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado10” (cálculos para VD depresión FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado11” (cálculos para VD mindfulness FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado12” (cálculos para VD ansiedad FU)

http://www.unizar.es/socialpsychology/datos_y_calculos.xls ; hoja “listado13” (cálculos para VD rumiación FU)

10) Cálculo del tamaño de efecto en las variables mediadoras numéricas significativas según modelo de regresión lineal con el método de estimación ponderada (con la variable de ponderación: el inverso de la varianza del tamaño de efecto).

Si la variable mediadora numérica analizada en el paso es significativa, Botella y Gambara advierten que no se puede utilizar la recta de regresión obtenida en el paso 9 como estimador del tamaño de efecto en función de la variable numérica mediadora. Es decir, el contraste de Botella y Gambara (mediante el uso de la regresión lineal, tal como se ha definido en el paso 9) sólo sirve para analizar la homogeneidad del tamaño de efecto en función de la variable mediadora, pero ningún otro parámetro que se obtenga es fiable. La solución es, una vez sabido que es significativa, hacer dos o más subcategorías para calcular en cada una de ellas el tamaño de efecto, d_{Cohen} , según el método de Stouffer descrito en el paso 3 de este Anexo. En el presente meta-análisis no ha sido significativa la variable edad para ninguna de las VDs en estudio, por lo que este paso 10 (y el siguiente 11) no se ha tenido que realizar en este trabajo.

11) Cálculo del intervalo de confianza del tamaño de efecto, para cada una de las subcategorías de las variables mediadoras numéricas.

En este último paso del procedimiento se realiza se determina el intervalo de confianza del tamaño de efecto, para cada una de las subcategorías de las variables mediadoras numéricas que fueron significativas en el paso 10), (que se han de definir posteriormente al paso 10) para un nivel de confianza de $(1 - \alpha) = 0.95$; (95%). Tal como se ha dicho en el paso 10, los pasos 10 y 11 no han procedido aplicarse en el presente meta-análisis, debido a que la variable numérica edad utilizada como potencialmente mediadora no ha resultado significativa para las 7 VDs que has tenido un tamaño d_{Cohen} significativo.

Anexo 1: Artículos encontrados en la búsqueda realizada el 21/02/2017 en *Web of Science*.

Para ver toda la información original recopilada de cada artículo encontrado en la búsqueda realizada el 21/02/2017 en Web of Science, ver el fichero http://www.unizar.es/socialpsychology/datos_y_calculos.xls en su hoja “listado1”. El título, autores y fecha de publicación quedan reflejados en el listado principal de este Anexo1.

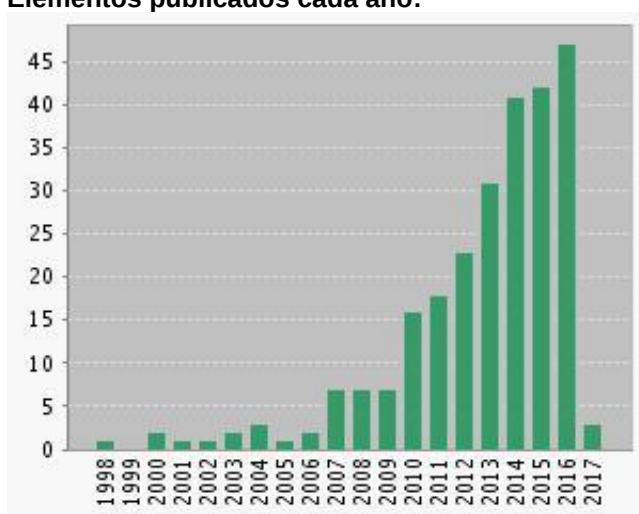
Filtro aplicado:

Tema: (mindfulness intervention) AND Tema: (depression) AND Título: (mindfulness)

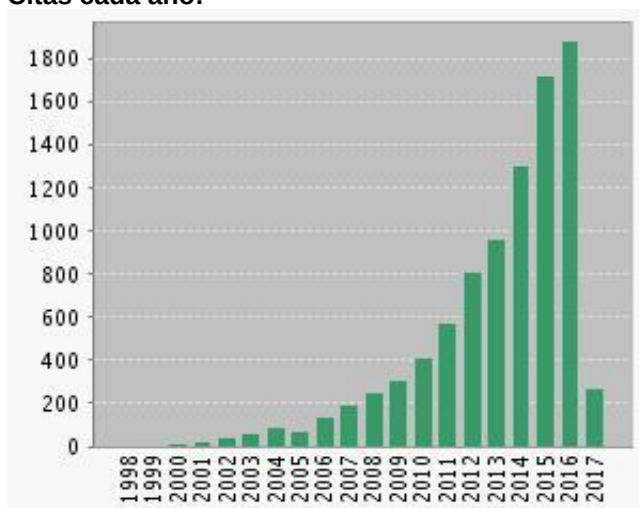
Refinado por: Categorías de *Web of Science*=(PSYCHOLOGY CLINICAL OR PSYCHOLOGY) AND Tipos de documento=(ARTICLE)

Período de tiempo=Todos los años. Índices=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI, CCR-EXPANDED, IC.

Elementos publicados cada año:



Citas cada año:



Resultados encontrados	256
Total de veces citado	9157
Promedio de citas por artículo	35,77
Duplicados	9

Nº EP	Título	Autores	Año de publicación
1	The impact of intensive mindfulness training on attentional control, cognitive style, and affect	Chambers, Richard; Lo, Barbara Chuen Yee; Allen, Nicholas B.	2008
2	Mindfulness training as an intervention for fibromyalgia: Evidence of postintervention and 3-year follow-up benefits in well-being	Grossman, Paul; Tiefenthaler-Gilmer, Ulrike; Raysz, Annette; Kesper, Ulrike	2007
3	Randomized controlled trial of mindfulness-based stress reduction (MBSR) for survivors of breast cancer	Lengacher, Cecile A.; Johnson-Mallard, Versie; Post-White, Janice; Moscoso, Manolete S.; Jacobsen, Paul B.; Klein, Thomas W.; Widen, Raymond H.; Fitzgerald, Shirley G.; Shelton, Melissa M.; Barta, Michelle; Goodman, Matthew; Cox, Charles E.; Kip, Kevin E.	2009
4	Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression	Zautra, Alex J.; Davis, Mary C.; Reich, John W.; Tennen, Howard; Irwin, Michael R.; Nicassio, Perry; Finan, Patrick; Kratz, Anna; Parrish, Brendt	2008
5	Mindfulness-Based Stress Reduction for the Treatment of Adolescent Psychiatric Outpatients: A Randomized Clinical Trial	Biegel, Gina M.; Brown, Kirk Warren; Shapiro, Shauna L.; Schubert, Christine A.	2009
6	Mindfulness-based cognitive therapy as a treatment for chronic depression: A preliminary study	Barnhofer, Thorsten; Crane, Catherine; Hargus, Emily; Amarasinghe, Myanathi; Winder, Rosie; Williams, J. Mark G.	2009
7	Depression, Craving, and Substance Use Following a Randomized Trial of Mindfulness-Based Relapse Prevention	Witkiewitz, Katie; Bowen, Sarah	2010
8	Self-compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression	Van Dam, Nicholas T.; Sheppard, Sean C.; Forsyth, John P.; Earleywine, Mitch	2011
9	Mindfulness-based cognitive therapy for residual depressive symptoms	Kingston, Tara; Dooley, Barbara; Bates, Anthony; Lawlor, Elizabeth; Malone, Kevin	2007
10	Mindfulness Training Increases Momentary Positive Emotions and Reward Experience in Adults Vulnerable to Depression: A Randomized Controlled Trial	Geschwind, Nicole; Peeters, Frenk; Drukker, Marjan; van Os, Jim; Wichers, Marieke	2011
11	Mindfulness-based stress reduction for patients with anxiety disorders: Evaluation in a randomized controlled trial	Vollestad, Jon; Sivertsen, Borge; Nielsen, Geir Flostmark	2011
12	A qualitative study of mindfulness-based cognitive therapy for depression	Mason, O; Hargreaves, I	2001
13	Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behavior	Williams, JMG; Duggan, DS; Crane, C; Fennell, MJV	2006
14	Mindfulness-Based Cognitive Therapy for Individuals Whose Lives Have Been Affected by Cancer: A Randomized Controlled Trial	Foley, Elizabeth; Baillie, Andrew; Huxter, Malcolm; Price, Melanie; Sinclair, Emma	2010
15	The effects of mindfulness-based cognitive therapy on recurrence of depressive episodes, mental health and quality of life: A randomized controlled study	Godfrin, K. A.; van Heeringen, C.	2010

16	Letting Go: Mindfulness and Negative Automatic Thinking	Frewen, Paul A.; Evans, Elspeth M.; Maraj, Nicholas; Dozois, David J. A.; Partridge, Kate	2008
17	Mindfulness-based stress reduction and sense of coherence among women with fibromyalgia	Weissbecker, I; Salmon, P; Studts, JL; Floyd, AR; Dedert, EA; Sephton, SE	2002
18	Mindfulness- and acceptance-based interventions for anxiety disorders: A systematic review and meta-analysis	Vollestad, Jon; Nielsen, Morten Birkeland; Nielsen, Geir Hostmark	2012
19	Mindfulness training and problem formulation	Teasdale, JD; Segal, ZV; Williams, JMG	2003
20	Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample	Kearney, David J.; McDermott, Kelly; Malte, Carol; Martinez, Michelle; Simpson, Tracy L.	2012
21	Internet-delivered exposure and mindfulness based therapy for irritable bowel syndrome - A randomized controlled trial	Ljotsson, Brjann; Falk, Lisa; Vesterlund, Amanda Wibron; Hedman, Erik; Lindfors, Per Johan; Ruck, Christian; Hursti, Timo; Andreevitch, Sergej; Jansson, Liselotte; Lindefors, Nils; Andersson, Gerhard	2010
22	Mindfulness: A promising intervention strategy in need of further study	Roemer, L; Orsillo, SM	2003
23	Mindfulness Intervention for Child Abuse Survivors	Kimbrough, Elizabeth; Magyari, Trish; Langenberg, Patricia; Chesney, Margaret; Berman, Brian	2010
24	Mindfulness, Depression and Modes of Mind	Williams, J. Mark G.	2008
25	Mechanisms of Change in Mindfulness-Based Cognitive Therapy for Depression: Preliminary Evidence from a Randomized Controlled Trial	Shahar, Ben; Britton, Willoughby B.; Sbarra, David A.; Figueredo, Aurelio Jose; Bootzin, Richard R.	2010
26	Laboratory stressors in clinically anxious and non-anxious individuals: The moderating role of mindfulness	Arch, Joanna J.; Craske, Michelle G.	2010
27	Mindfulness and Acceptance-Based Group Therapy for Social Anxiety Disorder: An Open Trial	Kocovski, Nancy L.; Fleming, Jan E.; Rector, Neil A.	2009
28	A Randomized Clinical Trial of Mindfulness-Based Cognitive Therapy Versus Unrestricted Services for Health Anxiety (Hypochondriasis)	McManus, Freda; Surawy, Christina; Muse, Kate; Vazquez-Montes, Maria; Williams, J. Mark G.	2012
29	Mindfulness meditation in clinical practice	Salmon, P; Sephton, S; Weissbecker, I; Hoover, K; Ulmer, C; Studts, JL	2004
30	A PILOT STUDY OF GROUP MINDFULNESS-BASED COGNITIVE THERAPY (MBCT) FOR COMBAT VETERANS WITH POSTTRAUMATIC STRESS DISORDER (PTSD)	King, Anthony P.; Erickson, Thane M.; Giardino, Nicholas D.; Favorite, Todd; Rauch, Sheila A. M.; Robinson, Elizabeth; Kulkarni, Madhur; Liberzon, Israel	2013
31	Mindfulness-based Cognitive Therapy for Generalized Anxiety Disorder: A Preliminary Evaluation	Craigie, Mark A.; Rees, Clare S.; Marsh, Ali; Nathan, Paula	2008
32	Examining the Factor Structures of the Five Facet Mindfulness Questionnaire and the Self-Compassion Scale	Williams, Matthew J.; Dalglish, Tim; Karl, Anke; Kuyken, Willem	2014
33	Individuals with mental illness can control their aggressive behavior through mindfulness training	Singh, Nirbhay N.; Lancioni, Giulio E.; Winton, Alan S. W.; Adkins, Angela D.; Wahler, Robert G.; Sabaawi, Mohamed; Singh, Judy	2007
34	Changes in spirituality partly explain health-related quality of life outcomes after Mindfulness-Based Stress Reduction	Greeson, Jeffrey M.; Webber, Daniel M.; Smoski, Moria J.; Brantley, Jeffrey G.; Ekblad, Andrew G.; Suarez, Edward C.; Wolever, Ruth Quillian	2011

35	A qualitative analysis of mindfulness-based cognitive therapy (MBCT) in Parkinson's disease	Fitzpatrick, Lee; Simpson, Jane; Smith, Alistair	2010
36	The Difficulty of Defining Mindfulness: Current Thought and Critical Issues	Chiesa, Alberto	2013
37	Mindfulness-based cognitive therapy reduces chronic cancer-related fatigue: a treatment study	van der Lee, Marije L.; Garssen, Bert	2012
38	Influence of Mindfulness Practice on Cortisol and Sleep in Long-Term and Short-Term Meditators	Brand, Serge; Holsboer-Trachsler, Edith; Naranjo, Jose Raul; Schmidt, Stefan	2012
39	Psychological and neural mechanisms of trait mindfulness in reducing depression vulnerability	Paul, Natalie A.; Stanton, Steven J.; Greeson, Jeffrey M.; Smoski, Moria J.; Wang, Lihong	2013
40	Outcomes following mindfulness-based cognitive therapy in a heterogeneous sample of adult outpatients	Ree, Melissa J.; Craigie, Mark A.	2007
41	Mindfulness-Based Stress Reduction for Older Adults: Effects on Executive Function, Frontal Alpha Asymmetry and Immune Function	Moynihan, Jan A.; Chapman, Benjamin P.; Klorman, Rafael; Krasner, Michael S.; Duberstein, Paul R.; Brown, Kirk Warren; Talbot, Nancy L.	2013
42	Psychological benefits for cancer patients and their partners participating in mindfulness-based stress reduction (MBSR)	Birnie, Kathryn; Garland, Sheila N.; Carlson, Linda E.	2010
43	Mindfulness-Based Stress Reduction and Physiological Activity During Acute Stress: A Randomized Controlled Trial	Nyklicek, Ivan; Mommersteeg, Paula M. C.; Van Beugen, Sylvia; Ramakers, Christian; Van Boxtel, Geert J.	2013
44	A randomized controlled trial of mindfulness-based stress reduction to manage affective symptoms and improve quality of life in gay men living with HIV	Gayner, Bill; Esplen, Mary Jane; DeRoche, Peter; Wong, Jiahui; Bishop, Scott; Kavanagh, Lynn; Butler, Kate	2012
45	Mindfulness-based cognitive therapy for hypochondriasis, or severe health anxiety: A pilot study	Lovas, David A.; Barsky, Arthur J.	2010
46	A Cognitive-Behavioral Mindfulness Group Therapy Intervention for the Treatment of Binge Eating in Bariatric Surgery Patients	Leahey, Tricia M.; Crowther, Janis H.; Irwin, Sharon R.	2008
47	Mindfulness Interventions with Youth: A Meta-Analysis	Zoogman, Sarah; Goldberg, Simon B.; Hoyt, William T.; Miller, Lisa	2015
48	Effects of Mindfulness Training on Body Awareness to Sexual Stimuli: Implications for Female Sexual Dysfunction	Silverstein, R. Gina; Brown, Anne-Catharine H.; Roth, Harold D.; Britton, Willoughby B.	2011
49	Mindfulness-Based Eating Awareness Training (MB-EAT) for Binge Eating: A Randomized Clinical Trial	Kristeller, Jean; Wolever, Ruth Q.; Sheets, Virgil	2014
50	Mindfulness and emotion regulation-an fMRI study	Lutz, Jacqueline; Herwig, Uwe; Opialla, Sarah; Hittmeyer, Anna; Jaencke, Lutz; Rufer, Michael; Holtforth, Martin Grosse; Bruehl, Annette B.	2014
51	Mindfulness-Based Stress Reduction for Low-Income, Predominantly African American Women With PTSD and a History of Intimate Partner Violence	Dutton, Mary Ann; Bermudez, Diana; Matas, Armely; Majid, Haseeb; Myers, Neely L.	2013
52	The Mindfulness-Based Stress Reduction Program (MBSR) Reduces Stress-Related Psychological Distress in Healthcare Professionals	Martin-Asuero, Andres; Garcia-Banda, Gloria	2010

53	Selective Attentional Bias Towards Pain-Related Threat in Fibromyalgia: Preliminary Evidence for Effects of Mindfulness Meditation Training	Vago, David R.; Nakamura, Yoshio	2011
54	Mindfulness-based cognitive therapy applied to binge eating: A case study	Baer, RA; Fischer, S; Huss, DB	2005
55	Can mindfulness and acceptance be learnt by self-help?: A systematic review and meta-analysis of mindfulness and acceptance-based self-help interventions	Cavanagh, Kate; Strauss, Clara; Forder, Lewis; Jones, Fergal	2014
56	Mindfulness and acceptance-based group therapy versus traditional cognitive behavioral group therapy for social anxiety disorder: A randomized controlled trial	Kocovski, Nancy L.; Fleming, Jan E.; Hawley, Lance L.; Huta, Veronika; Antony, Martin M.	2013
57	A randomised controlled trial of a brief online mindfulness-based intervention	Cavanagh, Kate; Strauss, Clara; Cicconi, Francesca; Griffiths, Natasha; Wyper, Andy; Jones, Fergal	2013
58	School-Based Prevention and Reduction of Depression in Adolescents: a Cluster-Randomized Controlled Trial of a Mindfulness Group Program	Raes, Filip; Griffith, James W.; Van der Gucht, Katleen; Williams, J. Mark G.	2014
59	Mapping Mindfulness Facets Onto Dimensions of Anxiety and Depression	Desrosiers, Alethea; Klemanski, David H.; Nolen-Hoeksema, Susan	2013
60	Development and Validation of the Mindfulness-Based Interventions - Teaching Assessment Criteria (MBI:TAC)	Crane, Rebecca S.; Eames, Catrin; Kuyken, Willem; Hastings, Richard P.; Williams, J. Mark G.; Bartley, Trish; Evans, Alison; Silverton, Sara; Soulsby, Judith G.; Surawy, Christina	2013
61	Evaluation of the Breathworks Mindfulness-Based Pain Management Programme: Effects on Well-Being and Multiple Measures of Mindfulness	Cusens, Bryany; Duggan, Geoffrey B.; Thorne, Kirsty; Burch, Vidyamala	2010
62	A Pilot Study Measuring the Impact of Yoga on the Trait of Mindfulness	Shelov, Danielle V.; Suchday, Sonia; Friedberg, Jennifer P.	2009
63	Randomized controlled trial of mindfulness-based stress reduction versus aerobic exercise: effects on the self-referential brain network in social anxiety disorder	Goldin, Philippe; Ziv, Michal; Jazaieri, Hooria; Gross, James J.	2012
64	Group mindfulness-based therapy significantly improves sexual desire in women	Brotto, Lori A.; Basson, Rosemary	2014
65	Internet-Based Mindfulness Treatment for Anxiety Disorders: A Randomized Controlled Trial	Boettcher, Johanna; Astrom, Viktor; Pahlsson, Daniel; Schenstrom, Ola; Andersson, Gerhard; Carlbring, Per	2014
66	Salutary Proximal Processes and Distal Mood and Anxiety Vulnerability Outcomes of Mindfulness Training: A Pilot Preventive Intervention	Tanay, Galia; Lotan, Gili; Bernstein, Amit	2012
67	The role of experiential avoidance, rumination and mindfulness in eating disorders	Cowdrey, Felicity A.; Park, Rebecca J.	2012
68	Clinical uses of mindfulness training for older people	Smith, A	2004
69	Transforming the Perceptual Situation: a Meta-ethnography of qualitative Work Reporting Patients' Experiences of Mindfulness-Based Approaches	Malpass, Alice; Carel, Havi; Ridd, Matthew; Shaw, Alison; Kessler, David; Sharp, Debbie; Bowden, Mark; Wallond, Julia	2012
70	Adapting Mindfulness-Based Cognitive Therapy for Treatment-Resistant Depression	Eisendrath, Stuart; Chartier, Maggie; McLane, Maura	2011

71	Reducing Teachers' Psychological Distress through a Mindfulness Training Program	Franco, Clemente; Manas, Israel; Cangas, Adolfo J.; Moreno, Emilio; Gallego, Jose	2010
72	A Randomized Study of the Effects of Mindfulness Training on Psychological Well-being and Symptoms of Stress in Patients Treated for Cancer at 6-month Follow-up	Branstrom, Richard; Kvillemo, Pia; Moskowitz, Judith Tedlie	2012
73	The effects of mindfulness-based cognitive therapy on affective memory recall dynamics in depression: a mechanistic model of rumination	van Vugt, Marieke Karlijn; Hitchcock, Peter; Shahar, Ben; Britton, Willoughby	2012
74	Randomized Trial on Mindfulness Training for Smokers Targeted to a Disadvantaged Population	Davis, James M.; Goldberg, Simon B.; Anderson, Maggie C.; Manley, Alison R.; Smith, Stevens S.; Baker, Timothy B.	2014
75	Intensive mindfulness training and the reduction of psychological distress: A preliminary study	Ostafin, Brian D.; Chawla, Neharika; Bowen, Sarah; Dillworth, Tiara M.; Witkiewitz, Katie; Marlatt, G. Alan	2006
76	The Impact of Group-Based Mindfulness Training on Self-Reported Mindfulness: a Systematic Review and Meta-analysis	Visted, Endre; Vollestad, Jon; Nielsen, Morten Birkeland; Nielsen, Geir Hostmark	2015
77	Changes in Attentional Processing of Emotional Information Following Mindfulness-Based Cognitive Therapy in People with a History of Depression: Towards an Open Attention for all Emotional Experiences	De Raedt, Rudi; Baert, Saskia; Demeyer, Ineke; Goeleven, Ellen; Raes, An; Visser, Adriaan; Wylmans, Michel; Jansen, Erik; Schacht, Rik; Van Aalderen, Joel R.; Speckens, Anne	2012
78	Cognitive Predictors of Change in Cognitive Behaviour Therapy and Mindfulness-Based Cognitive Therapy for Depression	Manicavasagar, Vijaya; Perich, Tania; Parker, Gordon	2012
79	Mindfulness-based Coping with University Life: A Non-randomized Wait-list-controlled Pilot Evaluation	Lynch, Siobhan; Gander, Marie-Louise; Kohls, Niko; Kudielka, Brigitte; Walach, Harald	2011
80	The effects of amount of home meditation practice in Mindfulness Based Cognitive Therapy on hazard of relapse to depression in the Staying Well after Depression Trial	Crane, Catherine; Crane, Rebecca S.; Eames, Catrin; Fennell, Melanie J. V.; Silverton, Sarah; Williams, J. Mark G.; Barnhofer, Thorsten	2014
81	Effects of mindfulness-based stress reduction on distressed (Type D) personality traits: a randomized controlled trial	Nyklicek, Ivan; van Beugen, Sylvia; Denollet, Johan	2013
82	Mindfulness-Based Cognitive Therapy for People with Chronic Fatigue Syndrome Still Experiencing Excessive Fatigue after Cognitive Behaviour Therapy: A Pilot Randomized Study	Rimes, Katharine A.; Wingrove, Janet	2013
83	Pilot Study of Mindfulness-Based Cognitive Therapy for Trainee Clinical Psychologists	Rimes, Katharine A.; Wingrove, Janet	2011
84	The Effects of a Short-term Mindfulness Based Intervention on Self-reported Mindfulness, Decentering, Executive Attention, Psychological Health, and Coping Style: Examining Unique Mindfulness Effects and Mediators	Josefsson, Torbjorn; Lindwall, Magnus; Broberg, Anders G.	2014
85	Mindful Parenting Assessed Further: Psychometric Properties of the Dutch Version of the Interpersonal Mindfulness in Parenting Scale (IM-P)	de Bruin, Esther I.; Zijlstra, Bonne J. H.; Geurtzen, Naline; van Zundert, Rinka M. P.; van de Weijer-Bergsma, Eva; Hartman,	2014

		Esther E.; Nieuwesteeg, Anke M.; Duncan, Larissa G.; Boegels, Susan M. Pakenham, Kenneth I.; Samios, Christina	2013
86	Couples coping with multiple sclerosis: a dyadic perspective on the roles of mindfulness and acceptance		
87	Approaching dysphoric mood: State-effects of mindfulness meditation on frontal brain asymmetry	Keune, Philipp M.; Bostanov, Vladimir; Hautzinger, Martin; Kotchoubey, Boris	2013
88	Mindfulness in the Treatment of Suicidal Individuals	Luoma, Jason B.; Villatte, Jennifer L.	2012
89	Mindfulness training alters emotional memory recall compared to active controls: support for an emotional information processing model of mindfulness	Roberts-Wolfe, Douglas; Sacchet, Matthew; Hastings, Elizabeth; Roth, Harold; Britton, Willoughby	2012
90	Performance-Based Tests of Attention and Memory in Long-Term Mindfulness Meditators and Demographically Matched Nonmeditators	Lykins, Emily L. B.; Baer, Ruth A.; Gottlob, Lawrence R.	2012
91	A brief mindfulness based intervention for increase in emotional well-being and quality of life in percutaneous coronary intervention (PCI) patients: the MindfulHeart randomized controlled trial	Nyklicek, Ivan; Dijkstra, Suzanne C.; Lenders, Pim J.; Fonteijn, Willem A.; Koolen, Jacques J.	2014
92	The Effects of Mindfulness-Based Stress Reduction Program on the Mental Health of Family Caregivers: A Randomized Controlled Trial	Hou, Rebecca Jing; Wong, Samuel Yeung-Shan; Yip, Benjamin Hon-Kei; Hung, Anchor T. F.; Lo, Herman Hay-Ming; Chan, Peter H. S.; Lo, Cola S. L.; Kwok, Timothy Chi-Yui; Tang, Wai Kwong; Mak, Winnie W. S.; Mercer, Stewart W.; Ma, S. Helen	2014
93	Examining psychometric properties of distress tolerance and its moderation of mindfulness-based relapse prevention effects on alcohol and other drug use outcomes	Hsu, Sharon Hsin; Collins, Susan E.; Marlatt, G. Alan	2013
94	Monitoring mindfulness practice quality: An important consideration in mindfulness practice	Del Re, A. C.; Flueckiger, Christoph; Goldberg, Simon Benjamin; Hoyt, William T.	2013
95	Effects of Mindfulness-Based Cognitive Therapy on Specificity of Life Goals	Crane, Catherine; Winder, Rosie; Hargus, Emily; Amarasinghe, Myanthy; Barnhofer, Thorsten	2012
96	Impact of Mindfulness on Cognition and Affect in Voice Hearing: Evidence from Two Case Studies	Taylor, Katherine Newman; Harper, Sean; Chadwick, Paul	2009
97	Mindfulness meditation training alters stress-related amygdala resting state functional connectivity: a randomized controlled trial	Taren, Adrienne A.; Gianaros, Peter J.; Greco, Carol M.; Lindsay, Emily K.; Fairgrieve, April; Brown, Kirk Warren; Rosen, Rhonda K.; Ferris, Jennifer L.; Julson, Erica; Marsland, Anna L.; Bursley, James K.; Ramsburg, Jared; Creswell, J. David	2015
98	Trait mindfulness is associated with blood pressure and interleukin-6: exploring interactions among subscales of the Five Facet Mindfulness Questionnaire to better understand relationships between mindfulness and health	Tomfohr, Lianne M.; Pung, Meredith A.; Mills, Paul J.; Edwards, Kate	2015

99	Comparing Mindfulness-Based Intervention Strategies: Differential Effects of Sitting Meditation, Body Scan, and Mindful Yoga	Sauer-Zavala, Shannon E.; Walsh, Erin C.; Eisenlohr-Moul, Tory A.; Lykins, Emily L. B.	2013
100	Evaluation of an Occupational Mindfulness Program for Staff Employed in the Disability Sector in Australia	Brooker, Joanne; Julian, John; Webber, Lynne; Chan, Jeffrey; Shawyer, Frances; Meadows, Graham	2013
101	Who participates in a randomized trial of mindfulness-based stress reduction (MBSR) after breast cancer? A study of factors associated with enrollment among Danish breast cancer patients	Wurtzen, Hanne; Dalton, Susanne Oksbjerg; Andersen, Klaus Kaae; Elsass, Peter; Flyger, Henrik Lavlund; Sumbundu, Antonia; Johansen, Christoffer	2013
102	Mindfulness-based stress reduction (MBSR) and distress in a community-based sample	Evans, Susan; Ferrando, Stephen; Carr, Corey; Haglin, Dean	2011
103	A feasibility study of mindfulness-based cognitive therapy for individuals with borderline personality disorder	Sachse, Sandy; Keville, Saskia; Feigenbaum, Janet	2011
104	Randomized controlled pilot study of mindfulness-based stress reduction for persistently fatigued cancer survivors	Johns, Shelley A.; Brown, Linda F.; Beck-Coon, Kathleen; Monahan, Patrick O.; Tong, Yan; Kroenke, Kurt	2015
105	Change in Decentering Mediates Improvement in Anxiety in Mindfulness-Based Stress Reduction for Generalized Anxiety Disorder	Hoge, Elizabeth A.; Bui, Eric; Goetter, Elizabeth; Robinaugh, Donald J.; Ojserkis, Rebecca A.; Fresco, David M.; Simon, Naomi M.	2015
106	Mindfulness-Based Cognitive Therapy for Mental Health Professionals - a Pilot Study	Ruths, Florian A.; de Zoysa, Nicole; Frearson, Sonya J.; Hutton, Jane; Williams, J. Mark G.; Walsh, James	2013
107	The experiences of parents in mindfulness-based cognitive therapy	Bailie, Chantal; Kuyken, Willem; Sonnenberg, Stefanie	2012
108	The Effects of a Mindfulness-based Stress Reduction Programme on Pre-sleep Cognitive Arousal and Insomnia Symptoms: A Pilot Study	Cincotta, Andrea L.; Gehrman, Philip; Gooneratne, Nalaka S.; Baime, Michael J.	2011
109	A comparison of mindfulness, nonjudgmental, and cognitive dissonance-based approaches to mirror exposure	Luethcke, Cynthia A.; McDaniel, Leda; Becker, Carolyn Black	2011
110	Mindfulness Intervention for Child Abuse Survivors: A 2.5-Year Follow-Up	Earley, Michael D.; Chesney, Margaret A.; Frye, Joyce; Greene, Preston A.; Berman, Brian; Kimbrough, Elizabeth	2014
111	The Effectiveness of a School-Based Mindfulness Training as a Program to Prevent Stress in Elementary School Children	van de Weijer-Bergsma, Eva; Langenberg, George; Brandsma, Rob; Oort, Frans J.; Bogels, Susan M.	2014
112	Innovations in Practice: Mindfulness-based cognitive therapy for depression in adolescents	Ames, Catherine S.; Richardson, Jessica; Payne, Susanna; Smith, Patrick; Leigh, Eleanor	2014
113	Preliminary Long-Term Follow-up of Mindfulness-Based Cognitive Therapy-Induced Remission of Depression	Munshi, Krishna; Eisendrath, Stuart; Delucchi, Kevin	2013
114	Can mindfulness-based interventions help adolescents with cancer?	Jones, Paul; Blunda, Megan; Biegel, Gina; Carlson, Linda E.; Biel, Matthew; Wiener, Lori	2013
115	The Effects of Mindfulness-Based Group Intervention on the Mental Health of Middle-Aged Korean Women in Community	Lee, Woo Kyeong; Bang, Hee Jeong	2010
116	How Does Mindfulness Reduce Anxiety, Depression, and Stress? An Exploratory Examination of Change	Van Dam, Nicholas T.; Hobkirk, Andrea L.; Sheppard, Sean C.; Aviles-Andrews, Rebecca; Earleywine, Mitch	2014

	Processes in Wait-List Controlled Mindfulness Meditation Training		
117	Resisting chocolate temptation using a brief mindfulness strategy	Jenkins, Kim T.; Tapper, Katy	2014
118	Effects of Dialectical Behaviour Therapy-Mindfulness Training on Emotional Reactivity in Borderline Personality Disorder: Preliminary Results	Feliu-Soler, Albert; Pascual, Juan C.; Borras, Xavier; Portella, Maria J.; Martin-Blanco, Ana; Armario, Antonio; Alvarez, Enric; Perez, Victor; Soler, Joaquim	2014
119	Cognitive Functioning in Patients Remitted from Recurrent Depression: Comparison with Acutely Depressed Patients and Controls and Follow-up of a Mindfulness-Based Cognitive Therapy Trial	Jermann, F.; Van der Linden, M.; Gex-Fabry, M.; Guarin, A.; Kosel, M.; Bertschy, G.; Aubry, J. -M.; Bondolfi, G.	2013
120	Effectiveness of Mindfulness-Based Cognitive Therapy in the Treatment of Fibromyalgia: A Randomised Trial	Parra-Delgado, Marta; Miguel Latorre-Postigo, Jose	2013
121	The Role of Therapeutic Alliance in Mindfulness Interventions: Therapeutic Alliance in Mindfulness Training for Smokers	Goldberg, Simon B.; Davis, James M.; Hoyt, William T.	2013
122	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress	Schreiner, Istvan; Malcolm, James P.	2008
123	Promoting Attachment-Related Mindfulness and Compassion: a Wait-List-Controlled Study of Women Who Were Mistreated During Childhood	Caldwell, Jon G.; Shaver, Phillip R.	2015
124	Mindfulness-Based Therapy in Adults with an Autism Spectrum Disorder: Do Treatment Effects Last?	Kiep, Michelle; Spek, Annelies A.; Hoebe, Lisette	2015
125	The Role of Negative Cognition, Intolerance of Uncertainty, Mindfulness, and Self-Compassion in Weight Regulation Among Male Army Recruits	Mantzios, Michail; Wilson, Janet Clare; Linnell, Maggie; Morris, Paul	2015
126	Expanding the Efficacy of Project UPLIFT: Distance Delivery of Mindfulness-Based Depression Prevention to People With Epilepsy	Thompson, Nancy J.; Patel, Archana H.; Selwa, Linda M.; Stoll, Shelley C.; Begley, Charles E.; Johnson, Erica K.; Fraser, Robert T.	2015
127	Taming the adolescent mind: a randomised controlled trial examining clinical efficacy of an adolescent mindfulness-based group programme	Tan, Lucy; Martin, Graham	2015
128	The effectiveness of self-help mindfulness-based cognitive therapy in a student sample: A randomised controlled trial	Taylor, Billie Lever; Strauss, Clara; Cavanagh, Kate; Jones, Fergal	2014
129	ALTERED DEFAULT MODE NETWORK (DMN) RESTING STATE FUNCTIONAL CONNECTIVITY FOLLOWING A MINDFULNESS-BASED EXPOSURE THERAPY FOR POSTTRAUMATIC STRESS DISORDER (PTSD) IN COMBAT VETERANS OF AFGHANISTAN AND IRAQ	King, Anthony P.; Block, Stefanie R.; Sripada, Rebecca K.; Rauch, Sheila; Giardino, Nicholas; Favorite, Todd; Angstadt, Michael; Kessler, Daniel; Welsh, Robert; Liberzon, Israel	2016
130	Individual Mindfulness-Based Cognitive Therapy for People with Diabetes: a Pilot Randomized Controlled Trial	Schroevers, Maya J.; Tovote, K. Annika; Keers, Joost C.; Links, Thera P.; Sanderman, Robbert; Fleer, Joke	2015

131	Comparing Self-Compassion, Mindfulness, and Psychological Inflexibility as Predictors of Psychological Health	Woodruff, Scott C.; Glass, Carol R.; Arnkoff, Diane B.; Crowley, Kevin J.; Hindman, Robert K.; Hirschhorn, Elizabeth W.	2014
132	The experience of group mindfulness-based interventions for individuals with mental health difficulties: A meta-synthesis	Wyatt, Caroline; Harper, Ben; Weatherhead, Stephen	2014
133	Mindfulness in love and love making: a way of life	Sommers, Frank G.	2013
134	Employee's Preferences for Access to Mindfulness-Based Cognitive Therapy to Reduce the Risk of Depressive Relapse-A Discrete Choice Experiment	Lau, Mark A.; Colley, Lindsey; Willett, Brandilyn R.; Lynd, Larry D.	2012
135	The advantages of being present: Developing mindfulness to reduce distress	Martin-Asuero, Andres; de la Banda, Gloria Garcia	2007
136	The Impact of a Mindfulness-Based Stress Reduction Course (MBSR) on Well-Being and Academic Attainment of Sixth-form Students	Bennett, K.; Dorjee, D.	2016
137	Relapse Prevention in Major Depressive Disorder: Mindfulness-Based Cognitive Therapy Versus an Active Control Condition	Shallcross, Amanda J.; Gross, James J.; Visvanathan, Pallavi D.; Kumar, Niketa; Palfrey, Amy; Ford, Brett Q.; Dimidjian, Sona; Shirk, Stephen; Holm-Denoma, Jill; Goode, Kari M.; Cox, Erica; Chaplin, William; Mauss, Iris B.	2015
138	Dissociation between the cognitive and interoceptive components of mindfulness in the treatment of chronic worry	Carlos Delgado-Pastor, Luis; Ciria, Luis F.; Blanca, Beatriz; Mata, Jose L.; Vera, Maria N.; Vila, Jaime	2015
139	One-on-One Mindfulness Meditation Trainings in a Research Setting	Wahbeh, Helane; Lane, James B.; Goodrich, Elena; Miller, Meghan; Oken, Barry S.	2014
140	Mindfulness-Based Hypnosis: Blending Science, Beliefs, and Wisdoms to Catalyze Healing	Alladin, Assen	2014
141	Text Anxiety in Adolescents: The Role of Self-Criticism and Acceptance and Mindfulness Skills	Cunha, Marina; Paiva, Maria Jacinta	2012
142	Mindfulness-Based Stress Reduction (MBSR)	Meibert, Petra; Michalak, Johannes; Heidenreich, Thomas	2011
143	A School-Based Mindfulness Pilot Study for Ethnically Diverse At-Risk Adolescents	Bluth, Karen; Campo, Rebecca A.; Pruteanu-Malinici, Sarah; Reams, Amanda; Mullarkey, Michael; Broderick, Patricia C.	2016
144	Mindfulness and Metta-based Trauma Therapy (MMTT): Initial Development and Proof-of-Concept of an Internet Resource	Frewen, Paul; Rogers, Nicholas; Flodrowski, Les; Lanius, Ruth	2015
145	Preliminary Effectiveness of Adjunct Mindfulness-Based Cognitive Therapy to Prevent Suicidal Behavior in Outpatients Who Are at Elevated Suicide Risk	Chesin, Megan S.; Sonmez, Cemile C.; Benjamin-Phillips, Christopher A.; Beeler, Brandon; Brodsky, Beth S.; Stanley, Barbara	2015
146	A MULTIVARIATE TWIN STUDY OF TRAIT MINDFULNESS, DEPRESSIVE SYMPTOMS, AND ANXIETY SENSITIVITY	Waszczuk, Monika A.; Zavos, Helena M. S.; Antonova, Elena; Haworth, Claire M.; Plomin, Robert; Eley, Thalia C.	2015
147	The association between mindfulness and emotional distress in adults with diabetes: Could mindfulness serve as a buffer? Results from Diabetes MILES: The Netherlands	van Son, Jenny; Nyklicek, Ivan; Nefs, Giesje; Speight, Jane; Pop, Victor J.; Pouwer, Francois	2015

148	The Mediating Effects of Mindfulness and Self-Compassion on Trait Anxiety	Bergen-Cico, Dessa; Cheon, Sanghyeon	2014
149	The Effects of Mindfulness-Based Cognitive Therapy on Depressive Symptoms in Elderly Bereaved People with Loss-Related Distress: a Controlled Pilot Study	O'Connor, Maja; Piet, Jacob; Hougaard, Esben	2014
150	Mindfulness Based Tinnitus Stress Reduction Pilot Study A Symptom Perception-Shift Program	Gans, Jennifer J.; O'Sullivan, Patricia; Bircheff, Vallenga	2014
151	Changes in Mindfulness Following a Mindfulness Telehealth Intervention	Niles, Barbara L.; Vujanovic, Anka A.; Silberbogen, Amy K.; Seligowski, Antonia V.; Potter, Carrie M.	2013
152	Eating disorder symptomatology, body image, and mindfulness: Findings in a non-clinical sample	Prowse, Emma; Bore, Miles; Dyer, Stella	2013
153	Mindfulness-based intervention in perspective	Schroevens, Maya; Snippe, Evelien; Bas, Irina; Tovote, Annika; Fleer, Joke	2011
154	Mindfulness training as a psychotherapeutic tool - Clarification of concept, clinical application and current state of empirical research	Berking, Matthias; von Kaenel, Miriam	2007
155	Examining the Factor Structure of the 39-Item and 15-Item Versions of the Five Facet Mindfulness Questionnaire Before and After Mindfulness-Based Cognitive Therapy for People With Recurrent Depression	Gu, Jenny; Strauss, Clara; Crane, Catherine; Barnhofer, Thorsten; Karl, Anke; Cavanagh, Kate; Kuyken, Willem	2016
156	Mindfulness-Based Cognitive Therapy for Neuroticism (Stress Vulnerability): A Pilot Randomized Study	Armstrong, Lauren; Rimes, Katharine A.	2016
157	Pilot Study of a Mindfulness-Based Group Intervention for Individuals with Parkinson's Disease and Their Caregivers	Cash, Therese Verkerke; Ekouevi, Vanessa Sepopo; Kilbourn, Christopher; Lageman, Sarah K.	2016
158	Effects of a mindfulness-based intervention on fertility quality of life and pregnancy rates among women subjected to first in vitro fertilization treatment	Li, Jing; Long, Ling; Liu, Yu; He, Wei; Li, Min	2016
159	Mindfulness and the College Transition: The Efficacy of an Adapted Mindfulness-Based Stress Reduction Intervention in Fostering Adjustment among First-Year Students	Ramler, Taylor R.; Tennison, Linda R.; Lynch, Julie; Murphy, Patsy	2016
160	Effects of a Brief Mindfulness-Based Intervention Program on Psychological Symptoms and Well-Being Among Medical Students in Malaysia: A Controlled Study	Keng, Shian-Ling; Phang, Cheng Kar; Oei, Tian Po	2015
161	A Brief Mindfulness Intervention for Healthy College Students and Its Effects on Psychological Distress, Self-Control, Meta-Mood, and Subjective Vitality	Canby, Nicholas K.; Cameron, Ian M.; Calhoun, Amrit T.; Buchanan, Gregory M.	2015
162	The Stages of Insight: Clinical Relevance for Mindfulness-Based Interventions	Grabovac, Andrea	2015
163	The Application of Mindfulness for Interpersonal Dependency: Effects of a Brief Intervention	McClintock, Andrew S.; Anderson, Timothy	2015
164	A Proposed Protocol Integrating Classical Mindfulness with Prolonged	Rappay, Lobsang; Ross, Jae L.; Petersen, Owen; Izquierdo, Christine; Harms,	2014

165	Exposure Therapy to Treat Posttraumatic Stress Disorder Test of Mindfulness and Hope Components in a Psychological Intervention for Women With Cancer Recurrence	Monique; Hawa, Sandra; Riehl, Sarah; Gurganus, Amanda; Couper, Greta Thornton, Lisa M.; Cheavens, Jennifer; Heitzmann, Carolyn A.; Dorfman, Caroline S.; Wu, Salene M.; Andersen, Barbara L.	2014
166	Rectifying Misconceptions: A Comprehensive Response to Some Concerns About the Psychological Implications of Mindfulness: A Critical Analysis"	Gardner, Frank L.; Moore, Zella E.; Marks, Donald R.	2014
167	Training Clinicians to Deliver a Mindfulness Intervention	Gibbons, Carrie; Felteau, Melissa; Cullen, Nora; Marshall, Shawn; Dubois, Sacha; Maxwell, Hillary; Mazmanian, Dwight; Weaver, Bruce; Rees, Laura; Gainer, Rolf; Klein, Rupert; Moustgaard, Amy; Bedard, Michel	2014
168	Mindfulness-Based Cognitive Therapy for Mental Health Professionals: a Long-Term Quantitative Follow-up Study	de Zoysa, Nicole; Ruths, Florian A.; Walsh, James; Hutton, Jane	2014
169	The Role of the Teacher in Mindfulness-Based Approaches: A Qualitative Study	van Aalderen, Joel R.; Breukers, Walter J.; Reuzel, Rob P. B.; Speckens, Anne E. M.	2014
170	Unresolved Issues in the Application of Mindfulness-Based Interventions for Substance Use Disorders	Witkiewitz, Katie; Black, David S.	2014
171	Psychobiological Modulation in Anxious and Depressed Patients after a Mindfulness Meditation Programme: A Pilot Study	Manzaneque, Juan M.; Vera, Francisca M.; Ramos, Natalia S.; Godoy, Yelba A.; Rodriguez, Francisco M.; Blanca, Maria J.; Fernandez, Ana; Enguix, Alfredo	2011
172	Mindfulness in mental health care: it goes the way it goes. A reply to Remco Havermans	Nyklicek, Ivan	2011
173	A Low-Intensity Mindfulness-Based Intervention for Mood Symptoms in People with Early Psychosis: Development and Pilot Evaluation	Tong, Alan Chun Yat; Lin, Jessie Jing Xia; Cheung, Veronica Yuen Ki; Lau, Nicole Ka Man; Chang, Wing Chung; Chan, Sherry Kitwa; Hui, Christy Lai Ming; Lee, Edwin Ho Ming; Chen, Eric Yu Hai	2016
174	Effectiveness of a school-based mindfulness program for transdiagnostic prevention in young adolescents	Johnson, Catherine; Burke, Christine; Brinkman, Sally; Wade, Tracey	2016
175	The Body Scan and Mindful Breathing Among Veterans with PTSD: Type of Intervention Moderates the Relationship Between Changes in Mindfulness and Post-treatment Depression	Colgan, Dana Dharmakaya; Christopher, Michael; Michael, Paul; Wahbeh, Helane	2016
176	Rumination, Mindfulness, and Borderline Personality Disorder Symptoms	Selby, Edward A.; Fehling, Kara B.; Panza, Emily A.; Kranzler, Amy	2016
177	Mindfulness-Based Stress Reduction as a Promising Intervention for Amelioration of Premenstrual Dysphoric Disorder Symptoms	Bluth, Karen; Gaylord, Susan; Khanh Nguyen; Bunevicius, Adomas; Girdler, Susan	2015
178	Evaluation of Vipassana Meditation Course Effects on Subjective Stress, Well-being, Self-kindness and Mindfulness in a Community Sample: Post-course and 6-month Outcomes	Szekeres, Roberta A.; Wertheim, Eleanor H.	2015
179	Physical Activity, Mindfulness Meditation, or Heart Rate Variability	van der Zwan, Judith Esi; de Vente, Wieke; Huizink, Anja C.; Bogels, Susan M.; de Bruin, Esther I.	2015

180	Biofeedback for Stress Reduction: A Randomized Controlled Trial Evaluation of a Brief Mindfulness-Based Intervention to Reduce Psychological Distress in the Workplace	Gregoire, Simon; Lachance, Lise	2015
181	Cognitive Behavior Therapy With Mindfulness and Acceptance Skills for the Treatment of Older Adults	Marino, Patricia; DePasquale, Alyssa; Sirey, Jo Anne	2015
182	Design of Economic Evaluations of Mindfulness-Based Interventions: Ten Methodological Questions of Which to Be Mindful	Edwards, Rhiannon Tudor; Bryning, Lucy; Crane, Rebecca	2015
183	Brief Instruction in Mindfulness and Relaxation Reduce Rumination Differently for Men and Women	Villa, Christopher D.; Hilt, Lori M.	2014
184	Teaching Mindfulness on an Inpatient Psychiatric Unit	Knight, M.; Pultinas, D.; Collins, S.; Sellig, C.; Freeman, D. C.; Strimaitis, C.; Simms, N.; Silver, R. R.	2014
185	Finding the Right Match: Mindfulness Training May Potentiate the Therapeutic Effect of Nonjudgment of Inner Experience on Smoking Cessation	Schuman-Olivier, Zev; Hoeppner, Bettina B.; Evins, A. Eden; Brewer, Judson A.	2014
186	Abbreviated Mindfulness-Based Therapy for a Depressed College Student	Preddy, Teresa M.; McIndoo, Crystal C.; Hopko, Derek R.	2013
187	Mindfulness for Paranoid Beliefs: Evidence from Two Case Studies	Ellett, Lyn	2013
188	Effects of mindfulness and of mindfulness intervention	Csillik, Antonia; Tafticht, Nordine	2012
189	Does mindfulness meditation treatment really work? Really?	Havermans, Remco C.	2011
190	An Open Trial of Web-Based Mindfulness-Based Cognitive Therapy for Perinatal Women at Risk for Depressive Relapse	Felder, Jennifer N.; Segal, Zindel; Beck, Arne; Sherwood, Nancy E.; Goodman, Sherryl H.; Boggs, Jennifer; Lemon, Elizabeth; Dimidjian, Sona	2017
191	Mindfulness-Based Relapse Prevention for Stimulant Dependent Adults: A Pilot Randomized Clinical Trial	Glasner, Suzette; Mooney, Larissa J.; Ang, Alfonso; Garneau, Helene Chokron; Hartwell, Emily; Brecht, Mary-Lynn; Rawson, Richard A.	2017
192	Mindful2Work: Effects of Combined Physical Exercise, Yoga, and Mindfulness Meditations for Stress Relieve in Employees. A Proof of Concept Study	de Bruin, Esther I.; Formsma, Anne R.; Frijstein, Gerard; Bogels, Susan M.	2017
193	The SENSE Study: Post Intervention Effects of a Randomized Controlled Trial of a Cognitive-Behavioral and Mindfulness-Based Group Sleep Improvement Intervention Among At-Risk Adolescents	Blake, Matthew; Waloszek, Joanna M.; Schwartz, Orli; Raniti, Monika; Simmons, Julian G.; Blake, Laura; Murray, Greg; Dahl, Ronald E.; Bootzin, Richard; Dudgeon, Paul; Trinder, John; Allen, Nicholas B.	2016
194	The Influence of Attrition in Evaluating the Efficacy and Effectiveness of Mindfulness-Based Interventions	Nam, Seungwon; Toneatto, Tony	2016
195	Mindfulness as Mediator and Moderator of Post-traumatic Symptomatology in Adolescence Following Childhood Sexual Abuse or Assault	Daigneault, Isabelle; Dion, Jacinthe; Hebert, Martine; Bourgeois, Catherine	2016
196	Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease	Schroevers, Maya J.; Tovote, K. Annika; Snippe, Evelien; Fleer, Joke	2016

197	Effectiveness of Mindfulness-Based Relapse Prevention for Co-occurring Substance Use and Depression Disorders	Zemestani, Mehdi; Ottaviani, Cristina	2016
198	Mindfulness Interventions Improve Depression Symptoms After Traumatic Brain Injury: Are Individual Changes Clinically Significant?	Ozen, Lana J.; Dubois, Sacha; Gibbons, Carrie; Short, Megan M.; Maxwell, Hillary; Bedard, Michel	2016
199	The Long-Term Effects of Mindfulness Added to Family Resilience-Oriented Couples Support Group on Psychological Well-Being and Cortisol Responses in Breast Cancer Survivors and Their Partners	Hsiao, Fei-Hsiu; Jow, Guey-Mei; Kuo, Wen-Hung; Yang, Po-Sheng; Lam, Hung-Bun; Chang, King-Jen; Lee, Jie-Jen; Huang, Chiun-Sheng; Lai, Yu-Ming; Chen, Yu-Ting; Liu, Yu-Fen; Chang, Chin-Hao	2016
200	Integrating Mindfulness into Positive Psychology: a Randomised Controlled Trial of an Online Positive Mindfulness Program	Ivtzan, Itai; Young, Tarli; Martman, Janis; Jeffrey, Allison; Lomas, Tim; Hart, Rona; Eiroa-Orosa, Francisco Jose	2016
201	Mindfulness-Based Cognitive Therapy for Psychosis: Measuring Psychological Change Using Repertory Grids	Randal, Chloe; Bucci, Sandra; Morera, Tirma; Barrett, Moya; Pratt, Daniel	2016
202	Potential treatment mechanisms in a mindfulness-based intervention for people with progressive multiple sclerosis	Bogosian, Angeliki; Hughes, Alicia; Norton, Sam; Silber, Eli; Moss-Morris, Rona	2016
203	A Mindfulness-Based Group Intervention for Enhancing Self-Regulation of Emotion in Late Childhood and Adolescence: A Pilot Study	Deplus, Sandrine; Billieux, Joel; Scharff, Chantal; Philippot, Pierre	2016
204	Brief Mindfulness Training Reduces Salivary IL-6 and TNF-alpha in Young Women With Depressive Symptomatology	Walsh, Erin; Eisenlohr-Moul, Tory; Baer, Ruth	2016
205	Mindfulness, Obsessive-Compulsive Symptoms, and Executive Dysfunction	Crowe, Katherine; McKay, Dean	2016
206	African American Women's Perceptions of Mindfulness Meditation Training and Gendered Race-Related Stress	Watson, Natalie N.; Black, Angela R.; Hunter, Carla D.	2016
207	The Effects of Mindfulness Training on Emotional Health in Chinese Long-Term Male Prison Inmates	Xu, Wei; Jia, Kun; Liu, Xinghua; Hofmann, Stefan G.	2016
208	Mindfulness and mood stimulate each other in an upward spiral: a mindful walking intervention using experience sampling	Gotink, Rinske A.; Hermans, Karlijn S. F. M.; Geschwind, Nicole; De Nooij, Reinier; De Groot, Wouter T.; Speckens, Anne E. M.	2016
209	An Investigation of the Effects of Brief Mindfulness Training on Self-Reported Interoceptive Awareness, the Ability to Decenter, and Their Role in the Reduction of Depressive Symptoms	Fissler, Maria; Winnebeck, Emilia; Schroeter, Titus; Gummersbach, Marie; Huntenburg, Julia M.; Gaertner, Matti; Barnhofer, Thorsten	2016
210	A RCT Comparing Daily Mindfulness Meditations, Biofeedback Exercises, and Daily Physical Exercise on Attention Control, Executive Functioning, Mindful Awareness, Self-Compassion, and Worrying in Stressed Young Adults	de Bruin, Esther I.; van der Zwan, J. Esi; Bogels, Susan M.	2016
211	Mindfulness and the Experience of Psychological Distress: the Mediating Effects of Emotion Regulation and Attachment Anxiety	McDonald, Hayley M.; Sherman, Kerry A.; Petocz, Peter; Kangas, Maria; Grant, Kerry-Ann; Kasparian, Nadine A.	2016

212	A Pilot Randomized Trial Evaluating a School-Based Mindfulness Intervention for Ethnic Minority Youth	Fung, Joey; Guo, Sisi; Jin, Joel; Bear, Laurel; Lau, Anna	2016
213	Predictors of Depression and PTSD Treatment Response Among Veterans Participating in Mindfulness-Based Stress Reduction	Felleman, Benjamin I.; Stewart, David G.; Simpson, Tracy L.; Heppner, Pia S.; Kearney, David J.	2016
214	The Stress-Buffering Role of Mindfulness in the Relationship Between Perceived Stress and Psychological Adjustment	Bergin, Adele J.; Pakenham, Kenneth I.	2016
215	Popular Conceptions of Mindfulness: Awareness and Emotional Control	Hitchcock, Peter F.; Martin, Lindsay M.; Fischer, Laura; Marando-Blanch, Stephanie; Herbert, James D.	2016
216	Administration and Assessment of Brief Mindfulness Practice in the Field: a Feasibility Study Using Ecological Momentary Assessment	Ruscio, Aimee C.; Muench, Christine; Brede, Emily; MacIntyre, Jessica; Waters, Andrew J.	2016
217	Mindfulness and Relaxation: a Comparison of Brief, Laboratory-Based Interventions	Lancaster, Steven L.; Klein, Keith P.; Knightly, Whitney	2016
218	Experiences of Changes in Self-Compassion Following Mindfulness-Based Intervention with a Cancer Population	L'Estrange, Kylie; Timulak, Ladislav; Kinsella, Louise; D'Alton, Paul	2016
219	Guided Respiration Mindfulness Therapy: Development and Evaluation of a Brief Therapist Training Program	Lalande, Lloyd; King, Robert; Bambling, Matthew; Schweitzer, Robert D.	2016
220	Mindfulness for stress management - results of a randomized controlled pilot trial of mindfulness stress-reduction-training (MST)	Haarig, Frederik; Winkler, Denise; Graubner, Marian; Sipos, Linda; Muehlig, Stephan	2016
221	A pilot test of a mindfulness-based communication resilience in palliative care professionals	Gerhart, James; O'Mahony, Sean; Abrams, Ira; Grosse, Johanna; Greene, Michelle; Levy, Mitchell	2016
222	Perfectionism and Mindfulness: Effectiveness of a Bibliotherapy Intervention	Wimberley, Tessa E.; Mintz, Laurie B.; Suh, Hanna	2016
223	Rasch Analysis of the Kentucky Inventory of Mindfulness Skills	Medvedev, Oleg N.; Siegert, Richard J.; Kersten, Paula; Kraegelo, Christian U.	2016
224	Trauma-Informed Mindfulness-Based Stress Reduction for Female Survivors of Interpersonal Violence: Results From a Stage I RCT	Kelly, Amber; Garland, Eric L.	2016
225	Mindfulness-based therapy and behavioral activation: A randomized controlled trial with depressed college students	McIndoo, C. C.; File, A. A.; Preddy, T.; Clark, C. G.; Hopko, D. R.	2016
226	Effects of Brief Group Mindfulness-based Cognitive Therapy for Stress Reduction among Medical Students in a Malaysian University	Phang, Cheng Kar; Chiang, Kai Chong; Ng, Lai Oon; Keng, Shian-Ling; Oei, Tian Po S.	2016
227	Effectiveness of the Mindfulness Art Therapy Short Version for Japanese Patients With Advanced Cancer	Ando, Michiyo; Kira, Haruko; Hayashida, Shigeru; Ito, Sayoko	2016
228	Mindfulness and Body Awareness in Depersonalization Disorder	Nestler, Steffen; Sierra, Mauricio; Jay, Emma-Louise; David, Anthony S.	2015
229	The Relationship Between Mindfulness, Depression, Diabetes Self-Care, and Health-Related Quality of Life in Patients with Type 2 Diabetes	Caluyong, Myka B.; Zambrana, Aaron F.; Romanow, Heather C.; Nathan, Howard J.; Nahas, Richard; Poulin, Patricia A.	2015
230	Development of a Mindfulness-Based Coping with Stress Group for Parents of	Lunsky, Yona; Robinson, Suzanne; Reid, Margaret; Palucka, Anna	2015

231	Adolescents and Adults with Developmental Disabilities Mindfulness, Self-Compassion, Posttraumatic Stress Disorder Symptoms, and Functional Disability in US Iraq and Afghanistan War Veterans	Dahm, Katherine A.; Meyer, Eric C.; Neff, Kristin D.; Kimbrel, Nathan A.; Gulliver, Suzy Bird; Morissette, Sandra B.	2015
232	A Mindfulness-Based Intervention for Economically Disadvantaged People: Effects on Symptoms of Stress, Anxiety, and Depression and on Cognitive Reactivity and Overgeneralization	van der Gucht, Katleen; Takano, Keisuke; Van Broeck, Nady; Raes, Filip	2015
233	Teaching mindfulness meditation to adults with severe speech and physical impairments: An exploratory study	Goodrich, Elena; Wahbeh, Helane; Mooney, Aimee; Miller, Meghan; Oken, Barry S.	2015
234	Relating Differently to Intrusive Images: the Impact of Mindfulness-Based Cognitive Therapy (MBCT) on Intrusive Images in Patients with Severe Health Anxiety (Hypochondriasis)	McManus, Freda; Muse, Kate; Surawy, Christina; Hackmann, Ann; Williams, J. Mark G.	2015
235	Combining Mindfulness Meditation With Cognitive Behavior Therapy and Medication Taper for Hypnotic-Dependent Insomnia in Older Adults: A Case Study	Lunde, Linn-Heidi; Skjotskift, Svein	2015
236	Relation Between Personality Traits and Mindfulness Following Mindfulness-Based Training: A Study of Incarcerated Individuals with Drug Abuse Disorders in Taiwan	Lee, Kun-Hua; Bowen, Sarah	2015
237	A Controlled Evaluation of Mindfulness-Based Cognitive Therapy for Patients with Coronary Heart Disease and Depression	O'Doherty, Veronica; Carr, Alan; McGrann, Alison; O'Neill, James O.; Dinan, Siobhan; Graham, Ian; Maher, Vincent	2015
238	The Process of Engaging in Mindfulness-Based Cognitive Therapy as a Partnership: A Grounded Theory Study	Smith, Emma L.; Jones, Fergal W.; Holtum, Sue; Griffiths, Kim	2015
239	Dispositional Mindfulness, Spirituality, and Substance Use in Predicting Depressive Symptoms in a Treatment-Seeking Sample	Shorey, Ryan C.; Gawrysiak, Michael J.; Anderson, Scott; Stuart, Gregory L.	2015
240	Relationship between the development of mindfulness and improvement of depression and anxiety	Bouvet, Cyrille; Grignon, Clemence; Zachariou, Zacharias; Lascar, Philippe	2015
241	Assessing Mindfulness on a Sample of Catalan-Speaking Spanish Adolescents: Validation of the Catalan Version of the Child and Adolescent Mindfulness Measure	Vinas, Ferran; Malo, Sara; Gonzalez, Monica; Navarro, Dolors; Casas, Ferran	2015
242	And Yet it Moves! A Reply to Rectifying Misconception: A Comprehensive Response to Gardner, Moore, and Marks Comments on 'Some Concerns About the Psychological Implications of Mindfulness: A Critical Analysis' "	David, Daniel	2014
243	Mindfulness-based Narrative Therapy for Depression in Cancer Patients	Rodriguez Vega, B.; Bayon Perez, C.; PalaoTarrero, A.; Fernandez Liria, A.	2014
244	MINDFULNESS-BASED COGNITIVE-BEHAVIOR THERAPY (MCBT) VERSUS VIRTUAL REALITY (VR) ENHANCED CBT,	Igna, Raluca; Stefan, Simona; Onac, Ioan; Onac, Ioana; Ungur, Rodica-Ana; Szentagotai Tatar, Aurora	2014

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245	Attention Effects of Mindfulness-Based Cognitive Therapy in Formerly Depressed Patients	Verhoeven, Josine E.; Vrijzen, Janna N.; van Oostrom, Iris; Speckens, Anne E. M.; Rinck, Mike	2014
246	It's All Formal: Understanding the Nuances of Mindfulness-Based Practice	Edwards, Christopher L.; Vann-Hawkins, Tracey; McDougald, Camela	2012
247	The influence of mindfulness exercises and decentring on rumination and specificity of autobiographical memory	de Jong-Meyer, Renate; Parthe, Teresa	2009

Anexo 2: Búsqueda ascendente a partir de las referencias existentes en los artículos filtrados de Web of Science.

Un mayor detalle de la información de cada artículo encontrado en la búsqueda ascendente ver el fichero excel http://www.unizar.es/socialpsychology/datos_y_calculos.xls en su hoja denominada "listado2".

Nº EP	Nº EP ascendente	Estudio: título	Estudio: autores	Año publicación
248	73	The effects of mindfulness meditation on cognitive processes and affect in patients with past depression.	Ramel, W., Goldin, P.R., Carmona, P.E., and McQuaid, J.R.	2004
249	73	A randomized controlled trial of mindfulness meditation versus relaxation training: effects on distress, positive states of mind, rumination, and distraction.	Jain, S., Shapiro, S.L., Swanick, S., Roesch, S.C., Mills, P.J., Bell, I., and Schwartz, G.E.	2007
250	73	The long-term effects of mindfulness-based cognitive therapy as a relapse prevention treatment for major depressive disorder.	Mathew, K.L., Whitford, H.S., Kenny, M. A., and Denson, L.A.	2010
251	73	Changes in ruminative thinking mediate the clinical benefits of mindfulness: preliminary findings.	Heeren, A., and Philippot, P.	2011
252	151	Impact of Mindfulness-Based Stress Reduction (MBSR) on attention, rumination and resting blood pressure in women with cancer: A waitlist-controlled study	Campbell, T. S., Labelle, L. E., Bacon, S. L., Faris, P., & Carlson, L. E.	2012
253	163	A Randomized Controlled Trial of Mindfulness Meditation Versus Relaxation Training: Effects on Distress, Positive States of Mind, Rumination, and Distraction	Jain, S., Shapiro, S., Swanick, S., Roesch, S., Mills, P., Bell, I., & Schwartz, G.	2007
254	124	Effects of mindfulness-based stress reduction intervention on psychological well-being and quality of life: is increased mindfulness indeed the mechanism?	Nyklíček, I., & Kuijpers, K. F.	2008
255	81	Mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients: A randomized study.	Brañstroöm, R., Kvillemo, P., Brandberg, Y., & Moskowitz, J. T.	2010
256	81	Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders	Miller, J. J., Fletcher, K., & Kabat-Zinn, J.	1995
257	83	Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial	Shapiro, S. L., Astin, J. A., Bishop, S. R. and Cordova, M.	2005
258	85	The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents.	Van der Oord, Sder; Bögels, SM.; Peijnenburg, D	2011
259	85	The effectiveness of mindfulness training on behavioral problems and attentional functioning in adolescents with ADHD and their parents	Van de Weijer-Bergsma E, Formsma AR, De Bruin EI, Bögels SM.	2011

260	85	Mindfulness-based cognitive therapy to prevent relapse in recurrent depression.	Kuyken W, Byford S, Taylor RS, Watkins E, Holden E, White K, et al..	2008
261	85	Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program.	Carmody J, Baer RA.	2008
262	85	Mindfulness training for adolescents with externalizing disorders and their parents.	Bögels SM, Hoogstad B, van Dun L, de Schutter S, Restifo K.	2008
263	88	Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: A randomized, double-blind, controlled study.	Grepmaier L, Mitterlehner F, Loew T, Bachler E, Rother W, Nickel M.	2007
264	88	Mindfulness-Based Cognitive Therapy and Self-Discrepancy in Recovered Depressed Patients with a History of Depression and Suicidality	Crane C, Barnhofer T, Duggan DS, Hepburn S, Fennell MV, Williams JMG.	2008
265	88	Mindfulness-Based Cognitive Therapy Reduces Overgeneral Autobiographical Memory in Formerly Depressed Patients	Williams JMG, Teasdale JD, Segal ZV, Soulsby J.	2000
266	89	Effects of Mindfulness-based stress reduction on medical and premedical students.	Shapiro,S.L.,Schwartz,G.E.,and Bonner, G.	1998
267	89	Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy?	Schroevers,M.J.,and Brandsma,R.	2010
268	89	Mindfulness-based stress reduction and health-related quality of life in a heterogenous patient population	Reibel, D.K., Greeson, J.M., Brainard, G.C. and Rosenzweig, S.	2001
269	89	Treatment-resistant depressed patients show a good response to Mindfulness-Based Cognitive Therapy	Kenny, M.A., and Williams, J.M.	2007
270	89	Enhanced Psychosocial Well-Being Following Participation in a Mindfulness-Based Stress Reduction Program is Associated with Increased Natural Killer Cell Activity	Fang,C.Y.,Reibel,D.K.,Lonsacre, M.L. Rosenzweig S., Campbell, D.E., and Douglas, S.D.	2010
271	89	One year pre–post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients	Carlson,L.E.,Speca,M.,Fariss,P., and Patel,K.D.	2007
272	89	Mindfulness-based Stress Reduction and attentional control	Anderson,N.D.,Lau,M.A.,Segal, Z. V.,andBishop,S.R.	2007
273	92	Pilot Controlled Trial of Mindfulness Meditation and Education for Dementia Caregivers	Oken BS, Fonareva I, Haas M, Wahbeh H, Lane JB, Zajdel D, Amen A	2010
274	92	Evaluation of a Mindfulness-Based Stress Reduction (MBSR) Program for Caregivers of Children with Chronic Conditions	Minor HG, Carlson LE, Mackenzie MJ, Zernicke K, Jones L	2006
275	92	The effects of mindfulness-based stress reduction on nurse stress and burnout, Part II	Cohen-Katz J, Wiley SD, Capuano T, Baker DM, Kimmel S, Shapiro S	2005
276	92	Teaching Self-Care to Caregivers: Effects of Mindfulness-Based Stress Reduction on the Mental Health of Therapists in Training	Shapiro S, Brown KW, Biegel GM	2007

277	107	Mindfulness-based cognitive therapy for depression: Replication and exploration of differential relapse prevention effects.	Ma, S. H., & Teasdale, J. D.	2004
278	112	A Randomized Trial of Mindfulness-Based Cognitive Therapy for Children: Promoting Mindful Attention to Enhance Social-Emotional Resiliency in Children	Semple, R.J., Lee, J., Rosa, D., & Miller, L.F.	2009
279	112	Feasibility and Preliminary Outcomes of a School-Based Mindfulness Intervention for Urban Youth	Mendelson, T., Greenberg, M.T., Dariotis, J.K., Gould, L.F., Rhoades, B.L., & Leaf, P.J.	2010
280	112	School-based mindfulness instruction for urban male youth: A small randomized controlled trial	Erica M.S. Sibinga, Carisa Perry-Parrish , Shang-en Chung , Sara B. Johnson, Michael Smith , Jonathan M. Ellen	2013
281	113	Cultivating Mindfulness: Effects on Well-Being	Shapiro SL, Oman D, Thoresen CE, Plante TG, Flinders T.	2008
282	113	Effectsof Mindfulness-BasedStress Reductionon Emotional Experienceand Expression: A Randomized Controlled Trial	Robins CJ, Keng SL, Ekblad AG, Brantley JG.	2012
283	113	An exploratory mixed methods study of the acceptability and effectiveness of mindfulness -based cognitive therapy for patients with active depression and anxiety in primary care	Finucane A, Mercer SW.	2006

Anexo 3: Evaluación de la calidad metodológica de los 126 EPs, mediante la Escala de Jadad.

La escala de Jadad está compuesta por 7 ítems que evalúan la calidad metodológica de una investigación. Los 7 ítems son los siguientes:

Pregunta	Puntuación
1 ¿El estudio se describe como aleatorizado (o randomizado)?	Sí: 1 punto No: 0 puntos
2 ¿Se describe el método utilizado para generar la secuencia de aleatorización y este método es adecuado?	Sí: 1 punto No: 0 puntos
3 ¿Es adecuado el método utilizado para generar la secuencia de aleatorización?	Sí: 0 punto No: -1 punto
4 ¿El estudio se describe como doble ciego ?	Sí: 1 punto No: 0 puntos
5 ¿Se describe el método de enmascaramiento (o cegamiento) y este método es adecuado?	Sí: 1 punto No: 0 puntos
6 ¿Es adecuado el método de enmascaramiento (o cegamiento)?	Sí: 0 puntos No: -1 punto
7 ¿Hay una descripción de las pérdidas de seguimiento y los abandonos?	Sí: 1 punto No: 0 puntos

Este cuestionario de Jadad da una puntuación total en una escala que va de 0 a 5 puntos.

Se ha realizado una evaluación de los 7 ítems para los 126 EPs, cuyo desglose se puede ver en el fichero http://www.unizar.es/socialpsychology/datos_y_calculos.xls en su hoja denominada "listado3".

Para poder trabajar con dicha información para el meta-análisis, sería conveniente que otro "juez" emitiera igualmente su valoración de los 7 ítems, para cada uno de los 126 EPs, para poder contrastar a la ya realizada, y así poder calcular el coeficiente de correlación interjueces, o bien, en este caso también se podría calcular el coeficiente kappa de Cohen al considerar las diferentes puntuaciones totales de la Escala de Jadad (0,1,2,3,4 y 5) como categorías mutuamente excluyentes. La ecuación para κ es:

$\kappa = [P(A) - P(E)] / [1 - P(E)]$; siendo $P(A)$ la probabilidad del acuerdo observado relativo entre los dos jueces, y $P(E)$ la probabilidad hipotética de acuerdo por azar entre los dos jueces.

El total de la Escala de Jadad para cada EP se relaciona a continuación:

Nº Estudio Primario (EP, 1- 283))	Nº ET finalista (ET, 1- 126)	Estudio: título	Indice de calidad (I. de Jadad)
1	1	The impact of intensive mindfulness training on attentional control, cognitive style, and affect	1
2	2	Mindfulness training as an intervention for fibromyalgia: Evidence of postintervention and 3-year follow-up benefits in well-being	2
3	3	Randomized controlled trial of mindfulness-based stress reduction (MBSR) for survivors of breast cancer	2
4	4	Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression	2
5	5	Mindfulness-Based Stress Reduction for the Treatment of Adolescent Psychiatric Outpatients: A Randomized Clinical Trial	2
6	6	Mindfulness-based cognitive therapy as a treatment for chronic depression: A preliminary study	2
7	7	Depression, Craving, and Substance Use Following a Randomized Trial of Mindfulness-Based Relapse Prevention	2
9	8	Mindfulness-based cognitive therapy for residual depressive symptoms	2
10	9	Mindfulness Training Increases Momentary Positive Emotions and Reward Experience in Adults Vulnerable to Depression: A Randomized Controlled Trial	3
11	10	Mindfulness-based stress reduction for patients with anxiety disorders: Evaluation in a randomized controlled trial	2
13	11	Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behavior	0

16	12	Letting Go: Mindfulness and Negative Automatic Thinking	0
20	13	Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample	0
21	14	Internet-delivered exposure and mindfulness based therapy for irritable bowel syndrome - A randomized controlled trial	3
23	15	Mindfulness Intervention for Child Abuse Survivors	1
27	16	Mindfulness and Acceptance-Based Group Therapy for Social Anxiety Disorder: An Open Trial	1
28	17	A Randomized Clinical Trial of Mindfulness-Based Cognitive Therapy Versus Unrestricted Services for Health Anxiety (Hypochondriasis)	5
38	18	Influence of Mindfulness Practice on Cortisol and Sleep in Long-Term and Short-Term Meditators	0
40	19	Outcomes following mindfulness-based cognitive therapy in a heterogeneous sample of adult outpatients	1
42	20	Psychological benefits for cancer patients and their partners participating in mindfulness-based stress reduction (MBSR)	1
48	21	Effects of Mindfulness Training on Body Awareness to Sexual Stimuli: Implications for Female Sexual Dysfunction	1
49	22	Mindfulness-Based Eating Awareness Training (MB-EAT) for Binge Eating: A Randomized Clinical Trial	3
52	23	The Mindfulness-Based Stress Reduction Program (MBSR) Reduces Stress-Related Psychological Distress in Healthcare Professionals	1
54	24	Mindfulness-based cognitive therapy applied to binge eating: A case study	1
56	25	Mindfulness and acceptance-based group therapy versus traditional cognitive behavioral group therapy for social anxiety disorder: A randomized controlled trial	3
57	26	A randomised controlled trial of a brief online mindfulness-based intervention	2
58	27	School-Based Prevention and Reduction of Depression in Adolescents: a Cluster-Randomized Controlled Trial of a Mindfulness Group Program	2

61	28	Evaluation of the Breathworks Mindfulness-Based Pain Management Programme: Effects on Well-Being and Multiple Measures of Mindfulness	1
63	29	Randomized controlled trial of mindfulness-based stress reduction versus aerobic exercise: effects on the self-referential brain network in social anxiety disorder	3
65	30	Internet-Based Mindfulness Treatment for Anxiety Disorders: A Randomized Controlled Trial	3
66	31	Salutary Proximal Processes and Distal Mood and Anxiety Vulnerability Outcomes of Mindfulness Training: A Pilot Preventive Intervention	2
71	32	Reducing Teachers' Psychological Distress through a Mindfulness Training Program	1
72	33	A Randomized Study of the Effects of Mindfulness Training on Psychological Well-being and Symptoms of Stress in Patients Treated for Cancer at 6-month Follow-up	3
73	34	The effects of mindfulness-based cognitive therapy on affective memory recall dynamics in depression: a mechanistic model of rumination	3
74	35	Randomized Trial on Mindfulness Training for Smokers Targeted to a Disadvantaged Population	2
75	36	Intensive mindfulness training and the reduction of psychological distress: A preliminary study	1
77	37	Changes in Attentional Processing of Emotional Information Following Mindfulness-Based Cognitive Therapy in People with a History of Depression: Towards an Open Attention for all Emotional Experiences	1
78	38	Cognitive Predictors of Change in Cognitive Behaviour Therapy and Mindfulness-Based Cognitive Therapy for Depression	1
79	39	Mindfulness-based Coping with University Life: A Non-randomized Wait-list-controlled Pilot Evaluation	1
81	40	Effects of mindfulness-based stress reduction on distressed (Type D) personality traits: a randomized controlled trial	3
83	41	Pilot Study of Mindfulness-Based Cognitive Therapy for Trainee Clinical Psychologists	1

89	42	Mindfulness training alters emotional memory recall compared to active controls: support for an emotional information processing model of mindfulness	0
91	43	A brief mindfulness based intervention for increase in emotional well-being and quality of life in percutaneous coronary intervention (PCI) patients: the MindfulHeart randomized controlled trial	1
95	44	Effects of Mindfulness-Based Cognitive Therapy on Specificity of Life Goals	2
99	45	Comparing Mindfulness-Based Intervention Strategies: Differential Effects of Sitting Meditation, Body Scan, and Mindful Yoga	0
100	46	Evaluation of an Occupational Mindfulness Program for Staff Employed in the Disability Sector in Australia	1
104	47	Randomized controlled pilot study of mindfulness-based stress reduction for persistently fatigued cancer survivors	2
105	48	Change in Decentering Mediates Improvement in Anxiety in Mindfulness-Based Stress Reduction for Generalized Anxiety Disorder	0
109	49	A comparison of mindfulness, nonjudgmental, and cognitive dissonance-based approaches to mirror exposure	0
110	50	Mindfulness Intervention for Child Abuse Survivors: A 2.5-Year Follow-Up	1
111	51	The Effectiveness of a School-Based Mindfulness Training as a Program to Prevent Stress in Elementary School Children	3
112	52	Innovations in Practice: Mindfulness-based cognitive therapy for depression in adolescents	1
113	53	Preliminary Long-Term Follow-up of Mindfulness-Based Cognitive Therapy-Induced Remission of Depression	1
115	54	The Effects of Mindfulness-Based Group Intervention on the Mental Health of Middle-Aged Korean Women in Community	1
119	55	Cognitive Functioning in Patients Remitted from Recurrent Depression: Comparison with Acutely Depressed Patients and Controls and Follow-up of a Mindfulness-Based Cognitive Therapy Trial	2
120	56	Effectiveness of Mindfulness-Based Cognitive Therapy in the Treatment of Fibromyalgia: A Randomised Trial	3

121	57	The Role of Therapeutic Alliance in Mindfulness Interventions: Therapeutic Alliance in Mindfulness Training for Smokers	2
122	58	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress	1
123	59	Promoting Attachment-Related Mindfulness and Compassion: a Wait-List-Controlled Study of Women Who Were Mistreated During Childhood	2
124	60	Mindfulness-Based Therapy in Adults with an Autism Spectrum Disorder: Do Treatment Effects Last?	1
127	61	Taming the adolescent mind: a randomised controlled trial examining clinical efficacy of an adolescent mindfulness-based group programme	2
128	62	The effectiveness of self-help mindfulness-based cognitive therapy in a student sample: A randomised controlled trial	3
130	63	Individual Mindfulness-Based Cognitive Therapy for People with Diabetes: a Pilot Randomized Controlled Trial	2
137	64	Relapse Prevention in Major Depressive Disorder: Mindfulness-Based Cognitive Therapy Versus an Active Control Condition	3
138	65	Dissociation between the cognitive and interoceptive components of mindfulness in the treatment of chronic worry	2
139	66	One-on-One Mindfulness Meditation Trainings in a Research Setting	1
143	67	A School-Based Mindfulness Pilot Study for Ethnically Diverse At-Risk Adolescents	2
148	68	The Mediating Effects of Mindfulness and Self-Compassion on Trait Anxiety	1
149	69	The Effects of Mindfulness-Based Cognitive Therapy on Depressive Symptoms in Elderly Bereaved People with Loss-Related Distress: a Controlled Pilot Study	1
150	70	Mindfulness Based Tinnitus Stress Reduction Pilot Study A Symptom Perception-Shift Program	1
151	71	Changes in Mindfulness Following a Mindfulness Telehealth Intervention	5
155	72	Examining the Factor Structure of the 39-Item and 15-Item Versions of the Five Facet Mindfulness Questionnaire Before and After Mindfulness-Based Cognitive Therapy for People With Recurrent Depression	1

163	73	The Application of Mindfulness for Interpersonal Dependency: Effects of a Brief Intervention	2
173	74	A Low-Intensity Mindfulness-Based Intervention for Mood Symptoms in People with Early Psychosis: Development and Pilot Evaluation	1
174	75	Effectiveness of a school-based mindfulness program for transdiagnostic prevention in young adolescents	3
177	76	Mindfulness-Based Stress Reduction as a Promising Intervention for Amelioration of Premenstrual Dysphoric Disorder Symptoms	1
179	77	Physical Activity, Mindfulness Meditation, or Heart Rate Variability Biofeedback for Stress Reduction: A Randomized Controlled Trial	3
180	78	Evaluation of a Brief Mindfulness-Based Intervention to Reduce Psychological Distress in the Workplace	3
181	79	Cognitive Behavior Therapy With Mindfulness and Acceptance Skills for the Treatment of Older Adults	1
187	80	Mindfulness for Paranoid Beliefs: Evidence from Two Case Studies	1
190	81	An Open Trial of Web-Based Mindfulness-Based Cognitive Therapy for Perinatal Women at Risk for Depressive Relapse	1
196	82	Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease	1
200	83	Integrating Mindfulness into Positive Psychology: a Randomised Controlled Trial of an Online Positive Mindfulness Program	3
203	84	A Mindfulness-Based Group Intervention for Enhancing Self-Regulation of Emotion in Late Childhood and Adolescence: A Pilot Study	0
208	85	Mindfulness and mood stimulate each other in an upward spiral: a mindful walking intervention using experience sampling	1
210	86	A RCT Comparing Daily Mindfulness Meditations, Biofeedback Exercises, and Daily Physical Exercise on Attention Control, Executive Functioning, Mindful Awareness, Self-Compassion, and Worrying in Stressed Young Adults	1

213	87	Predictors of Depression and PTSD Treatment Response Among Veterans Participating in Mindfulness-Based Stress Reduction	1
217	88	Mindfulness and Relaxation: a Comparison of Brief, Laboratory-Based Interventions	2
222	89	Perfectionism and Mindfulness: Effectiveness of a Bibliotherapy Intervention	3
224	90	Trauma-Informed Mindfulness-Based Stress Reduction for Female Survivors of Interpersonal Violence: Results From a Stage I RCT	2
226	91	Effects of Brief Group Mindfulness-based Cognitive Therapy for Stress Reduction among Medical Students in a Malaysian University	1
234	92	Relating Differently to Intrusive Images: the Impact of Mindfulness-Based Cognitive Therapy (MBCT) on Intrusive Images in Patients with Severe Health Anxiety (Hypochondriasis)	1
237	93	A Controlled Evaluation of Mindfulness-Based Cognitive Therapy for Patients with Coronary Heart Disease and Depression	2
248	94	The effects of mindfulness meditation on cognitive processes and affect in patients with past depression.	1
249	95	A randomized controlled trial of mindfulness meditation versus relaxation training: effects on distress, positive states of mind, rumination, and distraction.	3
251	96	Changes in ruminative thinking mediate the clinical benefits of mindfulness: preliminary findings.	1
252	97	Impact of Mindfulness-Based Stress Reduction (MBSR) on attention, rumination and resting blood pressure in women with cancer: A waitlist-controlled study	1
253	98	A Randomized Controlled Trial of Mindfulness Meditation Versus Relaxation Training: Effects on Distress, Positive States of Mind, Rumination, and Distraction	3

254	99	Effects of mindfulness-based stress reduction intervention on psychological well-being and quality of life: is increased mindfulness indeed the mechanism?	3
255	100	Mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients: A randomized study.	2
256	101	Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders	1
257	102	Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial	2
258	103	The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents.	1
259	104	The effectiveness of mindfulness training on behavioral problems and attentional functioning in adolescents with ADHD and their parents	1
260	105	Mindfulness-based cognitive therapy to prevent relapse in recurrent depression.	3
261	106	Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program.	1
262	107	Mindfulness training for adolescents with externalizing disorders and their parents.	1
263	108	Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: A randomized, double-blind, controlled study.	5
264	109	Mindfulness-Based Cognitive Therapy and Self-Discrepancy in Recovered Depressed Patients with a History of Depression and Suicidality	5

265	110	Mindfulness-Based Cognitive Therapy Reduces Overgeneral Autobiographical Memory in Formerly Depressed Patients	2
266	111	Effects of Mindfulness-based stress reduction on medical and premedical students.	3
267	112	Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy?	1
268	113	Mindfulness-based stress reduction and health-related quality of life in a heterogenous patient population	1
269	114	Treatment-resistant depressed patients show a good response to Mindfulness-Based Cognitive Therapy	1
270	115	Enhanced Psychosocial Well-Being Following Participation in a Mindfulness-Based Stress Reduction Program is Associated with Increased Natural Killer Cell Activity	1
271	116	One year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients	1
272	117	Mindfulness-based Stress Reduction and attentional control	2
273	118	Pilot Controlled Trial of Mindfulness Meditation and Education for Dementia Caregivers	3
274	119	Evaluation of a Mindfulness-Based Stress Reduction (MBSR) Program for Caregivers of Children with Chronic Conditions	1
275	120	The effects of mindfulness-based stress reduction on nurse stress and burnout, Part II	3
276	121	Teaching Self-Care to Caregivers: Effects of Mindfulness-Based Stress Reduction on the Mental Health of Therapists in Training	1
279	122	Feasibility and Preliminary Outcomes of a School-Based Mindfulness Intervention for Urban Youth	2

280	123	School-based mindfulness instruction for urban male youth: A small randomized controlled trial	2
281	124	Cultivating Mindfulness: Effects on Well-Being	3
282	125	Effectsof Mindfulness-BasedStress Reductionon Emotional Experienceand Expression: A Randomized Controlled Trial	2
283	126	An exploratory mixed methods study of the acceptability and effectiveness of mindfulness -based cognitive therapy for patients with active depression and anxiety in primary care	1

Anexo 4: Características de los participantes.

Nº EP	Nº ET	Estudio: título	Diagnóstico clínico participantes	Edad media grupo experimental (años)	Género grupo experimental (% mujeres)	Ciudad, país
1	1	The impact of intensive mindfulness training on attentional control, cognitive style, and affect.	población no clínica (estudiantes universitarios)	37,7	45,00%	Victoria, Australia
2	2	Mindfulness training as an intervention for fibromyalgia: evidence of postintervention and 3-year follow-up benefits in well-being.	mujeres con fibromialgia	52	100,00%	Basel, Suiza
3	3	Randomized controlled trial of mindfulness-based stress reduction (MBSR) for survivors of breast cancer.	mujeres supervivientes de cáncer de mama	57,5	100,00%	Tampa, USA
4	4	Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression.	con y sin depresión recurrente	46,17	83,33%	Phoenix, USA
4	5	Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression.	con y sin depresión recurrente	57,29	53,66%	USA
5	6	Mindfulness-Based Stress Reduction for the Treatment of Adolescent Psychiatric Outpatients: A Randomized Clinical Trial.	adolescentes en tratamiento psiquiátrico	15,7	70,00%	Virginia (USA)
6	7	Mindfulness-based cognitive therapy as a treatment for chronic depression: A preliminary study.	depresión crónica	42,07	71,43%	London (UK)
7	8	Depression, Craving, and Substance Use Following a Randomized Trial of Mindfulness-Based Relapse Prevention.	craving y abuso de sustancias	40,45	36,30%	Washington (USA)

9	9	Mindfulness-based cognitive therapy for residual depressive symptoms.	depresión	41,5	87,50%	Dublin (Ireland)
10	10	Mindfulness Training Increases Momentary Positive Emotions and Reward Experience in Adults Vulnerable to Depression: A Randomized Controlled Trial.	depresión	44,6	79,00%	Maastricht (the Netherlands)
11	11	Mindfulness-based stress reduction for patients with anxiety disorders: Evaluation in a randomized controlled trial	desórdenes de ansiedad	41,4	66,70%	Bergen (Noruega)
13	12	Mindfulness-based cognitive therapy for prevention of recurrence of suicidal behaviour.	con riesgo de suicidio	35	100,00%	Oxford (UK)
16	13	Letting Go: Mindfulness and Negative Automatic Thinking.	población no clínica	20,1	70,00%	Western Ontario, Canadá
20	14	Association of participation in a mindfulness program with measures of PTSD, depression and quality of life in a veteran sample.	PTSD: Desorden de estrés pos-traumático	51	24,00%	Seattle (USA)
21	15	Internet-delivered exposure and mindfulness based therapy for irritable bowel syndrome - A randomized controlled trial.	IBS: Síndrome de intestino irritable	36,4	83,33%	Estocolmo/Suecia
23	16	Mindfulness Intervention for Child Abuse Survivors.	Adultos supervivientes de abuso sexual infantil	44,9	89,00%	Maryland (USA)
27	17	Mindfulness and Acceptance-Based Group Therapy for Social Anxiety Disorder: An Open Trial.	SAD: Desorden de Ansiedad Social	34,17	69,05%	Toronto (Canadá)
28	18	A Randomized Clinical Trial of Mindfulness-Based Cognitive Therapy Versus Unrestricted Services for Health Anxiety (Hypochondriasis).	Ansiedad sobre la salud (hipocondriasis)	41,28	75,00%	Oxford (UK)
38	19	Influence of Mindfulness Practice on Cortisol and Sleep in Long-Term and Short-Term Meditators.	población no clínica	40,2	81,82%	Basel (Suiza)

40	20	Outcomes following mindfulness-based cognitive therapy in a heterogeneous sample of adult outpatients	Desórdenes de ansiedad y / o ánimo	39,5	76,92%	Perth, Australia
42	21	Psychological benefits for cancer patients and their partners participating in mindfulness-based stress reduction (MBSR)	pacientes con cáncer, y sus parejas	39,5	52,38%	Calgary, Canadá
42	22	Psychological benefits for cancer patients and their partners participating in mindfulness-based stress reduction (MBSR).	pacientes con cáncer, y sus parejas	39,5	52,38%	Calgary, Canadá
48	23	Effects of Mindfulness Training on Body Awareness to Sexual Stimuli: Implications for Female Sexual Dysfunction	mujeres estudiantes de Grado	20	100,00%	Brown University, Rhode Island (USA)
49	24	Mindfulness-Based Eating Awareness Training (MB-EAT) for Binge Eating: A Randomized Clinical Trial	Trastorno alimentario compulsivo	46,6	88,00%	Indiana (USA)
52	25	The Mindfulness-Based Stress Reduction Program (MBSR) Reduces Stress-Related Psychological Distress in Healthcare Professionals	cierto nivel de estrés	41,1	83,00%	Palma de Mallorca (España)
54	26	Mindfulness-based cognitive therapy applied to binge eating: A case study.	Trastorno alimentario compulsivo	55	100,00%	Kentucky, USA
56	27	Mindfulness and acceptance-based group therapy versus traditional cognitive behavioral group therapy for social anxiety disorder: A randomized controlled trial.	Desorden de ansiedad social	34,94	49,06%	Canadá
57	28	A randomised controlled trial of a brief online mindfulness-based intervention.	estudiantes	25,28	90,70%	Canterbury University
58	29	School-Based Prevention and Reduction of Depression in Adolescents: a Cluster-Randomized Controlled Trial of a Mindfulness Group Program.	adolescentes con depresión	15,4	68,00%	Flanders (Belgium)

61	30	Evaluation of the Breathworks Mindfulness-Based Pain Management Programme: Effects on Well-Being and Multiple Measures of Mindfulness.	dolor crónico	46,7	93,00%	Bath (UK)
63	31	Randomized controlled trial of mindfulness-based stress reduction versus aerobic exercise: effects on the self-referential brain network in social anxiety disorder.	pacientes sin medicar con desórden por ansiedad social	32,87	61,30%	Stanford (USA)
65	32	Internet-Based Mindfulness Treatment for Anxiety Disorders: A Randomized Controlled Trial.	Desórdenes de ansiedad	37	75,60%	Estocolmo (Suecia)
66	33	Salutary Proximal Processes and Distal Mood and Anxiety Vulnerability Outcomes of Mindfulness Training: A Pilot Preventive Intervention.	población no clínica	25,3	66,00%	Israel (Univ. De Haifa)
71	34	Reducing Teachers' Psychological Distress through a Mindfulness Training Program.	profesores se secundaria	44,1	58,82%	Guadix (Granada)España
72	35	A Randomized Study of the Effects of Mindfulness Training on Psychological Well-being and Symptoms of Stress in Patients Treated for Cancer at 6-month Follow-up.	cáncer	51,8	no menciona	Estocolmo, Suecia
73	36	The effects of mindfulness-based cognitive therapy on affective memory recall dynamics in depression: a mechanistic model of rumination.	depresión	46,6	76,90%	Groningen (the Netherlands)
74	37	Randomized Trial on Mindfulness Training for Smokers Targeted to a Disadvantaged Population	fumadores con bajos ingresos	41,65	50,00%	Wisconsin (USA)
75	38	Intensive mindfulness training and the reduction of psychological distress: A preliminary study.	población no clínica	40,4	49,06%	Washington (USA)
77	39	Changes in Attentional Processing of Emotional Information Following Mindfulness-Based Cognitive Therapy in People with a History of Depression: Towards an Open Attention for all Emotional Experiences.	adultos que tuvieron al menos un episodio depresivo, y ya superado	45,2	73,33%	Ghent (Belgium)

78	40	Cognitive Predictors of Change in Cognitive Behaviour Therapy and Mindfulness-Based Cognitive Therapy for Depression.	depresión no melancólica	47	64,00%	Sydney (Australia)
79	41	Mindfulness-based Coping with University Life: A Non-randomized Wait-list-controlled Pilot Evaluation.	estudiantes universitarios	34,3	80,00%	Northampton (UK)
81	42	Effects of mindfulness-based stress reduction on distressed (Type D) personality traits: a randomized controlled trial.	personalidad tipo D	46,71	68,00%	Tilburg (Países Bajos)
83	43	Pilot Study of Mindfulness-Based Cognitive Therapy for Trainee Clinical Psychologists	psicólogos clínicos en entrenamiento (tipo "PIR")	no reflejado	100,00%	Bath (UK)
89	44	Mindfulness training alters emotional memory recall compared to active controls: support for an emotional information processing model of mindfulness.	Estudiantes de Grado	20,1	48,28%	Netherlands
91	45	A brief mindfulness based intervention for increase in emotional well-being and quality of life in percutaneous coronary intervention (PCI) patients: the MindfulHeart randomized controlled trial	Pacientes con intervención coronaria percutánea	55,4	18,00%	Eindhoven (the Netherlands)
95	46	Effects of Mindfulness-Based Cognitive Therapy on Specificity of Life Goals.	depresión crónica	41,9	66,67%	Oxford (UK)
99	47	Comparing Mindfulness-Based Intervention Strategies: Differential Effects of Sitting Meditation, Body Scan, and Mindful Yoga.	Estudiantes de Grado	18,85	71,00%	Boston (USA)
100	48	Evaluation of an Occupational Mindfulness Program for Staff Employed in the Disability Sector in Australia.	trabajadores de ayuda/apoyo a discapacitados	42,9	58,82%	Monash (Australia)
104	49	Randomized controlled pilot study of mindfulness-based stress reduction for persistently fatigued cancer survivors.	Supervivientes de cáncer	58,8	94,44%	Indiana (USA)

105	50	Change in Decentering Mediates Improvement in Anxiety in Mindfulness-Based Stress Reduction for Generalized Anxiety Disorder.	Desórden de ansiedad generalizado	37,6	55,26%	Boston (USA)
109	51	A comparison of mindfulness, nonjudgmental, and cognitive dissonance-based approaches to mirror exposure.	mujeres estudiantes de grado	19,4	100,00%	USA
110	52	Mindfulness Intervention for Child Abuse Survivors: A 2.5-Year Follow-Up.	Adultos supervivientes de abuso sexual infantil	no indicada	no indica	Baltimore (USA)
111	53	The Effectiveness of a School-Based Mindfulness Training as a Program to Prevent Stress in Elementary School Children.	estudiantes escolares	9,92	55,00%	Amsterdam(The Netherlands)
112	54	Innovations in Practice: Mindfulness-based cognitive therapy for depression in adolescents.	adolescentes depresivos	14,1	no indica	London (UK)
113	55	Preliminary Long-Term Follow-up of Mindfulness-Based Cognitive Therapy-Induced Remission of Depression.	MDD: Desorden Depresivo Mayor	no indica	no indica	California (USA)
115	56	The Effects of Mindfulness-Based Group Intervention on the Mental Health of Middle-Aged Korean Women in Community	mujeres, población no clínica	41,46	100,00%	Corea
119	57	Cognitive Functioning in Patients Remitted from Recurrent Depression: Comparison with Acutely Depressed Patients and Controls and Follow-up of a Mindfulness-Based Cognitive Therapy Trial.	depresión recurrente	46,8	71,67%	Génova (Italia)
120	58	Effectiveness of Mindfulness-Based Cognitive Therapy in the Treatment of Fibromyalgia: A Randomised Trial.	fibromialgia	53,13	100,00%	Almansa (España)
121	59	The Role of Therapeutic Alliance in Mindfulness Interventions: Therapeutic Alliance in Mindfulness Training for Smokers.	fumadores	42,1	54,10%	Wisconsin (USA)

122	60	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress.	participantes curso Mindfulness, 6 diferentes tipo de población	46	64,00%	Sidney (Australia)
122	61	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress.	participantes curso Mindfulness, 6 diferentes tipo de población	46	64,00%	Sidney (Australia)
122	62	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress.	participantes curso Mindfulness, 6 diferentes tipo de población	46	64,00%	Sidney (Australia)
122	63	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress.	participantes curso Mindfulness, 6 diferentes tipo de población	46	64,00%	Sidney (Australia)
122	64	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress.	participantes curso Mindfulness, 6 diferentes tipo de población	46	64,00%	Sidney (Australia)
122	65	The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress.	participantes curso Mindfulness, 6 diferentes tipo de población	46	64,00%	Sidney (Australia)
123	66	Promoting Attachment-Related Mindfulness and Compassion: a Wait-List-Controlled Study of Women Who Were Mistreated During Childhood.	mujeres maltratadas en la infancia	47	100,00%	California (USA)
124	67	Mindfulness-Based Therapy in Adults with an Autism Spectrum Disorder: Do Treatment Effects Last?	Desorden del Espectro Autista	40,756	32,00%	Eindhoven (the Netherlands)
127	68	Taming the adolescent mind: a randomised controlled trial examining clinical efficacy of an adolescent mindfulness-based group programme.	adolescentes, población no clínica	15,4	75,00%	Queensland, Australia
128	69	The effectiveness of self-help mindfulness-based cognitive therapy in a student sample: A randomised controlled trial.	estudiantes universitarios	30,5	77,50%	UK
130	70	Individual Mindfulness-Based Cognitive Therapy for People with Diabetes: a	diabetes	54,9	41,67%	Groningen (the Netherlands)

Pilot Randomized
Controlled Trial.

137	71	Relapse Prevention in Major Depressive Disorder: Mindfulness-Based Cognitive Therapy Versus an Active Control Condition.	depresión	36,7	47,37%	California (USA)
138	72	Dissociation between the cognitive and interoceptive components of mindfulness in the treatment of chronic worry	preocupación crónica	21,5	100,00%	Huesca (España)
139	73	One-on-One Mindfulness Meditation Trainings in a Research Setting.	pacientes con estrés	61	82,00%	Oregon (USA)
143	74	A School-Based Mindfulness Pilot Study for Ethnically Diverse At-Risk Adolescents.	Estudiantes en riesgo académico	16,8	39,00%	USA /OCCIDENTAL
148	75	The Mediating Effects of Mindfulness and Self-Compassion on Trait Anxiety.	estudiantes universitarios	23,17	0,73%	USA
149	76	The Effects of Mindfulness-Based Cognitive Therapy on Depressive Symptoms in Elderly Bereaved People with Loss-Related Distress: a Controlled Pilot Study.	depresión en la vejez	76,8	75,00%	Denmark
150	77	Mindfulness Based Tinnitus Stress Reduction Pilot Study. A Symptom Perception-Shift Program.	zumbido de oídos	58	25,00%	San Francisco (USA)
151	78	Changes in Mindfulness Following a Mindfulness Telehealth Intervention.	Varones veteranos de guerra, con PTSD	55,2	0,00%	USA
155	79	Examining the Factor Structure of the 39-Item and 15-Item Versions of the Five Facet Mindfulness Questionnaire Before and After Mindfulness-Based Cognitive Therapy for People with Recurrent Depression.	depresión recurrente	49,18	71,00%	UK
163	80	The Application of Mindfulness for Interpersonal Dependency: Effects of a Brief Intervention.	estudiantes con rasgo de interdependencia interpersonal	19,1	88,60%	Ohio (USA)

173	81	A Low-Intensity Mindfulness-Based Intervention for Mood Symptoms in People with Early Psychosis: Development and Pilot Evaluation.	psicosis temprana	47	71,43%	Hong Kong
174	82	Effectiveness of a school-based mindfulness program for transdiagnostic prevention in young adolescents.	estudiantes escolares	13,63	47,70%	Australia
177	83	Mindfulness-Based Stress Reduction as a Promising Intervention for Amelioration of Premenstrual Dysphoric Disorder Symptoms.	mujeres con PDDs: Premenstrual Dysphoric Disorder Symptoms	38	100,00%	North Carolina (USA)
179	84	Physical Activity, Mindfulness Meditation, or Heart Rate Variability Biofeedback for Stress Reduction: A Randomized Controlled Trial.	pacientes estresados	26,32	74,07%	Amsterdam (the Netherlands)
180	85	Evaluation of a Brief Mindfulness-Based Intervention to Reduce Psychological Distress in the Workplace.	personal estresado en el puesto de trabajo	35,8	91,00%	varias ciudades de Canadá
181	86	Cognitive Behavior Therapy With Mindfulness and Acceptance Skills for the Treatment of Older Adults.	depresión en la vejez	84	0,00%	New York (USA)
187	87	Mindfulness for Paranoid Beliefs: Evidence from Two Case Studies.	psicosis paranoide	34	0,00%	London (UK)
187	88	Mindfulness for Paranoid Beliefs: Evidence from Two Case Studies.	psicosis paranoide	49	0,00%	London (UK)
190	89	An Open Trial of Web-Based Mindfulness-Based Cognitive Therapy for Perinatal Women at Risk for Depressive Relapse.	Mujeres embarazadas y perinatales con riesgo de recaída en depresión	30,49	100,00%	Colorado (USA)
196	90	Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease.	depresión y enfermedad somática	52,4	79,00%	Groningen (the Netherlands)

196	91	Group and Individual Mindfulness-Based Cognitive Therapy (MBCT) Are Both Effective: a Pilot Randomized Controlled Trial in Depressed People with a Somatic Disease.	depresión y enfermedad somática	52,1	75,00%	Groningen (the Netherlands)
200	92	Integrating Mindfulness into Positive Psychology: a Randomised Controlled Trial of an Online Positive Mindfulness Program.	población no clínica	41,31	76,90%	London (UK)
203	93	A Mindfulness-Based Group Intervention for Enhancing Self-Regulation of Emotion in Late Childhood and Adolescence: A Pilot Study.	adolescentes	14,61	71,43%	Belgium
208	94	Mindfulness and mood stimulate each other in an upward spiral: a mindful walking intervention using experience sampling.	población no clínica	54,3	69,00%	the Netherlands
210	95	A RCT Comparing Daily Mindfulness Meditations, Biofeedback Exercises, and Daily Physical Exercise on Attention Control, Executive Functioning, Mindful Awareness, Self-Compassion, and Worrying in Stressed Young Adults.	población no clínica	26,32	74,07%	Amsterdam (the Netherlands)
213	96	Predictors of Depression and PTSD Treatment Response Among Veterans Participating in Mindfulness-Based Stress Reduction.	veteranos con PTSD	52,34	24,1	Seattle (USA)
217	97	Mindfulness and Relaxation: a Comparison of Brief, Laboratory-Based Interventions.	estudiantes universitarios	19,03	67	USA
222	98	Perfectionism and Mindfulness: Effectiveness of a Bibliotherapy Intervention.	población no clínica	29,7	95	Florida (USA)
224	99	Trauma-Informed Mindfulness-Based Stress Reduction for Female Survivors of Interpersonal Violence: Results From a Stage I RCT.	mujeres supervivientes de violencia interpersonal	41,5	100	Utah (USA)

226	100	Effects of Brief Group Mindfulness-based Cognitive Therapy for Stress Reduction among Medical Students in a Malaysian University	estudiantes universitarios	22,23	62	Selangor (Malasia)
234	101	Relating Differently to Intrusive Images: the Impact of Mindfulness-Based Cognitive Therapy (MBCT) on Intrusive Images in Patients with Severe Health Anxiety (Hypochondriasis)	hipocondriasis	40,75	65	Oxford (UK)
237	102	A Controlled Evaluation of Mindfulness-Based Cognitive Therapy for Patients with Coronary Heart Disease and Depression	enfermedad coronaria y depresión	57,58	37,5	Dublin (Ireland)
248	103	The effects of mindfulness meditation on cognitive processes and affect in patients with past depression.	pacientes reclutados del Sistema de Salud	50,27	45,45%	San Diego (USA)
249	104	A randomized controlled trial of mindfulness meditation versus relaxation training: effects on distress, positive states of mind, rumination, and distraction. Changes in ruminative thinking mediate the clinical benefits of mindfulness: preliminary findings.	estudiantes de medicina	25	81,48%	Arizona (USA)
251	105	Impact of Mindfulness-Based Stress Reduction (MBSR) on attention, rumination and resting blood pressure in women with cancer: A waitlist-controlled study	población no clínica	48,76	62,07%	Louvain (Belgium)
252	106	A Randomized Controlled Trial of Mindfulness Meditation Versus Relaxation Training: Effects on Distress, Positive States of Mind, Rumination, and Distraction	mujeres con cáncer	53,21	100,00%	Calgary (Canadá)
253	107	Effects of mindfulness-based stress reduction intervention on psychological well-being and quality of life: is increased mindfulness indeed the mechanism?	estudiantes universitarios	25	81,48%	Arizona (USA)
254	108		personas con estrés	46	66,67%	Tilburg (Netherlands)

255	109	Mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients: A randomized study.	cáncer	52,2	98,31%	Karolinska, Suecia
256	110	Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders	desórdenes de ansiedad	no	no	Massachusetts (USA)
257	111	Mindfulness-Based Stress Reduction for Health Care Professionals: Results From a Randomized Trial	Profesionales del cuidado de la Salud	41,5	70,00%	Palo Alto (USA)
258	112	The effectiveness of mindfulness training for children with ADHD and mindful parenting for their parents.	niños con TDAH (trastorno de déficit de atención e hiperactividad)	9,67	27,27%	the Netherlands
259	113	The effectiveness of mindfulness training on behavioral problems and attentional functioning in adolescents with ADHD and their parents	Adolescentes con TDAH	13	70,00%	the Netherlands
260	114	Mindfulness-based cognitive therapy to prevent relapse in recurrent depression.	Historial de 3 ó más episodios de depresión	48,95	77,00%	Devon (UK)
261	115	Relationships between mindfulness practice and levels of mindfulness, medical and psychological symptoms and well-being in a mindfulness-based stress reduction program.	población clínica reclutados del sistema de Salud	47,05	63,00%	Massachusetts (USA)
262	116	Mindfulness training for adolescents with externalizing disorders and their parents.	adolescentes, población clínica	14,4	42,86%	Maastricht (the Netherlands)
263	117	Promoting mindfulness in psychotherapists in training influences the treatment results of their patients: A randomized, double-blind, controlled study.	población clínica hospitalizada	38,9	50,00%	Inntalklinik, (Germany)
264	118	Mindfulness-Based Cognitive Therapy and Self-Discrepancy in Recovered Depressed Patients with a History of Depression and Suicidality	Pacientes depresivos recuperados	49,75	66,67%	Oxford (UK)

265	119	Mindfulness-Based Cognitive Therapy Reduces Overgeneral Autobiographical Memory in Formerly Depressed Patients	antiguos pacientes depresivos	42,1	76,19%	Bangor(UK)
266	120	Effects of Mindfulness-based stress reduction on medical and premedical students.	estudiantes de medicina	22	56,16%	Arizona (USA)
267	121	Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy?	población no clínica	42,43	72,00%	Groningen (the Netherlands)
268	122	Mindfulness-based stress reduction and health-related quality of life in a heterogenous patient population	población clínica, de un Centro de Salud	47,2	71,00%	USA
269	123	Treatment-resistant depressed patients show a good response to Mindfulness-Based Cognitive Therapy	depresión resistente al tratamiento	43,3	74,00%	Thebarton (Australia)
270	124	Enhanced Psychosocial Well-Being Following Participation in a Mindfulness-Based Stress Reduction Program is Associated with Increased Natural Killer Cell Activity	población no clínica	50,82	66,67%	Philadelphia (USA)
271	125	One year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients	hombres con cáncer de próstata y pecho	55,86	0,00%	Calgary (Canadá)
272	126	Mindfulness-based Stress Reduction and attentional control	población no clínica	41,7	no aporta	Toronto (Canadá)
273	127	Pilot Controlled Trial of Mindfulness Meditation and Education for Dementia Caregivers	cuidadores de pacientes con demencia	62,5	80,00%	Oregon (USA)
274	128	Evaluation of a Mindfulness-Based Stress Reduction (MBSR) Program for Caregivers of Children with Chronic Conditions	cuidadores de niños con condiciones crónicas	45,3635	86,40%	Calgary (Canadá)
275	129	The effects of mindfulness-based stress reduction on nurse stress and burnout, Part II	enfermeras	46	100,00%	USA

276	130	Teaching Self-Care to Caregivers: Effects of Mindfulness-Based Stress Reduction on the Mental Health of Therapists in Training.	estudiantes de máster o doctorado	29,2	88,90%	Santa Clara (USA)
279	131	Feasibility and Preliminary Outcomes of a School-Based Mindfulness Intervention for Urban Youth.	estudiantes escolares	10,0897	60,80%	Baltimore (USA)
280	132	School-based mindfulness instruction for urban male youth: A small randomized controlled trial.	varones adolescentes urbanos	12,5	0,00%	Baltimore (USA)
281	133	Cultivating Mindfulness: Effects on Well-Being.	estudiantes universitarios	18	80,00%	Santa Clara (USA)
282	134	Effects of Mindfulness-Based Stress Reduction on Emotional Experience and Expression: A Randomized Controlled Trial.	población no clínica	43,8	90,00%	Durham (UK)
283	135	An exploratory mixed methods study of the acceptability and effectiveness of mindfulness-based cognitive therapy for patients with active depression and anxiety in primary care.	depresión recurrente	43	76,92%	Glasgow (UK)

EP: Estudio Primario (Nº de referencia: del 1 al 283)

ET: Estudio de Trabajo para el meta-análisis (Nº de referencia: del 1 al 135)

Nº de referencia de EPs que tienen 2 ETs: 4, 42, 187, 196 (por tener 2 grupos experimentales diferentes, con tamaños de efecto distintos para cada una de las VD del meta-análisis).

EPs que tiene 6 Ets (Ref. Nº): 122 (por tener 6 grupos experimentales distintos).

Cantidad total de ETs: 135

Cantidad total de ETs que corresponden a EPs diferentes: $135 - 4 - 5 = 126$

Anexo 5: Características de las intervenciones MBI y de los tests que operacionalizan las VDs en los ETs.

El desglose de las horas de intervención de las MBIs de cada ET, así como otras características no incluidas en este Anexo, como carácter presencial/no presencial, experiencia del terapeuta, grupo activo/no activo (“lista de espera”) están en http://www.unizar.es/socialpsychology/datos_y_calculos.xls en su hoja denominada “listado5”.

Nº ET	MBI	nº total MBI (interv. + retiro+ homework) (horas / participante)	Operacionaliz . Mindfulness	Operacionaliz . depresión	Operacionaliz . Ansiedad	Operacionaliz . rumiación
1	Intensive MBCT	130,0	MAAS: Mindfulness Attention and Awareness Scale	BDI (Beck Depression Inventory)	BAI (Beck Anxiety Inventory)	RRS: Ruminative Responses Scales- Reflection
2	MBSR	63,0	no realiza	HADS (Hospital Anxiety and Depression Scale)	HADS (Hospital Anxiety and Depression Scale)	No
3	MBSR	30,0	no realiza	CESDS: Center for Epidemiologic al Studies Depression Scale	Estado y rasgo de ansiedad: (2 escalas): STAI: State-Trait Anxiety Inventory	CRS: Concerns about Recurrence Scale- Problems from recurrence concerns
4	MBI	32,0	no realiza	Corner Test, 2006, 6 items, of depressive symptoms	no realiza	no realiza
5	fila Estudio 4 superior: RD+;	32,0	no realiza	Corner Test, 2006, 6 items, of depressive symptoms	no realiza	no realiza
6	MBSR	38,0	no	SCL-90-D: Symptom Checklist 90- depression	STAI: State Trate Anxiety Inventory: present anxiety	no realiza
7	Estudio preliminar. No aporta datos de p ni d	64,0	Operacionaliza VDs, pero no aporta datos para cálculo de d	Operacionaliza VDs, pero no aporta datos para cálculo de d	Operacionaliza VDs, pero no aporta datos para cálculo de d	Operacionaliza VDs, pero no aporta datos para cálculo de d

8	MBRP	58,0	no	BDI-II (Beck Depression Inventory-II)	no realiza	no realiza
9	MBCT	34,7	no	BDI: Beck Depression Inventory	no	RUM: Rumination Inventory
10	MBCT	62,0	no	ISD-SR: Inventory of Depressive Symptoms-Self Rating	no	RSS: Rumination on Sadness Scale
11	MBSR	58,7	FFMQ: Five Facet Mindfulness Questionnaire	BDI-II: Beck Depression Inventory-II	BAI (Beck Anxiety Inventory)	PSWQ: Penn State Worry Questionnaire
12	MBCT	69,0	MAAS: Mindfulness Attention and Awareness Scale	no	no	no
13	MMCI: Mindfulness Meditation based Clinical Intervention: MBSR and MBCT	48,0	MAAS: Mindfulness Attention and Awareness Scale	DASS-21-D: Depression Anxiety Stress Scales-Depression	DASS-21-A: Depression Anxiety Stress Scales-Anxiety	no
14	MBSR	69,0	FFMQ: Five Facet Mindfulness Questionnaire	BADS: Behavioral Activation for Depression Scale	no	no
15	MBCT via internet	60,0	no	MADRS-S: Montgomery Asberg Depression Rating Scale-Self report	VSI: Visceral Sensitivity Index	no
16	MBSR	55,0	MAAS: Mindfulness Attention and Awareness Scale	BDI-II (Beck Depression Inventory-II)	BSI: Brief Symptom Inventory	no

17	MAGT: Mindfulness and Acceptance based Group Therapy	87,0	MAAS: Mindfulness Attention and Awareness Scale	BDI: Beck Depression Inventory	LSAS-F: Liebonitz Social Anxiety Scale-Fear	RRQ: Reflection Rumination Questionnaire
18	MBCT	64,0	FFMQ (pero no aporta dato numérico)	BDI: Beck Depression Inventory	SHAI: Short Health Anxiety Inventory	no
19	MBSR	76,0	FBI: Freiburg Mindfulness Inventory	no	no	no
20	MBCT	56,0	MAAS: Mindfulness Attention and Awareness Scale	BDI: Beck Depression Inventory	DASS-A: Depression Anxiety and Stress Scales-Anxiety	no
21	MBSR	57,0	MAAS: Mindfulness Attention and Awareness Scale	BDI: Beck Depression Inventory	DASS-A: Depression Anxiety and Stress Scales	no
22	MBSR	57,0	MAAS: Mindfulness Attention and Awareness Scale	BDI: Beck Depression Inventory	DASS-A: Depression Anxiety and Stress Scales	no
23	MBI: MBT: Mindfulness Based Therapy MB-EAT: Mindfulness Based Eating Awareness Training	66,0	MAAS: Mindfulness Attention and Awareness Scale	BSI-D: Brief Symptom Inventory-Depression	BSI-A: Brief Symptom Inventory-Anxiety	no
24		61,0	no	BDI: Beck Depression Inventory	no	no
25	MBSR	70,0	no	PANAS: Negative Affect Questionnaire	no	ECQ: Rumination Questionnaire

26	MBT: Mindfulness Based Therapy (basada en MBCT y MBSR)	48,0	KIMS-O: Kentucky Inventory of Mindfulness Skills- Observation	BDI: Beck Depression Inventory	no	no
27	MAT: Mindfulness and Acceptance based Therapy	66,0	FMI: Freiburg Mindfulness Inventory	BDI-II (Beck Depression Inventory-II)	SPI: Social Phobia Inventory	RRQ: Rumination Reflection Questionnaire
28	online MBT: online Mindfulness Based Training	2,3	FFMQ: Five Facet Mindfulness Questionnaire	PHQ-4: Patient Health Questionnaire	PHQ-4: Patient Health Questionnaire	no
29	MBI: based on MBCT and MBSR	27,3	hace pero no informa	DASS-21-D: Depression Anxiety Stress Scales- Depression	no	no
30	BMBP MT: Breathworks Mindfulness Based Pain Management	41,3	MAAS: Mindfulness Attention and Awareness Scale	DAPOS: Depression Anxiety and Positive Outlook Scale- Depression	DAPOS: Depression Anxiety and Positive Outlook Scale- Anxiety	PCS-R: Pain Catastrophizing Scale- Rumination
31	MBSR	69,0	KIMS: Kentucky Inventory of Mindfulness Skills	NSE: Negative Self Endorsement	LSAS: Liebowitz Social Anxiety	no
32	online MBT: online Mindfulness Based Training	16,0	no	BDI-II (Beck Depression Inventory-II)	BAI: Beck Anxiety Inventory	no
33	Brief MSTP: Mindfulness Skills Training Program	8,0	MAAS: Mindfulness Attention and Awareness Scale	PANAS-NA: Positive and Negative Affect Schedule- Negative Affect	ASI-3: Anxiety Sensitivity Index-3	EQ-D: Experiences Questionnaire- Decentering

34	MBI: based on ACT	66,7	no	SCL-90-R-D: Symptom Checklist 90- Revised- depression	SCL-90-R-A	SCL-90-R- Obsession- Compulsion
35	MBSR	51,0	FFMQ-Acting with awareness	HADS-D: Hospital Anxiety and Depression Scale- Depression	HADS-A: Hospital Anxiety and Depression Scale-Anxiety	no
36	MBCT	56,0	no	BDI: Beck Depression Inventory	STAI: State Trait Anxiety Questionnaire	RRS: Ruminative Response Scale (of the RSQ: Response Styles Questionnaire)
37	MTS: Mindful ness Training for Smokers Buddhis t	33,3	FFMQ-Acting with awareness	no	no	no
38	Mindful ness Meditati on	80,0	no	BSI-D: Brief Symptom Inventory- Depression	BSI-A: Brief Symptom Inventory- Anxiety	no
39	MBCT	69,0	MAAS: Mindfulness Attention and Awareness Scale	BDI-II (Beck Depression Inventory-II)	NO	no
40	MBCT	34,0	MAAS: Mindfulness Attention and Awareness Scale	BDI-II (Beck Depression Inventory-II)	no	RRS: Rumination Response Style
41	MBCU L: Mindful ness Based Coping with Universi ty Life	28,0	FMI: Freiburg Mindfulness Inventory	HADS-D	HADS (Hospital Anxiety and Depression Scale)	NO
42	MBSR	63,0	no	PANAS-NA: Positive and Negative Affect Schedule- Negative Affect	no	no

43	MBCT	20,0	FFMQ: Five Facet Mindfulness Questionnaire	no	no	RRQ: Reflection Rumination Questionnaire
44	MBI	48,0	no	MASQ: Mood and Anxiety Symptom Questionnaire	MASQ: Mood and Anxiety Symptom Questionnaire	NO
45	MBI (based on MBSR, but shorter)	29,3	FMI: Freiburg Mindfulness Inventory-s	SAD-4: Symptoms of Anxiety-Depression index	SAD-4: Symptoms of Anxiety-Depression index	no
46	MBCT	63,0	no	BDI-II (Beck Depression Inventory-II)	NO	NO
47	MBI	10,0	FFMQ-Acting with awareness	DASS: Depression Anxiety Stress Scales	DASS: Depression Anxiety Stress Scales	RRQ: Rumination Reflection Questionnaire
48	OM: Occupational Mindfulness: based on MBSR and Positive Psych.	60,3	FFMQ-observing	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	DASS-A: Depression Anxiety Stress Scales-Anxiety	NO
49	MBSR	30,3	no	PHQ-8: 8 items Depression Patient Health Questionnaire	GAD-7: 7 items Patient Health Questionnaire Generalized Anxiety Disorder	no
50	MBSR	38,7	FFMQ: Five Facet Mindfulness Questionnaire	no	BAI (Beck Anxiety Inventory)	PSWQ-PW: Penn State Worry Questionnaire-Past Week
51	MBME: Mindfulness Based Mirror Exposure	6,7	no	BDI-II (Beck Depression Inventory-II)	NO	BCQ: Body Checking Questionnaire

52	MBSR	47,0	MAAS: Mindfulness Attention and Awareness Scale	BDI-II (Beck Depression Inventory-II)	BSI-A: Brief Symptom Inventory-Anxiety	no
53	Mindful Kids Training : based on MBSR and MBCT	30,0	EAQ-30: 30 item Emotion Awareness Questionnaire-bodily awareness	no	SCARED-71: Screen for Child Anxiety Related Emotion Disorders	NPDK: Non Productive Thoughts Questionnaire for Children
54	MBCT	16,7	CAMM: Child Acceptance and Mindfulness Measure	MFQ: Mood and Feelings Questionnaire	no	CRSQ: Child Response Style Questionnaire
55	MBCT	69,0	FMI: Freiburg Mindfulness Inventory	BDI-II (Beck Depression Inventory-II)	STAI: State Trait Anxiety Questionnaire-State	RRS: Ruminative Responses Scales (extraído de RSQ: Response Styles Questionnaire)
56	MBCT	69,0	MS: Mindfulness Scale (Park, 2006)	BDI-I: Beck Depression Inventory-I	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	NO
57	MBCT	65,0	MAAS: Mindfulness Attention and Awareness Scale	BDI-II (Beck Depression Inventory-II)	no	RRQ: Rumination Reflection Questionnaire
58	MBCT	40,0	no	BDI: Beck Depression Inventory	NO	no
59	MTS: Mindfulness Training for Smokers	60,0	FFMQ: Five Facet Mindfulness Questionnaire	no	DASS-NA: Depression, Anxiety and Stres Scales-Negative Affect	no
60	MBI	43,3	no	DASS-21-D: Depression Anxiety Stress Scales-Depression	no	no

61	MBI	43,3	no	DASS-21-D: Depression Anxiety Stress Scales- Depression	no	no
62	MBI	43,3	no	DASS-21-D: Depression Anxiety Stress Scales- Depression	no	no
63	MBI	43,3	no	no	DASS-21-A: Depression Anxiety Stress Scales- Anxiety	no
64	MBI	43,3	no	no	DASS-21-A: Depression Anxiety Stress Scales- Anxiety	no
65	MBI	43,3	no	no	DASS-21-A: Depression Anxiety Stress Scales- Anxiety	no
66	MBI (REACH: Restoring Embodied Awareness, Compassionate Connection and Hope) MBI: MBT- AS: Mindfulness Based Therapy for Autism Spectrum	24,0	FFMQ: Five Facet Mindfulness Questionnaire	PANAS-NA: Positive and Negative Affect Schedule- Negative Affect	no	RRQ: Rumination Reflection Questionnaire
67		67,5	no	SCL-90-R-D: Symptom Checklist 90- Revised- depression	SCL-90-R- Anxiety	RRQ: Reflection Rumination Questionnaire
68	MBI	17,5	CAMM: Child Acceptance and Mindfulness Measure	DASS-21	DASS-21: Depression Anxiety Stress Scales	NO

69	MBCT-SH	23,3	FFMQ: Five Facet Mindfulness Questionnaire	DASS-21-D	DASS-21A: Depression Anxiety Stress Scales-Anxiety	no
70	I-MBCT	36,0	FFMQ-Acting with awareness	CES-D: Depressive symptoms	no	no
71	MBCT	66,7	NO	BDI-II (Beck Depression Inventory-II)	no	no
72	MBI: based on MBCT	13,0	MAAS: Mindfulness Attention and Awareness Scale	BDI-II (Beck Depression Inventory-II)	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	NO
73	1-1 MMI: One to one Mindfulness Meditation Intervention	30,0	MAAS: Mindfulness Attention and Awareness Scale	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	STAI: State Trait Anxiety Questionnaire-State	NO
74	MBI: L2B: Learning to Breathe, based on MBSR	29,3	CAMM: Child Acceptance and Mindfulness Measure	SMFQ	STAI: State Trait Anxiety Questionnaire-State	no
75	MBSR	38,7	KIMS-O: Kentucky Inventory of Mindfulness Skills-Observation	no	STAI: State Trait Anxiety Questionnaire-Trait	no
76	MBCT	48,0	no	BDI-II (Beck Depression Inventory-II)	NO	NO
77	MBTSR : Mindfulness Based Tinnitus Stress Reduction, based on MBSR	46,7	FFMQ: Acting with awareness	SCL-90-R-D: Symptom Checklist 90-Revised-depression	SCL-90-R-Anxiety	no

78	Telehealth Intervention: Telephone administered Therapy, MBI	20,7	MAAS: Mindfulness Attention and Awareness Scale	NO	NO	NO
79	MBCT	36,0	FFMQ: Five Facet Mindfulness Questionnaire	BDI, pero no indica DT ni media	no	CERTS: Cambridge Exeter Ruminative Thinking Scale
80	MBI: Brief intervention of 20 min.	0,3	no	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	STAI: State Trait Anxiety Questionnaire-State	NO
81	MBI: based on MBSR SMBI: School-Mindfulness Based Intervention: ".be", based on MBCT and MBSR	26,8	FFMQ-Acting with awareness	DASS21-D	DASS21-A	NO
82	Intervention: ".be", based on MBCT and MBSR	24,7	CAMM: Child Acceptance and Mindfulness Measure	DASS21-D	DASS21-A	no
83	MBSR	37,5	FFMQ-Acting with awareness	DRSP-D: Daily Record of Severity Problems-Depression	DRSP-A: Daily Record of Severity Problems-Anxiety	NO
84	MBI	19,9	no	DASS21-D	DASS21-A	NO
85	MBI	17,9	MAAS: Mindfulness Attention and Awareness Scale	PANAS-NA	PDMS-DA: Psychological Distress Manifestation Scale: Depression and Anxiety	NO
86	MBI: CBT+MBCT	35,7	NO	HAMD: Hamilton Depression rating scale	no	no

87	Dos estudios de caso. MBI. Caso A	20,0	SMQ: Southampton Mindfulness Questionnaire	HADS (Hospital Anxiety and Depression Scale)	HADS-A (Hospital Anxiety and Depression Scale-Anxiety)	no
88	Dos estudios de caso. MBI. Caso B	20,0	SMQ: Southampton Mindfulness Questionnaire	HADS (Hospital Anxiety and Depression Scale)	HADS-A (Hospital Anxiety and Depression Scale-Anxiety)	no
89	WMBC T: Web MBCT	16,0	NO	EPDS: Edinburg Posnatal Depression Scale	no	no
90	I-MBCT: Individual-MBCT	38,7	FFMQ-acting with awareness	BDI-II (Beck Depression Inventory-II)	GAD-7: Generalized Anxiety Disorder	no
91	G-MBCT: Group-MBCT	39,7	FFMQ-acting with awareness	BDI-II (Beck Depression Inventory-II)	GAD-7: Generalized Anxiety Disorder	no
92	online PMP: Positive Mindfulness Program	18,7	FMI: Freiburg Mindfulness Inventory	BDI-II (Beck Depression Inventory-II)	no	no
93	MBCT	34,5	FFMQ-acting with awareness	MDI-C sad mood, Multiscore Depression Inventory for Children	MDI-C anxiety, Multiscore Depression Inventory for Children	CERTS: Cambridge Exeter Ruminative Thinking Scale
94	Mindful Walking in nature	5,0	ESM-Experience Sampling Method-mindfulness curiosity	ESM-Experience Sampling Method-Depression	ESM-Experience Sampling Method-Anxiety	RRS: Ruminative Responses Scales-Reflection
95	MBI	17,5	FFMQ-SF (Short Form)	no	NO	PSWQ: Penn State Worry Questionnaire
96	MBSR	45,7	no	PHQ-9: Patient Health Questionnaire	no	no

97	Brief MBI	0,3	TMS: Toronto Mindfulness Scale	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	STICSA: State Trait Inventory of Cognitive and Somatic Anxiety	no
98	MBBI: Mindfulness Based Bibliotherapy Intervention	21,0	FFMQ-total	PANAS-NA: Positive and Negative Affect Schedule-Negative Affect	no	no
99	TIMBSR: Trauma Informed MBSR	58,7	NO	BDI-II (Beck Depression Inventory-II)	RSQ: Relationship Structures Questionnaire	no
100	Brief MBCT	17,3	MAAS: Mindfulness Attention and Awareness Scale	GHQ-12: General Health Questionnaire-Depression	no	no
101	patients with hypochondriasis	48,0	SMQ: Southampton mindfulness questionnaire	no	SHAI: Short Health Anxiety Inventory	no
102	MBCT	48,0	MAAS: Mindfulness Attention and Awareness Scale	HADS-D (Hospital Anxiety and Depression Scale-Depression)	HADS-A (Hospital Anxiety and Depression Scale-Anxiety)	no
103	MBSR	65,0	no	BDI: Beck Depression Inventory	STAI-state	RSQ: Response Style Questionnaire-Rumination
104	MBI based on MBSR	33,0	no	no	no	DER-R: Daily Emotion Report-Rumination
105	MBSR	69,0	no	SCLR-90-R: GSI (global score index)	SCLR-90-R: GSI (global score index)	CERTS: Cambridge Exeter Rumination Thinking Scale-maladaptive rumination

106	MBSR	69,0	MAAS	no	no	RRQ: Reflection Rumination Questionnaire
107	MBI based on MBSR	24,0	no	BSI-GSI: Brief Symptom Inventory-GSI (Global Score Index)	BSI-GSI: Brief Symptom Inventory-GSI (Global Score Index)	DER-R: Daily Emotion Report- Rumination
108	MBSR	63,3	MAAS: Mindfulness Attention and Awareness Scale	GMS-NA: Global Mood Scale- Negative Affect	no	no
109	MBSR	32,0	FFMQ- Acting with awareness	HADS (Hospital Anxiety and Depression Scale)	HADS-A (Hospital Anxiety and Depression Scale-Anxiety)	no
110	SRRP: Stress Reducti on and Relaxati on Program	52,0	no	BDI: Beck Depression Inventory	BAI (Beck Anxiety Inventory)	no
111	MBSR	32,0	SCS-M: Self Compasion Scale- Mindfulness	BSI: Brief Symptom Inventory	BSI: Brief Symptom Inventory	no
112	MBI based on MBSR	30,7	MAAS: Mindfulness Attention and Awareness Scale	no	no	no
113	MBI	30,7	MAAS: Mindfulness Attention and Awareness Scale	no	no	no
114	MBCT	53,3	no	BDI-II (Beck Depression Inventory-II)	no	no
115	MBSR	68,0	FFMQ- Acting with awareness	BSI- Depression	BSI-Anxiety	BSI- Obsessive- Compulsive
116	MBCT	28,0	MAAS: Mindfulness Attention and Awareness Scale	no	no	no

117	MBI (Zen Buddhis t Mindful ness)	5,0	no	SCL-90-R- Depression	SCL-90-R- Anxiety	SCL-90-R- Obsession- Compulsive
118	MBCT	42,7	no	BDI-II (Beck Depression Inventory-II)	no	no
119	MBCT	38,7	no	HRS-D: Hamilton Rating Scale for Depression	no	no
120	MBSR	38,7	no	SCL-90-R-D: Symptom Checklist 90- Revised- depression	STAI-Form 1- State Anxiety	no
121	MBCT	68,0	MAAS: Mindfulness Attention and Awareness Scale	PANAS-NA: Positive and Negative Affect Schedule- Negative Affect	no	no
122	MBSR	42,5	no	SCL-90-R-D: Symptom Checklist 90- Revised- depression	SCL-90-R- Anxiety	no
123	MBCT	58,0	no	BDI: Beck Depression Inventory	no	no
124	MBSR	40,0	no	BSI- Depression	BSI-Anxiety	no
125	MBSR	33,7	no	POMS: Profile of Mood States	no	no
126	MBSR	34,7	TMS: Toronto Mindfulness Scale	BDI: Beck Depression Inventory	ASI: Anxiety Sensitivity Index	RSQ- Rumination
127	MBI based on MBSR and MBCT	26,8	MAAS	no	no	no
128	MBSR	52,0	no	SOSI-D: Symptoms of Stress Inventory- Depression	SOSI-A: Symptoms of Stress Inventory- Anxiety	no

129	MBSR	42,0	MAAS: Mindfulness Attention and Awareness Scale	no	no	no
130	MBSR	34,7	MAAS: Mindfulness Attention and Awareness Scale	PANAS-NA: Positive and Negative Affect Schedule- Negative Affect	STAI-State Anxiety	RRQ: Reflection Rumination Questionnaire
131	MBI (School Based Mindfulness Intervention)	33,0	no	SMFQ: Short Mood and Feelings Questionnaire	no	RSQ: Responses to Stress Questionnaire_ Involuntary Responses
132	MBI based on MBSR	34,0	GRECO- Accept w/o judgement	SCL-90-R-D: Symptom Checklist 90- Revised- depression	MASC: Multidimensio nal Anxiety Scale for Children	RSQ: Responses to Stress Questionnaire_ Involuntary Responses
133	MBSR	30,7	MAAS: Mindfulness Attention and Awareness Scale	no	no	RRQ: Reflection Rumination Questionnaire
134	MBSR	63,0	FFMQ: Five Facets Mindfulness Questionnaire	ACS: Affective Control Scale	no	RRS: Ruminative Responses Scales- Reflection
135	MBCT	34,7	No	BDI-II (Beck Depression Inventory-II)	BAI (Beck Anxiety Inventory)	no

Total (horas): 5730,9

**Promedio
(horas/intervenc.
y participante): 42,5**

Anexo 6: Cálculo de la desviación típica de d_{Cohen} para un ET.

Este anexo explica cómo calcular la desviación típica (s) del tamaño de efecto que informa un ET, necesario para los cálculos del meta-análisis. Se siguen las recomendaciones de Botella y Gambara (2012).

Caso 0: ET informa directamente de S del tamaño de efecto

En este caso ya tenemos nuestro objetivo.

Caso 1: ET que informa de N_{exp} , N_{c} , S_{exp} y S_{c} .

$$S^2 = \frac{(N_{\text{c}} - 1)S_{\text{c}}^2 + (N_{\text{exp}} - 1)S_{\text{exp}}^2}{N_{\text{exp}} + N_{\text{c}} - 2}$$

Caso 2: ET que informa de los valores iniciales y finales en la VD, (momentos 1 y 2)

Entonces se aplicará la expresión directa de la definición de varianza:

$S^2 = \frac{\sum(di-d)^2}{N_{\text{exp}}+N_{\text{c}}-1}$; siendo d el valor medio del tamaño de efecto, existente entre el grupo de control y el grupo experimental, y d_i el valor del tamaño de efecto, bien para el grupo de control, o para el grupo experimental; i tiene dos valores (es decir, $\sum$ supone dos sumandos, para i : grupo experimental, grupo de control).

Caso 3: ET no tiene grupo de control. $N_{\text{c}}=0$, .

Entonces el ET aporta los valores de la VD en los instantes t_1 y t_2 , (VD_1 y VD_2), para calcular S_{t_1} y S_{t_2} (o informa directamente el ET de S_{t_1} y S_{t_2}): $S = \frac{\sqrt{St_1^2 + St_2^2}}{2}$

Caso 4: ET informa del estadístico de contraste

En este caso no se requiere calcular S , ya que existe una relación entre dicho estadístico de contraste y el tamaño de efecto d_{Cohen} . En estos casos, se recurren a las tablas de t de Student, o a la F de Fisher, para determinar el valor de d_i (valor del tamaño de efecto para un ET).

Caso 5: ET no informa de d_{Cohen} , sino de r : correlación de Pearson

Hay algunos ETs del presente meta-análisis que informan del tamaño de efecto en forma de r : factor de correlación de Pearson, entre los instantes t_1 y t_2 . En este caso, tampoco se requiere calcular S del tamaño de efecto, sino que se puede calcular d_i (valor del tamaño de efecto para un ET) según la expresión: $d = \frac{2r}{\sqrt{1-r}}$

Caso 6: ET no informa de d_{Cohen} , sino de g de Hedges

Estos ETs informan del tamaño de efecto en forma de g de Hedges, con lo que hay que aplicar la siguiente expresión recomendada para calcular el tamaño de efecto d_{Cohen} :

$d = g / c(m)$; siendo:

$c(m) = 1 - \frac{3}{4m-1}$; con m = grados de libertad, pudiéndose aplicar tanto a RTC como a ETs sin grupo de control. Por ejemplo, para un ET tipo RTC, entonces $m=N_{\text{exp}} + N_{\text{c}} - 2$.

Anexo 7: Referencias de meta-análisis (126 estudios)

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