**Table 2: Meta-analysis results**

# = statistically significant result

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Outcome** | **No of studies** | **No of participants** | **Hedges g effect estimate (95% CI)** | **I2 (%)** | **Subgroup analysis: active controls** | **Subgroup analysis: inactive controls** |
| **No of studies** | **No of participants** | **Hedges g effect estimate (95% CI)** | **I2 (%)** | **No of studies** | **No of participants** | **Hedges g effect estimate (95% CI)** | **I2 (%)** |
| Pain intensity | 8 | 439 | 0.16 (-0.03, 0.36) | 0 | 5 | 349 | 0.09 (-0.13, 0.31) | 0 | 4 | 104 | 0.38 (-0.01, 0.78) | 0 |
| Sleep quality | 2 | 193 | 1.32 (-1.19, 3.82) | 95 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A |
| Depression symptoms | 6 | 593 | 0.12 (-0.05, 0.30) | 0 | 4 | 407 | 0.05 (-0.18, 0.28) | 21 | 3 | 239 | 0.18 (-0.14, 0.49) | 32 |
| Trait anxiety | 2 | 267 | 0.10 (-0.15, 0.36) | 0 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A |
| Health-related quality of life: Physical component | 4 | 187 | 0.16 (-0.15, 0.47) | 8 | 2 | 114 | 0.32 (-0.04, 0.69) | 0 | 3 | 79 | -0.04 (-0.49, 0.40) | 0 |
| Physical functioning | 5 | 330 | 0.22 (0.00, 0.45) | 0 | 3 | 209 | 0.13 (-0.14, 0.40) | 0 | 3 | 174 | #0.32 (0.02, 0.62) | 0 |
| Health-related quality of life: Mental health component | 4 | 187 | 0.37 (-0.07, 0.82) | 46 | 2 | 114 | 0.07 (-0.30, 0.43) | 0 | 3 | 79 | #0.70 (0.07, 1.33) | 42 |
| Pain acceptance | 2 | 62 | 1.58 (-0.57, 3.74) | 91 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A |
| Perceived pain control | 2 | 163 | #0.58 (0.23, 0.93) | 0 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A |
| Mindfulness | 4 | 291 | 0.03 (-0.66, 0.72) | 85 | 2 | 144 | -0.09 (-1.02, 0.85) | 83 | 3 | 200 | 0.29 (-0.60, 1.18) | 88 |