Evidence Table E13. KQ1 outcomes—difference in differences—thought emotion suppression for anxiety

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Improvement In Scale** | **Author, year** | **Outcome** | **Arm** | **N1** | **Mean** | **SD** | **T2** | **P****Value** | **∆-∆** **Calc** | **∆ ∆ %** | **T3** | **P****Value** | **∆-∆** **Calc** | **∆ ∆%** |
| **\*\*\* Worry Aspect Of Anxiety \*\*\*** |
| Lower | Delgado LC, 20101 | Penn State Worry Questionnaire  | MM | 15 | 67.0 | 4.1 | 5 Wks |  |  |  |  |  |  |  |
| Lower | Delgado LC, 20101 | Penn State Worry Questionnaire  | Relaxation | 17 | 66.7 | 3.6 | 5 Wks | Ns | −0.2 | −0.3 |  |  |  |  |
| **\*\*\*Thought/ Emotion Suppression\*\*\*** |
| Lower | Garland EL, 20102 | WhiteBear Suppression Inventory (thought suppression) | MORE | 18 | 53.6 | 8.7 | 10 Wks |  |  |  |  |  |  |  |
| Lower | Garland EL, 20102 | WhiteBear Suppression Inventory (thought suppression) | ASG | 19 | 50.9 | 11.2 | 10 Wks | 0.04 | −6.1 | −11.4 |  |  |  |  |
| Lower | Henderson VP, 20113 | Courtald emotional control (emotion suppresion) | MBSR | 53 | 15.1 | 0.6 | 4 Mos |  |  |  | 24 Mos |  |  |  |
| Lower | Henderson VP, 20113 | Courtald emotional control (emotion suppresion) | Nutrition education | 47 | 16.6 | 0.6 | 4 Mos | Ns | −0.8 | −5.3 | 24 Mos | Ns | 0.8 | 5.3 |

**Notes:** MBSR = Mindfulness-based Stress Reduction; MM = Mindfulness Meditation; MORE = Mindfulness-oriented Recovery Enhancement; ASG = Alcohol-dependence Support Group

References for Evidence Table E13

1 Delgado LC, Guerra P, Perakakis P, Vera MN, Reyes del Paso G, Vila J. Treating chronic worry: Psychological and physiological effects of a training programme based on mindfulness. Behav Res Ther 2010; 48(9):873-82.

2 Garland EL, Gaylord SA, Boettiger CA, Howard MO. Mindfulness training modifies cognitive, affective, and physiological mechanisms implicated in alcohol dependence: results of a randomized controlled pilot trial. J Psychoactive Drugs 2010; 42(2):177-92.

3 Henderson VP, Clemow L, Massion AO, Hurley TG, Druker S, Hebert JR. The effects of mindfulness-based stress reduction on psychosocial outcomes and quality of life in early-stage breast cancer patients: a randomized trial. Breast Cancer Res Treat 2011.