Evidence Table E16. KQ1 outcomes—difference in differences—other meditation for depression

| **Improvement In Scale** | **Author, year** | **Outcome** | **Arm** | **N1** | **Mean** | **SD** | **T2** | **P**  **Value** | **∆-∆**  **Calc** | **∆ ∆%** | **T3** | **P**  **Value** | **∆-∆**  **Calc** | **∆ ∆%** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nonspecific Active Control** | | | | | | | | | | | | | | |
| Lower | Oken BS,20101 | CESD | MM | 8 | 15.8 | 7.7 | 7–10 Wks |  |  |  |  |  |  |  |
| Lower | Oken BS,20101 | CESD | Education | 11 | 16.9 | 10.0 | 7–10 Wks |  | −1.60 | −10.1 |  |  |  |  |
| Lower | Oken BS,20101 | CESD | Respite only | 9 | 14.5 | 7.7 | 7–10 Wks |  |  |  |  |  |  |  |
| Lower | Lee SH, 20062 | BDI | Meditation | 21 | 14.2 | 10.6 | 8 Wks |  |  |  |  |  |  |  |
| Lower | Lee SH, 20062 | BDI | HE | 20 | 16.2 | 9.7 | 8 Wks | Ns | −4.30 | −30.3 |  |  |  |  |
| Lower | Lee SH, 20062 | SCL-90R depression subscale | Meditation | 21 | 15.5 | 9.8 | 8 Wks |  |  |  |  |  |  |  |
| Lower | Lee SH, 20062 | SCL-90R depression subscale | HE | 20 | 20.8 | 14.0 | 8 Wks | Ns | −2.70 | −17.4 |  |  |  |  |
| Lower | Chiesa, 20123 | HAM-D | MBCT | 9 | 16.11 | 7.01 | 8 Wks |  |  |  |  |  |  |  |
| Lower | Chiesa, 20123 | HAM-D | Education | 9 | 14.14 | 4.98 | 8 Wks | 0.04 | −8.31 | −51.6 |  |  |  |  |
| **Specific Active Control** | | | | | | | | | | | | | | |
| Lower | Philippot P, 20114 | BDI | MBCT | 13 | 12.3 | 8.4 | 6 Wks |  |  |  | 18 Wks |  |  |  |
| Lower | Philippot P, 20114 | BDI | Relaxation | 12 | 15.2 | 7.7 | 6wks |  | −1.07 | −8.7 | 18 Wks |  | 0.38 | 3.1 |
| Lower | Delgado LC, 20105 | BDI | MM | 15 | 9 | 6.2 | 5 Wks |  |  |  |  |  |  |  |
| Lower | Delgado LC, 20105 | BDI | PMR/ Relaxation | 17 | 9.8 | 8.6 | 5 Wks |  | −1.20 | –13.3 |  |  |  |  |
| **MBCT Vs Specific Active Control** | | | | | | | | | | | | | | |
| Lower | Kuyken W, 20086 | BDI-II | MBCT | 61 | 18.5 | 10.9 | 3 Mos |  |  |  | 15 Mos |  |  |  |
| Lower | Kuyken W, 20086 | BDI-II | Antidepressant | 62 | 20.1 | 12.9 | 3 Mos |  | –2.71 | –14.6 | 15 Mos |  | –2.77 | –15.0 |
| Lower | Piet J, 20107 | BDI-II | MBCT | 14 | 13.1 | 6.7 | 8 Wks |  |  |  |  |  |  |  |
| Lower | Piet J, 20107 | BDI-II | GCBT | 12 | 19.5 | 9.0 | 14 Wks |  | 3.18 | 24.3 |  |  |  |  |

**Notes:** MBSR = Mindfulness-based Stress Reduction; HE = Health Education; PMR = Progressive Muscle Relaxation; MM = Mindfulness Meditation; MBCT = Mindfulness Based Cognitive Therapy; GCBT = Group Cognitive Behavioural Therapy

References for Evidence Table E16

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