Evidence Table E21. KQ1 outcomes—difference in differences—QOL/mental health

| **Improvement In Scale** | **Author, year** | **Outcome** | **Arm** | **N1** | **Mean** | **SD** | **T2** | **P****Value** | **∆-∆** **Calc** | **∆ ∆%** | **T3** | **P****Value** | **∆-∆****Calc** | **∆ ∆%** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Higher | Wong SY-S, 20111 | SF-12 mental component | MBSR | 51 | 40.6 | 11.2 | 8 Wks |  |  |  | 5 Mos |  |  |  |
| Higher | Wong SY-S, 20111 | SF-12 mental component | Pain control | 48 | 39.3 | 9.2 | 8 Wks | Ns | −0.34 | −0.8 | 5 Mos | Ns | −0.48 | −1.2 |
| Higher For Δ | Gross CR, 20112 | SF-12 mental component | MBSR | 18 | 45.1 | 9.7 | 8 Wks |  |  |  | 5 Mos |  |  |  |
| Higher For Δ | Gross CR, 20112 | SF-12 mental component | PCT | 9 | 45.2 | 8.8 | 8 Wks | Ns | 0.54 | 1.2 | 5 Mos |   |   |   |
| Higher | Gross CR, 20103 | SF-12 mental component | MBSR | 71 | 45.7 | 41.6, 49.9 CI | 8 Wks |  |  |  | 1 Year |  |  |  |
| Higher | Gross CR, 20103 | SF-12 mental component | HE | 66 | 46.6 | 42.4, 50.7 CI | 8 Wks |   | 2.3 | 5.0 | 1 Year | 0.29 | 2.3 | 5.0 |
| Higher For  & Δ | Mularski RA, 20094 | VR-36 mental summary score | MBBT | 20 | 50.9 |  | 8 Wks |  |  |  |  |  |  |  |
| Higher For  & Δ | Mularski RA, 20094 | VR-36 mental summary score | SG | 29 | 49.8 |  | 8 Wks | Ns | 4.2 | 8.3 |  |  |  |  |
| Higher | Kuyken W, 20085 | WHOQL-Psychological | MBCT | 61 | 17.8 | 3.8 | 3 Mos |  |  |  | 15 Mos |  |  |  |
| Higher | Kuyken W, 20085 | WHOQL-Psychological | Antidepressant | 62 | 18.0 | 3.6 | 3 Mos |   | 1.64 | 9.2 | 15 Mos | 0.01 | 1.48 | 8.3 |
| Higher | Moritz S, 20066 | SF-36 Mental component | MBSR | 54 | 31.7 | 1.5 \*. | 8 Wks |  |  |  | 12 Wks |  |  |  |
| Higher | Moritz S, 20066 | SF-36 Mental component | Spirituality  | 56 | 29.6 | 1.5 \* | 8 Wks | 0.029 | −7.3 | −23.0 | 12 Wks | Ns | −3.9 | −12.3 |
| Higher | Plews-Ogan M, 20057 | SF -12 mental component | MBSR | 6 | 42.4 | 38.4, 46.2\* | 8 Wks |  |  |  | 12 Wks |  |  |  |
| Higher | Plews-Ogan M, 20057 | SF -12 mental component | Massage | 9 | 38.9 | 35.6, 42.2\* | 8 Wks | Ns | −4.6 | −10.8 | 12 Wks | Ns | 7.8 | 18.4 |
| Higher | Whitebird, 20128 | SF 12-MH | MBSR | 38 | 36.6 | 8.8 | 8 Wks |  |  |  | 6 Mos |  |  |  |
| Higher | Whitebird, 20128 | SF 12-MH | Education/Support(NSAC) | 40 | 40.4 | 11.9 | 8 Wks |  | 10.4 | 28.4 | 6 Mos | <.001 | 8.9 | 24.3 |
| Higher | Pbert L, 20129 | Asthma QOL-Emot | MBSR | 41 | 5.2 | 0.21\* | 10 Wks |  |  |  | 12 Mos |  |  |  |
| Higher | Pbert L, 20129 | Asthma QOL-Emot | HLC(NSAC) | 41 | 5.37 | 0.21\* | 10 Wks | 0.19 | 0.32 | 6.2  | 12 Mos | 0.002 | 0.81 | 15.6 |
| Higher | Barrett, 201210 | SF12-MH | MBSR | 51 | 50.9 | 8.6 | 9 Wks |  |  |  | 5 Mos |  |  |  |
| Higher | Barrett, 201210 | SF12-MH | Exercise(SAC) | 47 | 52.3 | 6.6 | 9 Wks | Ns | 1 | 2.0 | 5 Mos | Ns | 2.2 | 4.3 |

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**Notes:** MBSR = Mindfulness-based Stress Reduction; MBBT = Mindfulness-based Breathing Therapy ; HE = Health Education; MBCT = Mindfulness-based Cognitive Therapy; SG = Support Group; PCT = Pharmacotherapy

References for Evidence Table E21

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