Evidence Table E23. KQ1 outcomes—difference in differences—positive mood

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Improvement**  **In Scale** | **Author, year** | **Outcome** | **Arm** | **N1** | **Mean** | **SD** | **T2** | **P**  **Value** | **∆-∆**  **Calc** | **∆ ∆%** | **T3** | **P**  **Value** | **∆-∆**  **Calc** | **∆ ∆%** |
| Higher | Gross CR, 20101 | SF-36 vitality | MBSR | 63 | 44.4 | 40.5, 48.3 CI | 8 wks |  |  |  | 1 year |  |  |  |
| Higher | Gross CR, 20101 | SF-36 vitality | HE | 59 | 44.4 | 40.5, 48.3 CI | 8 wks |  | 0.3 | 0.7 | 1 year | 0.29 | 4.7 | 10.6 |
| Higher | Delgado LC, 20102 | PANAS positive mood | MM | 15 | 30.2 | 4.8 | 5 wks |  |  |  |  |  |  |  |
| Higher | Delgado LC, 20102 | PANAS positive mood | PMR/ Relaxation | 17 | 28.5 | 7.9 | 5 wks | Ns | 0 | 0.0 |  |  |  |  |
| Higher | Moritz S, 20063 | SF-36 vitality | MBSR | 54 | 29.1 | 2.3 | 8 wks |  |  |  |  |  |  |  |
| Higher | Moritz S, 20063 | SF-36 vitality | Spirituality | 56 | 23.8 | 2.3 | 8 wks | 0.024 | −13.1 | −45.0 |  |  |  |  |
| Lower For Δ | Jayadevappa R, 20074 | SF-36 vitality | TM | 13 | 66.7 | 14.9 | 3 mos |  |  |  | 6 mos |  |  |  |
| Lower For Δ | Jayadevappa R, 20074 | SF-36 vitality | HE | 10 | 56.3 | 17.7 | 3 mos | Ns | −1.6 | −2.4 | 6 mos | 0.82 | 0.7 | 1.0 |

**Notes:** MBSR = Mindfulness-based Stress Reduction; HE = Health Education; TM = Transcendental Meditation; MM = Mindfulness Meditation; PMR = Progressive Muscle Relaxation

References for Evidence Table E23

1 Gross CR, Kreitzer MJ, Thomas W et al. Mindfulness-based stress reduction for solid organ transplant recipients: a randomized controlled trial. Altern Ther Health Med 2010; 16(5):30-8.

2 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.

3 Moritz S, Quan H, Rickhi B et al. A home study-based spirituality education program decreases emotional distress and increases quality of life—a randomized, controlled trial. Altern Ther Health Med 2006; 12(6):26-35.

4 Jayadevappa R, Johnson JC, Bloom BS et al. Effectiveness of transcendental meditation on functional capacity and quality of life of African Americans with congestive heart failure: a randomized control study Ethn Dis. 2007 Summer;17(3):595. Ethnicity & Disease 2007; 17(1):72-7.