

Methods

Search strategy used in the current systematic review and meta-analysis.

PubMed

1. Mindfulness-based cognitive therapy [MeSH]
2. Mindful* based cognitive therapy [MeSH]
3. MBCT [MeSH]
4. OR/1–3
5. Anxi* [MeSH]
6. Mood [MeSH]
7. Worr* [MeSH]
8. OR/5–7
9. Randomized Controlled Trial [MeSH Terms]
10. Controlled Clinical Trial [MeSH Terms]
11. randomized controlled trial [publication type]
12. controlled clinical trial [publication type]
13. random* [Ti/Ab] AND control
14. OR/9–13
15. 4 AND 8 AND 14

Embase (OVID)

- “mindfulness-based therapy OR mindfulness-based

intervention OR mindfulness-based program OR MBCT OR MBSR OR MBI OR MB OR mindful* based OR mindful”

- AND “cognitive behavioral therapy OR cognitive behavioural therapy OR CBT OR cognitive OR behav* OR tau OR treatment as usual OR usual care OR standard care”
- AND “anxi* OR mood OR worr*”
- AND “random* OR rct OR randomized controlled trial”

Web of Science

- TS = (mindfulness-based therapy OR mindfulness-based intervention OR mindfulness-based program OR MBCT OR MBSR OR MBI OR MB OR mindful* based OR mindful*)
- AND TS = (cognitive behavioral therapy OR cognitive behavioural therapy OR CBT OR cognitive OR behav* OR tau OR treatment as usual OR usual care OR standard care)
- AND TS = (anxi* OR mood OR worr*)
- AND TS = (random* OR rct OR randomized controlled trial)