

**TABLE 1.** Characteristics of included studies

Author, Year	Country	Cancer stage	n (Exp/Ctrl)	Age (SD)	Intervention	Control	Outcomes measures	Study design	Treatment duration	Time point
<b>Chambers</b> 2012 <sup>67</sup>	Australia	Advanced PCa	<b>n=19</b>	67 (6.5)	<b>Group MBCT</b> 8 sessions: 1 hr each + 4 hr meditation/day	N/A	Anxiety, Depression, Cancer-specific distress, Quality of life.	NRS (Pre-Post)	8 weeks	Pre-treatment 8 weeks 12 weeks
<b>Chambers</b> 2017 <sup>45</sup>	Australia	Advanced PCa	<b>n=189</b> (94/95)	71 (8.7)	Group <b>MBCT</b> via teleconference 8 sessions: 1.25 hrs each	Minimally Enhanced <b>Usual Care (UC)</b>	Anxiety, Cancer-specific distress, Quality of life, Post-traumatic growth.	RCT	8 weeks	Pre-treatment 12 weeks 24 weeks 36 weeks
<b>Nelson</b> 2019 <sup>68</sup>	USA	Localised PCa	<b>n=53</b> (26/27)	60 (7.3)	<b>ACT:</b> 4 sessions & 3 phone calls and <b>SC:</b> Penile injections 2–3 times/wk.	EM: 7 phone calls and <b>SC:</b> Penile injections 2–3 times/wk.	Depression, Sexual self-esteem and relationship	RCT	4 months	Pre-treatment 4 months 8 months
<b>Victorson</b> 2017 <sup>69</sup>	USA	Localised PCa	<b>n=43</b> (24/19)	70.3 (6.8)	<b>MBSR</b> 2.5 hrs/wk.	Mindfulness book with no specific instructions	Prostate cancer anxiety, Quality of life, Post-traumatic growth	RCT	8 weeks	Pre-treatment 8 weeks 6 months 12 months

**Abbreviations:** %, Percentage; Ctrl, Control group; EM, Enhanced monitoring; Exp, Experiment group; N/A, Not available; NR, not recorded; PCa, Prostate cancer; SC, Standard care; SD, Standard deviation; UC, Usual Care; wk, week; NRS, non-randomised study; RCT, randomised controlled trial.