

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
Chambers 2012 ⁶⁷	Australia	Advanced PCa	n=19	67 (6.5)	Group MBCT 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
Chambers 2017 ⁴⁵	Australia	Advanced PCa	n=189 (94/95)	71 (8.7)	Group MBCT via teleconference 8 sessions: 1.25 hrs each	Minimally Enhanced Usual Care (UC)	Anxiety, Cancer-specific distress, Quality of life, Post-traumatic growth.	RCT	8 weeks	Pre-treatment 12 weeks 24 weeks 36 weeks
Nelson 2019 ⁶⁸	USA	Localised PCa	n=53 (26/27)	60 (7.3)	ACT: 4 sessions & 3 phone calls and SC: Penile injections 2–3 times/wk.	EM: 7 phone calls and SC: Penile injections 2–3 times/wk.	Depression, Sexual self-esteem and relationship	RCT	4 months	Pre-treatment 4 months 8 months
Victorson 2017 ⁶⁹	USA	Localised PCa	n=43 (24/19)	70.3 (6.8)	MBSR 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.