

**Table S7: Characteristics of excluded studies**

Study first author	Title	Characteristics and reason for exclusion
<b>Awaiting classification (registered/ongoing clinical trials)</b>		
NCT03365518	Innovations in the treatment of sexual dysfunction and couple intimacy after prostate cancer: a randomized trial of mindfulness versus cognitive behavioural therapy (INTROSPECT)	12/9/2019: Recruiting
NCT02871752	Reducing the effects of active surveillance stress, uncertainty, and rumination thru engagement in mindfulness education (REASSUREME)	28/7/2020: Recruiting
NCT03853902	Mindfulness Online for Symptom Alleviation and Improvement in Cancer of the Prostate	26/2/2019: Ongoing, recruitment completed
NCT03177707	Intimacy and mindfulness post-prostate cancer treatment (IMPPACT)	02/10/2019: Trial completed
NCT01594593	Pilot study of an acceptance and commitment therapy workshop for distress and decision making in early stage prostate cancer in veterans	19/11/2012: Trial completed
NCT02706561	Helping men adhere to sexual rehabilitation following prostate cancer surgery	27/10/2020: Recruiting
ISRCTN80592494	Mindfulness based stress reduction in the management of psychological distress in prostate cancer	30/11/2012: Trial completed 16/11/2017: No publication found
IRCT20200209046424N1	Development of treatment protocol based on acceptance and commitment based on psychological problems of people with prostate cancer and its effectiveness on quality of life related to health and psychological distress in patients	14/3/2020: Recruiting
<b>Non-English literature</b>		
Pei 2019	基于微信视频的正念减压疗法对老年前列腺增生病人焦虑、抑郁及生活质量的影响 [Effects of mindfulness-based stress reduction by We Chat video on anxiety, depression, and quality of life in elderly patients with benign prostatic hyperplasia]	Chinese language Chinese Nursing Research, 33(19), 3436-39.
<b>Conference abstract</b>		
Chambers et al. 2016	Mindfulness-based cognitive therapy for men with advanced prostate cancer: A randomised controlled trial.	2016 World Congress of Psycho-Oncology. Ireland. ‡
Dordoni et al. 2020	The relationship between prostate cancer anxiety and mindfulness ability in patients with PCA	30th Annual Meeting of the Italian Society of Uro-Oncology, SIUrO 2020. Italy.
Hankin 2014	Mindfulness-based stress reduction during active surveillance for prostate cancer: A clinical case study.	Paper Abstracts of the APOS 11th Annual Conference. DOI: 10.1002/pon.3478

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Lengacher et al 2009	Mindfulness-based stress reduction program for cancer pilot study for advanced stage cancer patients and their family caregivers, preliminary analyses (Study protocol).	6th Annual Conference of the American Psychosocial Oncology Society, APOS. Charlotte, NC USA.
Lengacher et al 2010	Comparison of the sample and delivery of a mindfulness-based stress reduction intervention among oncology participants.	7th Annual Conference of the American Psychosocial Oncology Society. New Orleans, LA USA. ‡
Mosher et al 2020	Latent profiles of symptom experiences in advanced stage cancer: relationships to acceptance and commitment therapy constructs (RP305).	Abstract of the American Academy of Hospice and Palliative Medicine State of the Science in Hospice and Palliative Care.
Nelson et al 2012	Adaptation of acceptance and commitment therapy for adherence to an erectile rehabilitation program after radical prostatectomy	9th Annual Conference of the American Psychosocial Oncology Society, APOS. Miami, FL USA ‡
Nelson et al 2013	Acceptance and commitment therapy for adherence to an erectile rehabilitation program after radical prostatectomy: Preliminary results from a randomized control trial	10th Annual Conference of the American Psychosocial Oncology Society, APOS 2013. Huntington Beach, CA USA. ‡
Nelson et al 2014	Acceptance and commitment therapy (ACT) for adherence to an erectile rehabilitation program (ERP) after radical prostatectomy (RP)	19th Annual Fall Scientific Meeting of the Sexual Medicine Society of North America. New Orleans, LA USA. ‡
Nelson et al 2015	Acceptance and commitment therapy for adherence to an erectile rehabilitation program (ERP) after radical prostatectomy (RP)	16th World Meeting on Sexual Medicine. Sao Paulo Brazil. ‡
Nelson et al 2017	Acceptance and commitment therapy for adherence to an erectile rehabilitation program after radical prostatectomy: Results from a pilot randomized control trial.	14th Annual Conference of the American Psychosocial Oncology Society, APOS 2017. ‡
Nelson et al 2020	Acceptance and commitment therapy to increase compliance with intracavernosal injection use (ICI) following radical prostatectomy (RP): Preliminary results from a randomized control trial	2020 Annual Meeting of the American Urological Association.
Pessin 2016	Acceptance and commitment therapy: a novel approach for adherence to an erectile rehabilitation program (ERP) after radical prostatectomy (RP).	Conference abstract - 2016 World Congress of Psycho-Oncology
Samarasekara 2017	Effects of mindfulness meditation on patients with cancer: A review of literature	3rd European Society for Medical Oncology Asia Congress, ESMO 2017. Singapore
Schuetz 2016	A conceptual model for understanding the benefits of mindfulness training among couples affected by prostate cancer on active surveillance.	International Congress on Integrative Medicine and Health, ICIMH 2016. USA
Victorson 2012	Mindfulness-based stress reduction decreases fear of progression over time for men with prostate cancer on active surveillance: Results from a randomized clinical trial	2012 Annual Meeting of the American Urological Association, AUA. Atlanta, GA USA ‡

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<b>Protocol for RCTs</b>		
Chambers 2013	A randomised controlled trial of a mindfulness intervention for men with advanced prostate cancer.	Protocol for randomized control trial for Chambers et al. 2017
McCaughan 2013	A randomized controlled trial of a self-management psychosocial intervention for men with prostate cancer and their partners: a study protocol.	Protocol for randomized control trial
<b>Study design not relevant to research question.</b>		
Chambers 2016	The role of mindfulness in distress and quality of life for men with advanced prostate cancer	Cross-sectional study
Golshani and Pirnia 2019	Comparison of Mindfulness-Based Cognitive Therapy (MBCT) with acceptance and Commitment Therapy (ACT) On the Severity of fatigue, Improvement of Sleep Quality and Resilience in a patient with Prostate Cancer: A Single-Case Experimental Study	Single clinical case report
Tabernero 2013	Eficacia de las intervenciones psicológicas en hombres con cáncer de próstata [Effectiveness of psychological treatments in prostate cancer]. Psicooncologia, 10(2-3), 339-351	Literature review (Spanish language)
Rouleau 2015	The impact of mindfulness-based interventions on symptom burden, positive psychological outcomes, and biomarkers in cancer patients	Literature review
<b>Participants/interventions does not meet inclusion criteria</b>		
Badger 2011	Psychosocial interventions to improve quality of life in prostate cancer survivors and their intimate or family partners.	Not related to research question
Beard 2011	Effects of complementary therapies on clinical outcomes in patients being treated with radiation therapy for prostate cancer.	Compared effectiveness of relaxation response therapy (RRT) and Reiki therapy.
Ben-Josef 2016	Yoga Intervention for Patients with Prostate Cancer Undergoing External Beam Radiation Therapy.	Not certain if mindfulness was part of the yoga intervention.
Ben-Josef 2017	Effect of Eischens yoga during radiation therapy on prostate cancer patient symptoms and quality of life: a randomized phase II trial.	Outcome was fatigue, erectile dysfunction, urinary incontinence, and overall quality of life in prostate cancer
Boonzaier 2009	Development of a psychoeducational intervention for men with prostate cancer.	Implementing a nurse-led psychoeducational program
Brummer 2006	Yoga, dietary and lifestyle approaches for prostate problems.	Yoga, dietary and lifestyle change
Carlson 2003	Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress, and immune parameters in breast and prostate cancer outpatients.	Uneven distribution of breast and prostate cancer sample in study

Study first author	Title	Characteristics and reason for exclusion
Carlson 2004	Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients.	Uneven distribution of breast and prostate cancer sample in study
Carlson 2007	One-year pre-post intervention follow-up of psychological, immune, endocrine and blood pressure outcomes of mindfulness-based stress reduction (MBSR) in breast and prostate cancer outpatients.	Uneven distribution of breast and prostate cancer sample in study
Carlson 2017	Brief supportive-expressive group therapy for partners of men with early stage prostate cancer: lessons learned from a negative randomized controlled trial.	Intervention was supportive-expressive group therapy
Carmody 2003	A dietary intervention for recurrent prostate cancer after definitive primary treatment: results of a randomized pilot trial.	Dietary intervention
Chang 2018	The effects of a mindfulness meditation program on quality of life in cancer outpatients: an exploratory study	Men with prostate cancer not included in study sample.
Charalambous 2015.	A randomized controlled trial for the effectiveness of progressive muscle relaxation and guided imagery as anxiety reducing interventions in breast and prostate cancer patients undergoing chemotherapy.	Progressive muscle relaxation and guided imagery
Chien 2019	Prostate cancer-specific anxiety and the resulting health-related quality of life in couples.	Not related to research question
Compen 2017	Face-to-face and internet-based mindfulness-based cognitive therapy compared with treatment as usual in reducing psychological distress in patients with cancer: a multicenter randomized controlled trial	Uneven distribution of breast and prostate cancer sample in study
Corboy 2014	The relationship between geographic remoteness and intentions to use a telephone support service among Australian men following radical prostatectomy	Not related to research question
Dobos 2015	Integrating mindfulness in supportive cancer care: a cohort study on a mindfulness-based day care clinic for cancer survivors.	Not related to research question
Fish 2014	Mindfulness-based cancer stress management: impact of a mindfulness-based programme on psychological distress and quality of life.	Study not specific to men with prostate cancer
Garland 2017	Linking dispositional mindfulness and positive psychological processes in cancer survivorship: a multivariate path analytic test of the mindfulness-to-meaning theory.	Not related to research question
Jain 2007	A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction.	Not related to research question
Latini 2009	Sexual rehabilitation after localized prostate cancer: current interventions and future directions	Not related to research question

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Laurie 2018	Validation of the factor structure of the Five Facets of Mindfulness Questionnaire in men diagnosed with advanced prostate cancer	Not related to research question
Lengacher 2012	A pilot study evaluating the effect of mindfulness-based stress reduction on psychological status, physical status, salivary cortisol, and interleukin-6 among advanced-stage cancer patients and their caregivers.	Compared advanced-stage cancer patients with their caregivers
McCaughan 2018	Evaluating a psychosocial intervention for men with prostate cancer and their partners: Outcomes and lessons learned from a randomized controlled trial.	Psychosocial intervention (called CONNECT).
Molton 2008	Promoting recovery of sexual functioning after radical prostatectomy with group-based stress management: the role of interpersonal sensitivity.	Intervention was CBSM
Nissen 2020	Internet-delivered mindfulness-based cognitive therapy for anxiety and depression in cancer survivors: A randomized controlled trial.	Uneven distribution of breast and prostate cancer sample in study
Palesh 2009	A phase III randomized prospective trial of the effect of psychotherapy on distress in 287 prostate cancer patients: A URCC CCOP Study.	Intervention was supportive expressive group therapy (SET)
Van Der Lee 2012	Mindfulness-based cognitive therapy reduces chronic cancer-related fatigue: A treatment study.	Uneven distribution of breast and prostate cancer sample in study; outcome not relevant.

‡ Research paper already published in peer-review journal