

Table 1: Study design summaries

Reference (Country)	Study design	Inclusion criteria	Sample	Intervention	Measures
Brotto & Heiman 2007 (UK)	Pilot study of Psychoeducational group. Qualitative design	Women in heterosexual relationship experiencing difficulties with sexual function following gynaecological cancer	22 heterosexual women currently in a relationship.	4 ninety minute sessions incorporating mindfulness alongside psychoeducation in cancer.	Qualitative analysis, narrative using content analysis.
Chambers et al 2011 (Australia)	Pilot study - Mixed methods. 3 month follow up	Must have been diagnosed with advanced prostate cancer, have no cognitive impairment and no psychiatric illness impacting on current functioning. Be able to give informed consent and be able to read or write English.	19 Men with advanced prostate cancer.	3 groups of MBCT over 8 week period.	In depth interviews were audio taped. These were investigated through thematic analysis based in an interpretive phenomenological framework, "the lived experience of the participant".
Eyles et al 2015 (UK)	Mixed methods convergent design. 1 month post intervention follow up	Recruited from 3 Oncology departments. Oncology consultants identified eligible women using an Eastern Cooperative oncology group performance score of 0-2, exclusion included bed bound or frail patients.	Women with Metastatic breast cancer (MBC).100 were approached to join and 20 agreed. Aged 37-65 years.19 women completed the course. 1 dropped out due to baseline measures and illness progression.	3 groups of patients undertaking 8 week MBSR course	Face to face in depth semi structured interviews with patients 1-2 weeks before start of course. Focus group for breast care/ research nurses from 3 recruiting oncology departments 1 month after end of MBSR intervention. Thematic analysis of data was conducted
Hoffman et al 2012 (UK)	Qualitative RCT - pre and post testing	Recruited from Haven Integrated cancer care support centre in London. Most had stage 11. 59% had breast conserving surgery, 46%	229 Women with breast cancer - stages 0-111 were recruited, 114 into MBSR and 115 into control; group (8 week MBSR	Completion of short proforma using semi structured questions exploring the participants experiences with one closed and four open questions. Open

		mastectomy, 59% chemo, 80% radiotherapy and 20% breast reconstruction. Aged 18-80 aware of their cancer diagnosis, within 2 months to 2 years of completing treatment.	who were offered MBSR after the study).92 participants took part in the 8 week course and completed the qualitative data proforma.		ended qualitative data allowed personal views to be gathered.
Dobkin 2008 (Canada)	Pre and post intervention study. Mixed methods	Women who had finished treatment for breast cancer.	13 women who had completed medical treatment for breast cancer. Recruited from 2 university-affiliated hospitals. All but one had completed treatment for breast cancer within the past year or two, half had undergone all three types of treatment (chemo, radiation therapy and surgery).	MBSR 8 weeks	2 Focus group 1 month post intervention.
Mackenzie et al 2005 (Canada)	Qualitative using grounded theory	Selected based on their involvement in an ongoing MBSR drop in group.	9 mixed cancer patients. Purposeful sampling from MBSR	MBSR 8 weeks	Focus group (7) 2 hour semi structured interview.