

Author	Country	Pain	Number randomised	Intervention	Control	Female/ male participants ***
Sagula 2004	USA	Chronic pain	71	Mindfulness program*	Waiting list	40/17
Carson 2005	USA	Chronic lower back pain	43	Mindfulness program*	Treatment as usual	22/17
Nash-Mc Ferron 2006	USA	Chronic headache	40	Mindfulness program	Treatment as usual	33/7
Plews-Ogan 2005	USA	Musculoskeletal pain	30	Mindfulness program*	Treatment as usual Massage	23/7
Sephton 2007	USA	Fibromyalgia	91	Mindfulness program*	Waiting list	91/0
Morone 2008	USA	Chronic lower back pain	37	Mindfulness program*	Waiting list	21/16
Texeira 2010	USA	Diabetic neuropathy	22	Verbal instruction and compact disc on Mindfulness meditation	Nutritional information and food diary	15/5
Schmidt 2010	Germany	Fibromyalgia	177	Mindfulness program*	Relaxation and stretching exercises Waiting list	177/0
Schmidt 2010	UK	Musculoskeletal pain	40	Mindfulness program**	Treatment as usual	23/7
La Cour 2015	Denmark	Non-specific chronic pain	109	Mindfulness program*	Waiting list	93/16
Cathcart 2013	Australia	Tension headache	58	Mindfulness program**	Waiting list	26/16
Dowd 2015	Ireland	Non-cancer chronic pain	124	Online Mindfulness program**	Online pain management psycho-education	112/12
Kanter 2016	USA	Bladder pain syndrome	20	Mindfulness program**	Psychological education	19/0

Table 1: Study characteristics (original)

Mindfulness programs consisted of an 8-week face-to-face course developed by Kabat-Zinn (8) or modified versions***

** Subjects dropped out after randomisation, hence the sum may be less than total number randomised