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Title: Randomized controlled trial of mindfulness program to enhance body image in patients with breast cancer

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**Informed consent:** Informed consent was obtained from all individual participants included in the study.

**ABSTRACT**

**Introduction:** Breast cancer affects the thoughts and emotions related to patients' body image and it has a negative impact in their quality of life. The purpose of this study was to conduct a randomized controlled trial in patients with breast cancer comparing mindfulness training to improve body image with a program based on personal image advice.

**Method:** A total of 29 women with breast cancer were randomly allocated into one of 2 groups: an experimental (mindfulness program) and control (personal image advice) group. The assessment tools were semi-structured interviews and the BIS and SBC questionnaires. Data was analyzed using quantitative techniques.

**Results:** The mindfulness program was effective in decreasing negative thoughts and emotions related to body image and dissociation ( $p < .01$ ), and in increasing positive

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