

## Author's Accepted Manuscript

Mindfulness-based interventions for major depressive disorder: a comprehensive meta-analysis of randomized controlled trials

Yuan-Yuan Wang, Xiao-Hong Li, Wei Zheng, Zi-Yan Xu, Chee H. Ng, Gabor S. Ungvari, Zhen Yuan, Yu-Tao Xiang



PII: S0165-0327(17)31371-X  
DOI: <https://doi.org/10.1016/j.jad.2017.12.093>  
Reference: JAD9501

To appear in: *Journal of Affective Disorders*

Received date: 5 July 2017  
Revised date: 16 November 2017  
Accepted date: 31 December 2017

Cite this article as: Yuan-Yuan Wang, Xiao-Hong Li, Wei Zheng, Zi-Yan Xu, Chee H. Ng, Gabor S. Ungvari, Zhen Yuan and Yu-Tao Xiang, Mindfulness-based interventions for major depressive disorder: a comprehensive meta-analysis of randomized controlled trials, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.12.093>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

# **Mindfulness-based interventions for major depressive disorder: a comprehensive meta-analysis of randomized controlled trials**

Yuan-Yuan Wang<sup>11</sup>, Xiao-Hong Li<sup>21</sup>, Wei Zheng<sup>31</sup>, Zi-Yan Xu<sup>41</sup>, Chee H. Ng<sup>5</sup>, Gabor S. Ungvari<sup>6</sup>, Zhen Yuan<sup>1</sup>, Yu-Tao Xiang<sup>1\*</sup>

<sup>1</sup>Faculty of Health Sciences, University of Macau, Macao SAR, China;

<sup>2</sup>The National Clinical Research Center for Mental Disorders, China & Center of Depression, Beijing Institute for Brain Disorders & Mood Disorders Center, Beijing Anding Hospital, Capital Medical University, Beijing, China;

<sup>3</sup>The Affiliated Brain Hospital of Guangzhou Medical University (Guangzhou Hui'ai Hospital), Guangzhou, China;

<sup>4</sup>Department of Psychiatry II, University of Ulm and BKH Günzburg, Germany;

<sup>5</sup>Department of Psychiatry, University of Melbourne, Melbourne, Victoria, Australia

<sup>6</sup>University of Notre Dame Australia / Graylands Hospital, Perth, Australia;

\* Correspondence to: 3/F, Building E12, Faculty of Health Sciences, University of Macau, Avenida da Universidade, Taipa, Macau SAR, China. Tel.: +853 8822 4223; Fax: +853 2288 2314. xyutly@gmail.com

## **Abstract**

### **Background:**

This is a meta-analysis of randomized controlled trials (RCTs) of mindfulness-based interventions (MBIs) for a current episode of major depressive disorder.

### **Methods:**

Both English (PubMed, PsycINFO, Embase, and Cochrane Library databases) and Chinese (WanFang and CNKI) databases were systematically and independently searched. Standardized mean differences (SMDs) and risk ratio (RR)  $\pm$  their 95%

---

<sup>1</sup> These authors contributed equally to the work.

متن کامل مقاله

دریافت فوری ←

**ISI**Articles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات