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Effects of mindfulness-based therapy for patients with breast cancer: a systematic review and meta-analysis

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Highlights:

- To quantify the effects of mindfulness-based therapy (MBT) in breast cancer patients.
- MBT appears to be effective for breast cancer patients to manage negative emotions.
- MBT might be beneficial in improving physical health of breast cancer patients.
- MBT might be associated with better quality of life of breast cancer patients.
- The evidence is supported but limited for the use of MBT in managing breast cancer.

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