

Author's Accepted Manuscript

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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>

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

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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%

¹ These authors contributed equally to the work.

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