



# Mindfulness-Based Interventions for Distress in Cancer Patients: A Meta-Analysis

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## Background & Objectives

- 2.5M lung cancer cases (12.4% of cancers, 2022)
- High psychological distress
- Need effective supportive interventions

## Methods

- PRISMA systematic review & meta-analysis
- 1,005 screened → 9 RCTs
- Outcomes: distress, fatigue, mindfulness, QoL

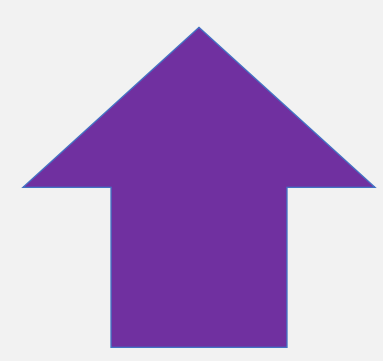
## Results



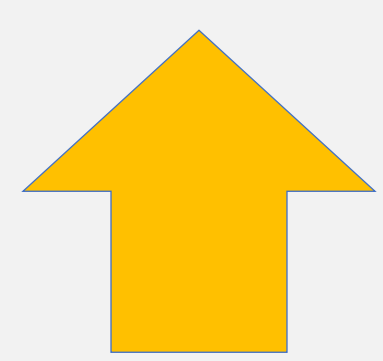
**Distress (short-term -1.58;  
long-term -1.74)**



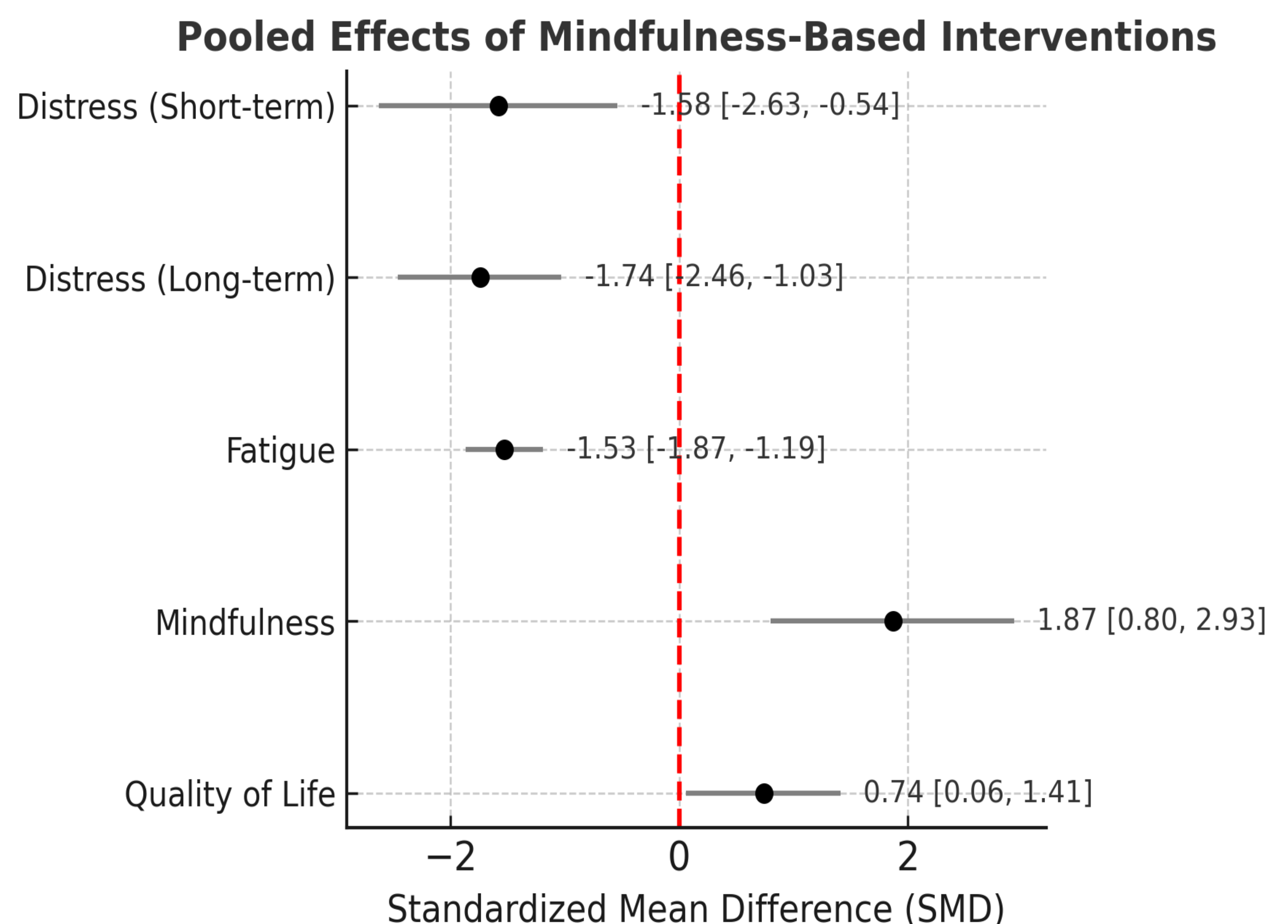
**Fatigue (-1.53)**



**Mindfulness (+1.87)**



**Quality of Life (+0.74)**



## Conclusions and Discussion

### Discussion

**Patient-centered value:** PROs align with value-based care

**Health system impact:** adherence gains & reduced utilization

**Asia Pacific:** cultural adaptation & reimbursement models

**Evidence gaps:** Need RWE and harmonized PRO measurement

### Conclusions

MBIs improve distress, fatigue, mindfulness, QoL  
6–8 week programs are feasible for integration  
Recommend inclusion in routine care with policy support

