INPLASY PROTOCOL

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None declared.

Effects of mindfulness intervention on negative emotions in patients with coronary heart disease: a meta-analysis

Han, YL[1]; Zhang, H[2].

Review question / Objective: (1) Subjects: CHD patients, no restrictions on age, gender, occupation or race; (2) Intervention: Mindfulness-based intervention, intervention duration is no less than 1 week; (3) Control measures: routine nursing measures, nursing support for no less than 1 week (4) Results: anxiety score, depression score, stress perception score, at least one of them reported to meet the conditions; (5) Study design: 2 or more RCTS.

Condition being studied: Effects of mindfulness intervention on negative emotions in patients with coronary heart disease.

INTRODUCTION

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emotions in patients with coronary heart disease.

METHODS

Participant or population: Patients with coronary heart disease.

Intervention: Have a mindfulness intervention.

Comparator: Conventional nursing.

Study designs to be included: Randomized controlled trial.

Eligibility criteria: Mindfulness intervention is a kind of psychological intervention method to intervene or prevent specific or common groups with mindfulness theory as the core.

Information sources: PubMed, EMBAS, Web of Science, Cochrane, SpringerLink, Cochrane, Elsevier, SinoMed, CNKI, Wanfang Data knowledge Service platform, VIP Chinese Scientific and technical Journal database and manual retrieval.

Main outcome(s): Meta-analysis of the latest RCT studies showed that mindfulness intervention can promote the alleviation of CHD patients' anxiety, depression, stress and other negative emotions, and thus promote the health recovery of patients.

Quality assessment / Risk of bias analysis: The quality of 7 articles was evaluated according to the authenticity evaluation criteria of THE Cochrane Collaboration on RCTS.

Strategy of data synthesis: Meta-analysis was conducted on the anxiety score, depression score and stress score of patients after mindfulness intervention by Revman5.4 software. Sensitivity analysis was used to evaluate the stability of the study results, and funnel plot was used to evaluate publication bias.

Subgroup analysis: No subgroup analysis was performed.

Sensitivity analysis: In the meta-analysis, some studies were successively removed and combined again. The results of anxiety score, depression score and stress perception score showed little difference between each effect index before and after switching between the two models, indicating that the research results have high reliability.

Country(ies) involved: China.

Keywords: Mindfulness intervention; Coronary heart disease (CHD);Negative emotion; System evaluation.

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