INPLASY PROTOCOL

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Support: None.

Review Stage at time of this submission: Data extraction.

Conflicts of interest: None declared.

The Effectiveness of Mindfulness-Based Intervention on Emotional States of Women Undergoing Fertility Treatment: A Meta-Analysis

Wang, XR[1]; Wang, YX[2].

Review question / Objective: Our study aims to explore the effectiveness of mindfulness intervention in improving the emotional state of women undergoing in vitro fertilization through systematic evaluation and meta-analysis, so as to provide a new treatment plan for psychological treatment of this group.

Condition being studied: XThe International Committee for Monitoring Assisted Reproductive Technology (ICMART) and the World Health Organization define infertility as "not pregnant after routine unprotected sexual intercourse for 12 months or more".

Information sources: Two researchers independently searched PubMed, Embase, Cochrane library and Web of science databases with key words infertility, mindfulness, anxiety and depression, using key words and free words to search the clinical study on mindfulness-based interventions in infertile women with anxiety and depression, which was established until July 5, 2022.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 07 July 2022 and was last updated on 07 July 2022 (registration number INPLASY202270038).

INTRODUCTION

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World Health Organization define infertility as "not pregnant after routine unprotected sexual intercourse for 12 months or more".

METHODS

Participant or population: Infertile female patients meeting the diagnostic criteria of anxiety and/or depression.

Intervention: The interventions are mindfulness-based.

Comparator: Placebo.

Study designs to be included: Only randomized controlled trials(RCTs) were included.

Eligibility criteria: Based on the purpose of the study, the inclusion criteria are: the interventions are mindfulness-based, targeting infertile female patients meeting the diagnostic criteria of anxiety and/or depression. Exclusion criteria: Prospective or retrospective studies, repeated published articles, systematic reviews, conference abstracts, inability to obtain full-text or complete data, sample size < 20 cases, and inconsistent topics.

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Main outcome(s): Anxiety and depression were the primary results

Additional outcome(s): Mindfulness, self-efficacy, and quality of life were secondaryoutcomes.

Quality assessment / Risk of bias analysis: Cochrane Risk of Bias Assessment Tool.

Strategy of data synthesis: Given the heterogeneity of the literature and differences in outcome indicator measures, we used standardised mean differences (SMD) for data synthesis.

Subgroup analysis: Subgroup analysis pooled analysis of outcomes from studies with a sample size.

Sensitivity analysis: Sensitivity analysis was performed by sequential deletion tests to test the stability of the main results. That is, after the deletion of any one study, the combined results of the remaining literature are not significantly different from those that would have passed the sensitivity analysis if it had not been deleted.

Country(ies) involved: China.

Keywords: Mindfulness; Infertility; Anxiety; depression; Meta-analysis.

Contributions of each author:
Author 1 - Xiaoran Wang.
Author 2 - Yunxia Wang.