

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
<p>Hearn and Finlay (2018) United Kingdom RCT PEDro=7 N_{Initial}=67 N_{Final}=43</p>	<p>Population: Mean age=44.4±10.4 yr; Gender: males=31, females=36; Time since injury (yr): 1-2=11, 2-4=18, 4-8=19, 8-12=6, 12-15=7, 15+=6; Level of injury: C=25, T=37, L=5; Severity of injury: AIS A=9, B=17, C=19, D=22.</p> <p>Intervention: Participants were randomized to either an 8-wk online mindfulness intervention or an 8-wk internet delivered psychoeducation.</p> <p>Outcome Measures: Depression symptom severity and anxiety (hospital anxiety and depression scale (HADS)), quality of life (QoL)(world health organization quality of life (WHOQOL-BREF) , pain perception (numeric rating scale), pain catastrophizing scale (PCS) and mindfulness (five facet mindfulness questionnaire (FFMQ)).</p>	<ol style="list-style-type: none"> 1. Significant differences post-intervention between groups for mindfulness facets of acting with awareness, describing and non-reactivity to inner experience (p<0.05) as well as total FFMQ score (p<0.05). 2. No significant differences between groups for any QoL, pain intensity and mindfulness facets of observing and non-judging post-intervention (p>0.05). 3. Significant between group difference in severity of depression and pain catastrophizing at 3-mo follow-up (p<0.050).