

G.11.1.11 Meditation/mindfulness

		Quality assessment				No of patients		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
<b>Carer burden (lower values favour intervention)</b>									
1 (Whitebird 2012)	RCT	Not serious	Not serious	N/A	Very serious <sup>1</sup>	35	35	SMD -0.10 (-0.56, 0.37)	Low
<b>Carer depression (lower values favour intervention)</b>									
5	RCT	Not serious	Not serious	Not serious	Serious <sup>2</sup>	101	91	SMD -0.48 (-0.77, -0.19)	Moderate
<b>Carer anxiety (lower values favour intervention)</b>									
3	RCT	Not serious	Not serious	Serious <sup>3</sup>	Serious <sup>2</sup>	68	65	SMD -0.72 (-1.57, 0.14)	Low
<b>Carer stress (lower values favour intervention)</b>									
3	RCT	Not serious	Not serious	Not serious	Serious <sup>2</sup>	53	54	SMD -0.22 (-0.60, 0.17)	Moderate
<b>Carer self-efficacy (higher values favour intervention)</b>									
1 (Oken 2010)	RCT	Not serious	Not serious	N/A	Very serious <sup>1</sup>	10	10	SMD 0.00 (-0.88, 0.88)	Low
<b>Carer social support (higher values favour intervention)</b>									
1 (Whitebird 2012)	RCT	Not serious	Not serious	N/A	Very serious <sup>1</sup>	35	35	SMD 0.06 (-0.41, 0.52)	Low
<b>Revised memory and behaviour problems checklist – reaction (lower values favour intervention)</b>									
1 (Oken 2010)	RCT	Not serious	Not serious	N/A	Very serious <sup>1</sup>	10	10	SMD -0.08 (-0.96, 0.80)	Low
<b>Behavioural and psychological symptoms of dementia – severity (lower values favour intervention)</b>									
1 (Oken 2010)	RCT	Not serious	Not serious	N/A	Not serious	10	10	SMD 1.27 (0.29, 2.25)	High
1. Crosses two lines of a defined MID									
2. Crosses one line of a defined MID									

Quality assessment						No of patients		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
3.	i <sup>2</sup> >40%								