

# Effectiveness of Mindfulness-Based Interventions in Chronic Pain: A Meta-Analysis

Highlighting the effectiveness of mindfulness-based interventions in chronic pain.

A meta-analytic review

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## Abstract

Mindfulness-based interventions are gaining increasing popularity among physical, psychosomatic and psychiatric disorders. The protocols of such interventions are based upon procedures that aim to develop enhanced awareness of moment-to-moment experience of perceptible mental processes, thus reducing negative affect and improving vitality and coping. The present study analyses the effectiveness of the mindfulness-based interventions applied on chronic pain condition and the associated problems. The overall mean effect size (D) was .49, with the 95% confidence interval about the mean .39 to .62. The results suggested that these interventions have a medium effect on reducing physical problems (eg. level of pain intensity, physical disability), psychological problems (eg. anxiety, depression) and improving the well-being. Although studies investigating the effectiveness of mindfulness as a treatment for chronic pain suggest it is a promising intervention, further rigorous studies must be accomplished in order to claim this right.

## Keywords

Mindfulness, CBT, chronic pain, well-being, meta-analysis

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