

# Innovating Mindfulness-Based Stress Reduction (MBSR) Delivery in Cancer Care: Enhancing Accessibility and Engagement

## Abstract

This article explores the evolving landscape of Mindfulness-Based Stress Reduction (MBSR) delivery within cancer care, highlighting key innovations aimed at enhancing accessibility, engagement, and relevance for patients. Traditional delivery methods of MBSR face challenges related to mobility, geography, and time constraints, which can limit patient participation. In response, integrating digital platforms, such as online programs and mobile apps, has emerged as a crucial development, making mindfulness training more accessible to a wider audience of cancer patients. Exploration into varied group formats is another innovation reshaping MBSR delivery. By adjusting the scale and intimacy of group settings, these formats aim to provide tailored community support and individual attention, enriching the participant experience. Hybrid models that combine in-person and digital sessions are gaining traction, offering the flexibility to meet diverse patient needs and preferences. Additionally, the development of tailored MBSR programs designed specifically for different types of cancer, stages of disease, and treatment phases addresses the need for more personalized mindfulness training. These adaptations ensure that MBSR remains a relevant and powerful tool in the comprehensive care of cancer patients. The future of MBSR in cancer care is marked by significant innovation and expanded integration into standard oncology practices, promising to enhance the holistic well-being of patients through evidence-based, compassionate care. These advancements signal a shift towards more adaptable, patient-centered approaches to mindfulness training in oncology settings.

**Keywords:** Mindfulness-based stress reduction (MBSR), Cancer care, Digital platforms, Cancer patients, Treatment, Psychotherapy

## Introduction

### Definition and core principles of MBSR

Mindfulness-Based Stress Reduction (MBSR) stands as a beacon of hope and healing for those grappling with the multifaceted challenges posed by stress, pain, and illness. Developed through the integration of meditation practices steeped in Buddhist traditions<sup>[1]</sup> with contemporary psychological understanding, MBSR offers a structured, yet profoundly transformative journey towards self-awareness<sup>[2]</sup> and emotional equilibrium.

The essence of MBSR lies in its unwavering commitment to cultivating a state of mindfulness — a focused, nonjudgmental awareness of the present moment.<sup>[3]</sup> This foundational principle encourages participants to observe their thoughts, emotions, and bodily sensations as they are, without attempting to change or judge them. This practice of attentive presence fosters a deep sense of connection

with the immediate experience, allowing individuals to break free from the habitual patterns of mind that often perpetuate stress and emotional distress.<sup>[4]</sup>

At the heart of the MBSR program is to nurture greater clarity and insight into the nature of one's thoughts and feelings, and how these internal states can influence one's well-being. Through regular mindfulness practices, such as meditation, body scans, and gentle yoga, participants learn to approach their experiences with curiosity and openness, rather than avoidance or reactivity. This shift in perspective enables a more accepting and compassionate relationship with oneself, facilitating a profound transformation in how one relates to the inevitable challenges of life.<sup>[5]</sup>

Moreover, MBSR emphasizes the importance of acceptance — recognizing and welcoming the present moment, along with all its imperfections, without striving for change or clinging to desired outcomes.<sup>[6]</sup> This acceptance is not a

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passive resignation but a powerful stance that enables individuals to confront their reality with courage and grace. By accepting the present, participants can tap into a wellspring of inner strength and resilience, paving the way for genuine healing and personal growth.

The core principles of MBSR are designed to be accessible and applicable to everyone, regardless of their background or experience with meditation. By engaging in this program, individuals are not merely learning to manage stress or alleviate pain; they are embarking on a transformative journey toward a more mindful, compassionate, and fulfilling way of living. The skills and insights gained through MBSR have the potential to enrich every aspect of one's life, offering a path to lasting psychological and emotional well-being.<sup>[7]</sup>

### **Brief history and development of the MBSR program**

The MBSR program was developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center in 1979. Kabat-Zinn's pioneering work sought to integrate mindfulness meditation practices with contemporary psychological and medical approaches to stress reduction. The program was initially conceived to assist patients with chronic pain and stress-related disorders not effectively addressed by traditional medical interventions. Its success has led to widespread adoption in various healthcare settings, including oncology, mental health, and primary care.<sup>[8]</sup>

### **Overview of MBSR practices**

The MBSR program offers a comprehensive curriculum designed to immerse participants in the practice of mindfulness, to foster enhanced well-being and stress resilience.<sup>[9]</sup> This 8-week group program, enriched with weekly sessions lasting 2.5 hours and an intensive all-day session following the sixth week, serves as a journey into the exploration and cultivation of mindfulness in various forms.

### **Mindfulness meditation**

Central to the MBSR program is the practice of mindfulness meditation. This fundamental technique encourages participants to anchor their attention on their breath while observing thoughts, emotions, and bodily sensations as they arise, all from a stance of gentle nonjudgment. This form of meditation is more than a practice of concentration; it is an exercise in cultivating a deep awareness of the present moment. By learning to observe their inner experiences without reacting or becoming entangled in them, individuals can develop the capacity to interrupt habitual stress responses, thereby opening up new ways of responding to life's challenges with grace and equanimity.<sup>[10]</sup>

### **Body scan**

The body scan is another pivotal practice within the MBSR curriculum, offering a structured method for cultivating bodily awareness and relaxation. Lying down in a comfortable position, participants are guided to slowly direct their attention through different parts of their body, from the toes to the crown of the head. This meticulous journey through the body invites

an attentive and nonjudgmental exploration of physical sensations, promoting a deeper connection with one's physical self. The body scan not only enhances body awareness but also facilitates a state of deep relaxation, counteracting the physiological effects of stress and anxiety.<sup>[11]</sup>

### **Yoga**

Yoga, as incorporated into the MBSR program, is approached from the perspective of mindfulness. The gentle yoga exercises included in the curriculum are designed not for physical exertion but to deepen the connection between mind and body. Through stretching and balancing poses, participants engage in mindful movement, focusing on the sensations of each pose and the rhythm of their breath. This practice emphasizes the experiential quality of movement over performance, encouraging a compassionate and accepting relationship with the body. Yoga in MBSR serves as a physical manifestation of mindfulness, offering a dynamic way to explore and embody presence.<sup>[12]</sup>

### **Informal mindfulness practices**

Beyond the structured practices of meditation, body scans, and yoga, MBSR also emphasizes the integration of mindfulness into daily life through informal practices. Participants are encouraged to bring mindful awareness to everyday activities such as eating, walking, or engaging in conversation. This aspect of the program aims to dissolve the boundary between formal meditation and the rest of life, inviting participants to cultivate a continuous thread of mindfulness throughout their day. By learning to stay present and attentive in ordinary moments, individuals can transform their relationship with the mundane, discovering depth and richness in the simplicity of daily living.

Together, these practices form the backbone of the MBSR program, each contributing to the overarching goal of nurturing a mindful approach to life. Through engagement with these practices, participants are equipped with tools to manage stress, navigate emotional turmoil, and cultivate a profound sense of well-being that permeates all aspects of their lives.<sup>[13]</sup>

### **Application of MBSR in cancer care**

#### **The rationale for using MBSR with cancer patients**

The journey through cancer diagnosis and treatment is fraught with challenges that extend far beyond the physical manifestations of the disease. Patients often find themselves navigating a turbulent sea of emotional and psychological distress, marked by anxiety, depression, and an overwhelming sense of vulnerability. These feelings, compounded with the physical symptoms of pain, nausea, and fatigue, can significantly diminish a patient's quality of life, casting a shadow over their treatment journey and beyond. Traditional medical approaches, while adept at targeting the physical aspects of cancer, frequently fall short in addressing this complex tapestry of psychological concerns, leaving a critical gap in comprehensive patient care.

MBSR emerges as a beacon of hope in this context, offering a well-founded, complementary approach to cancer care that addresses the multifaceted needs of patients. By equipping individuals with practical mindfulness skills, MBSR goes beyond mere symptom management to touch the very core of the human experience — how we relate to our thoughts, feelings, and bodily sensations. This program teaches cancer patients to cultivate moment-to-moment awareness of their experiences, free from judgment and full of compassion towards themselves. Such practices encourage a shift in perspective, enabling individuals to view their illness and the accompanying emotional turmoil through a lens of acceptance and mindfulness.

The rationale for integrating MBSR into cancer care is deeply rooted in its transformative potential to enhance emotional equilibrium and resilience. Amidst the uncertainty and fear that often accompany a cancer diagnosis, mindfulness offers a stable ground, fostering a sense of inner peace and control. Patients learn to recognize and interrupt habitual patterns of stress and anxiety, discovering new ways to respond to their experiences with grace and acceptance. This newfound emotional balance can profoundly affect their overall treatment experience, promoting a sense of agency and empowerment.

Furthermore, MBSR's emphasis on developing a more accepting relationship with one's illness and treatment can catalyze a radical shift in how patients perceive their journey. Instead of being defined by their cancer, individuals learn to view their diagnosis as one aspect of a multifaceted life. This perspective encourages a re-engagement of the joys and possibilities of life, even in the face of illness, fostering a deeper appreciation for each moment.

By integrating MBSR into the standard care protocol for cancer patients, healthcare providers can offer a more holistic approach to treatment — one that acknowledges and nurtures the mind-body connection. This comprehensive care strategy not only aims to improve physical outcomes but also enhances the quality of life, ensuring that patients are supported in every aspect of their cancer journey. The adoption of MBSR in cancer care signifies a move towards a more compassionate, patient-centered approach to healing, where the emotional and psychological well-being of patients is held with as much importance as their physical health.<sup>[14]</sup>

### Overview of how MBSR is adapted for cancer patients

The MBSR program, while grounded in a core set of practices, possesses an intrinsic flexibility that allows it to be finely tuned to address the unique challenges faced by cancer patients. This adaptability is crucial, given the diverse ways in which cancer and its treatment can impact an individual's physical and emotional well-being. Recognizing these specific needs, MBSR facilitators make thoughtful adjustments to the program, ensuring that each participant, irrespective of their stage of treatment or physical condition, can fully engage with and benefit from mindfulness practices.<sup>[15]</sup>

### Physical adaptations

One of the program's key strengths lies in its capacity to accommodate the physical limitations that cancer patients often experience. For instance, traditional yoga poses, which form an integral part of MBSR's mindfulness practice, may be modified to ensure they are accessible to individuals with reduced mobility or those experiencing pain and fatigue. Such modifications might include the use of props, chair-based exercises, or simply encouraging participants to engage in mindful movement to the extent that their condition allows. Similarly, meditation sessions may be adjusted in duration to cater to those who find prolonged sitting uncomfortable or who experience fatigue easily. These adjustments ensure that physical barriers do not preclude participation, allowing all individuals to explore mindfulness within their capacity.<sup>[16]</sup>

### Emotional support

Equally important are the adaptations made to address the emotional and psychological challenges uniquely associated with the cancer journey. MBSR facilitators may incorporate discussions and practices specifically designed to address common concerns among cancer patients, such as the fear of recurrence, navigating changes in body image and identity, and managing the emotional fallout of diagnosis and treatment. By creating space for these discussions within the MBSR framework, the program acknowledges the profound impact cancer can have on an individual's sense of self and future, offering support and strategies to navigate these emotional landscapes.<sup>[17]</sup>

### Tailoring to individual and group needs

The capacity of MBSR to be tailored to the needs of cancer patients extends beyond physical and emotional adaptations. Facilitators are attuned to the dynamics of each group and the individual experiences of participants, allowing for a responsive and participant-centered approach. This might mean adjusting the pace of sessions, incorporating additional practices that resonate with the group's experiences, or providing supplementary one-on-one support where needed. The aim is to create an environment where each participant feels seen, heard, and supported in their practice and where the benefits of mindfulness can be maximally realized.<sup>[18]</sup>

### The importance of flexibility

The flexible nature of MBSR is perhaps one of its greatest assets in the context of cancer care. It allows the program to be a living, breathing entity that adapts to the changing needs of participants, reflecting the unpredictable journey of cancer treatment and recovery. This adaptability ensures that MBSR remains a relevant and accessible tool for cancer patients, providing them with the means to cultivate mindfulness and resilience in the face of their unique challenges. By meeting patients where they are, in all their diversity of experience and needs, MBSR underscores the universal applicability of mindfulness practice and its potential to bring about profound changes in well-being and quality of life.<sup>[19]</sup>

### Common themes addressed in MBSR for cancer

## patients

The application of MBSR in the context of cancer care intricately addresses a spectrum of common themes and challenges uniquely experienced by those navigating this difficult journey. By focusing on these areas, MBSR not only aids in symptom management but also profoundly enhances the overall well-being and quality of life of cancer patients, fostering a holistic approach to healing and recovery.<sup>[20]</sup>

## Coping with uncertainty

One of the most daunting aspects of a cancer diagnosis is the uncertainty it brings—uncertainty about prognosis, the efficacy of treatments, and the fear of recurrence. This uncertainty can be a significant source of anxiety and stress, casting a long shadow over daily life. MBSR teaches patients to ground themselves in the present moment, cultivating a practice of mindfulness that anchors their awareness in the 'here and now.' This approach helps mitigate the anxiety that speculation about the future can bring, encouraging a more peaceful coexistence with the unknown.<sup>[21]</sup>

## Managing pain and fatigue

Pain and fatigue are frequent companions on the cancer journey, affecting patients' quality of life and their ability to engage in daily activities. MBSR introduces techniques, such as mindfulness meditation and the body scan, which enable patients to observe these sensations without judgment. This shift in perspective can significantly reduce the perceived intensity of pain and fatigue, offering patients new strategies for managing discomfort. By fostering a mindful awareness of their physical experiences, patients can transform their relationship with pain and fatigue, finding greater ease and comfort.<sup>[22]</sup>

## Navigating emotional turmoil

The emotional landscape of cancer is complex, marked by feelings of anger, fear, sadness, and loss. MBSR provides a set of tools that allow individuals to acknowledge and process these emotions in a healthy, non-overwhelming manner. Through practices that foster emotional awareness and acceptance, patients learn to navigate their emotional turmoil with greater resilience, finding stability and peace amidst the emotional upheaval cancer can cause.<sup>[23]</sup>

## Maintaining a connection to self and others

Cancer can profoundly impact one's sense of self and their connection to others, often leading to feelings of isolation and identity changes. The group format of MBSR, coupled with practices that emphasize shared experiences and communication, plays a crucial role in mitigating this isolation. By participating in MBSR, patients can reconnect with themselves and others, fostering a supportive community that understands the unique challenges of the cancer experience. This sense of belonging and shared understanding can be incredibly healing, providing strength and comfort during difficult times.<sup>[24]</sup>

## Finding meaning and joy

Perhaps one of the most transformative aspects of MBSR for cancer patients is its capacity to help participants find meaning, appreciation, and joy in their lives, even in the face of adversity. Amid the challenges and changes brought on by cancer, mindfulness practices encourage a re-engagement with the present moment, uncovering the beauty and joy in everyday experiences. This shift towards a more positive outlook can significantly impact patients' mental and emotional health, illuminating paths to fulfillment and happiness that persist despite the disease.

By weaving these themes into the fabric of the MBSR program, patients are offered a comprehensive toolkit for navigating the cancer journey with grace, resilience, and a renewed sense of hope. This holistic approach not only addresses the immediate challenges posed by the disease but also fosters a deeper transformation in patients' lives, enhancing their ability to cope with cancer's multifaceted impact on their physical, emotional, and spiritual well-being.<sup>[25]</sup>

## Evidence supporting MBSR in cancer care

The intersection of MBSR with cancer care has garnered significant attention in the realm of psycho-oncology, with numerous studies underscoring its effectiveness in mitigating some of the most common psychological burdens borne by cancer patients: anxiety, depression, and overall diminished quality of life. The body of research surrounding MBSR provides a compelling narrative about its role in transforming the psychological landscape of cancer care.<sup>[26]</sup>

## Summary of research findings on MBSR and anxiety reduction in cancer patients

Research into the impact of MBSR on anxiety levels among cancer patients has consistently demonstrated its efficacy. Systematic reviews and meta-analyses, pooling data from various studies, have illuminated a clear trend: participants engaged in MBSR programs exhibit significantly lower levels of anxiety compared to those in control groups, who do not receive this intervention. Notably, these positive outcomes are not confined to a specific type of cancer or stage of disease; rather, they span across the diverse spectrum of oncological diagnoses, highlighting the universal applicability of MBSR in alleviating the anxiety that often shadows the cancer experience. This broad effectiveness suggests that the principles and practices taught in MBSR — centered around mindfulness and present-moment awareness — are fundamental tools for managing the stressors intrinsic to cancer diagnosis and treatment.<sup>[27]</sup>

## Summary of research findings on MBSR and depression alleviation in cancer patients

Parallel to its impact on anxiety, MBSR has shown substantial promise in addressing depression among cancer patients. Clinical trials focusing on the introduction of MBSR to this population have recorded significant decreases in depressive symptoms, with these positive effects persisting beyond the immediate conclusion of the program and into follow-up

periods. Such findings not only underscore the immediate relief MBSR can offer but also hint at its potential to confer long-lasting improvements in mental health. For cancer survivors, who may continue to grapple with the psychological aftermath of their illness long after treatment has concluded, MBSR presents a beacon of hope for sustained emotional and psychological recovery.<sup>[28]</sup>

### **Impact of MBSR on cancer patients' quality of life**

Beyond the alleviation of anxiety and depression, MBSR's influence extends to the broader domain of quality of life (QoL) for cancer patients. Studies assessing the outcomes of MBSR programs have documented participants reporting significant enhancements in their overall well-being. These improvements encompass not only emotional and psychological health but also physical symptoms, painting a picture of comprehensive benefits. Participants note greater satisfaction with life, an outcome that speaks to the holistic nature of mindfulness practice. Through fostering a deeper engagement with the present moment, enhancing coping mechanisms, and cultivating a stance of acceptance, MBSR helps individuals navigate the complexities of their cancer journey with increased resilience and grace, leading to a more fulfilling life despite the challenges posed by their diagnosis and treatment.

Collectively, these research findings illuminate the profound potential of MBSR to serve as a vital component of holistic cancer care. By addressing the psychological and emotional dimensions of the disease, MBSR not only enhances the quality of life for those affected by cancer but also reshapes the landscape of oncology care to encompass the full breadth of patient needs, fostering a more compassionate, comprehensive approach to healing.<sup>[29]</sup>

### **Potential physiological benefits of MBSR for cancer patients**

The burgeoning interest in MBSR within the oncology community is not solely confined to its psychological and emotional benefits. A growing body of research is beginning to illuminate the potential physiological advantages of integrating mindfulness practices into the cancer care continuum. These emerging findings suggest that the benefits of MBSR might extend beyond mental health, potentially influencing various biological processes that could support cancer recovery and bolster overall health.<sup>[30]</sup>

### **Improved immune function**

Among the most intriguing areas of research is the investigation into how MBSR may impact immune function. Studies employing biomarkers to gauge immune response have observed shifts in immune function among MBSR participants, pointing to an enhanced ability to combat infection and possibly temper disease progression. Given the crucial role of the immune system in cancer surveillance and control, these findings hint at the profound implications mindfulness practices could have on disease outcomes. The mechanism behind this effect may relate to the stress reduction

capabilities of MBSR; by diminishing stress, which is known to adversely affect immune function, mindfulness practices could indirectly bolster the body's natural defenses.<sup>[31]</sup>

### **Better sleep quality**

Sleep disturbances are a common complaint among cancer patients, with many struggling with insomnia and fragmented sleep patterns that can significantly hinder recovery and quality of life. MBSR has shown promise in addressing these issues, with participants reporting improvements in sleep quality, including reduced time to fall asleep (sleep latency) and decreased reliance on sleep medications. These improvements in sleep not only contribute to better physical health by allowing the body's natural restorative processes to occur more efficiently but also support mental health by reducing fatigue and enhancing mood.<sup>[32]</sup>

### **Reduced inflammation**

Chronic inflammation has been identified as a contributor to a host of adverse health outcomes, including the initiation and progression of cancer. Preliminary research into the effects of mindfulness practices, including those taught in MBSR, suggests a potential for reducing levels of inflammation in the body. While the exact pathways through which mindfulness achieves this effect are still being elucidated, the implications for cancer care are significant. Lowering systemic inflammation could potentially slow cancer progression and mitigate the side effects of treatment, offering patients a non-invasive means of influencing their disease trajectory.<sup>[33]</sup>

### **Enhanced stress management**

The capacity of MBSR to equip individuals with effective stress management techniques may be among its most direct routes to confer physiological benefits. Chronic stress is a well-documented risk factor for a range of health issues, including hypertension, cardiovascular disease, and a weakened immune response. By fostering a mindful approach to stress, characterized by awareness, acceptance, and non-reactivity, MBSR can help mitigate the physiological impacts of stress. This reduction in stress levels could, in turn, have a cascading effect on health, alleviating conditions exacerbated by stress and promoting a more conducive environment for healing and recovery.

Collectively, these physiological benefits underscore the potential of MBSR to serve as a complementary strategy in cancer care, addressing not only the psychological burdens of the disease but also influencing biological processes that are critical for recovery and health maintenance. As research in this area continues to evolve, the integration of mindfulness practices into oncology settings appears increasingly promising, offering a holistic approach to cancer care that acknowledges the interplay between mind and body in the journey toward healing.

While research into the physiological impacts of MBSR is still evolving, these findings point to the potential of mindfulness practices to support not only the mental and emotional well-

being of cancer patients but also their physical health. Collectively, the evidence highlights the significant role MBSR can play in comprehensive cancer care, addressing both the psychological and physiological challenges faced by patients.<sup>[34]</sup>

### **Implementation of MBSR programs in oncology settings**

Challenges and Considerations in Implementing MBSR in Oncology Settings.

Integrating MBSR into oncology settings is a promising approach to enhancing cancer care by addressing the mental and emotional well-being of patients. However, the successful implementation of MBSR programs in these settings involves navigating a series of challenges and considerations unique to the cancer care environment. Addressing these factors is crucial for the efficacy, accessibility, and overall success of the programs.<sup>[35]</sup>

#### **Logistical challenges**

The logistical demands of cancer treatment schedules and patient commitments pose significant barriers to consistent participation in MBSR programs. Patients often juggle numerous appointments, treatments, and personal responsibilities, making it difficult to attend regular sessions. To overcome these barriers, healthcare facilities must offer flexible scheduling options, including evening and weekend sessions, and consider the adoption of virtual platforms. Virtual sessions can significantly enhance accessibility, allowing patients to participate from the comfort of their homes and reducing the burden of travel.<sup>[36]</sup>

#### **Physical limitations**

Cancer and its treatment can lead to a range of physical limitations, from fatigue and pain to decreased mobility. These challenges necessitate thoughtful adaptations to the traditional MBSR curriculum. For instance, yoga poses may need to be modified or replaced with chair-based exercises, and meditation sessions might be shortened to accommodate those with low energy levels. Tailoring these practices to the physical capabilities of participants ensures that everyone can fully engage with and benefit from mindfulness training.<sup>[37]</sup>

#### **Emotional readiness**

The emotional landscape of cancer patients is complex, with many experiencing acute distress, anxiety, depression, or coping with untreated psychiatric conditions. MBSR facilitators must be attuned to the emotional readiness of participants, providing additional support where necessary and recognizing when individuals might be better served by alternative therapeutic interventions. This sensitivity ensures that the MBSR program is a supportive and healing space for all participants.

#### **Staff training**

The success of MBSR programs in oncology settings heavily depends on the competence and sensitivity of the staff

facilitating them. It's essential that facilitators not only have a deep understanding of mindfulness practices but also possess knowledge of the unique challenges faced by cancer patients. Comprehensive training programs that encompass both mindfulness techniques and oncology-specific considerations are vital. Staff should be prepared to adapt sessions to the needs of the participants and offer compassionate support throughout the process.<sup>[38]</sup>

#### **Cultural sensitivity**

Cancer affects individuals from all walks of life, bringing together participants with diverse cultural backgrounds and beliefs about health, illness, and healing. MBSR programs must be designed with cultural sensitivity in mind, respecting and incorporating the varied perspectives of participants. This inclusivity enriches the program, fostering a respectful and supportive environment that honors each individual's experience and worldview.

Addressing these challenges and considerations is integral to successfully integrating MBSR into oncology settings. By doing so, healthcare providers can ensure that MBSR programs are not only effective but also accessible and meaningful to all cancer patients, ultimately enhancing the quality of cancer care and supporting patients' journeys toward healing and well-being.<sup>[39]</sup>

### **Case studies or examples of successful MBSR programs in cancer care facilities**

The integration of MBSR into cancer care has been a transformative development in the holistic treatment of cancer patients. Several pioneering institutions have led the way in adopting and adapting MBSR programs to support the mental and emotional well-being of their patients, alongside traditional cancer treatments. These case studies from the University of Massachusetts Medical School, MD Anderson Cancer Center, and Dana-Farber Cancer Institute exemplify the successful implementation of MBSR in oncology settings, providing valuable models for other healthcare facilities looking to incorporate mindfulness practices into their services.<sup>[40]</sup>

#### **The university of Massachusetts medical school**

The University of Massachusetts Medical School's Center for Mindfulness stands as the cradle of MBSR, where Dr. Jon Kabat-Zinn founded the program in 1979. This institution has been instrumental in integrating MBSR into clinical care, serving as a beacon for the mindfulness movement in medicine. Their approach to incorporating MBSR for cancer patients involves a comprehensive curriculum that addresses the specific emotional and physical challenges faced by this population. The success of their program lies in its rigorous, evidence-based methodology and its adaptability to the needs of individual patients. The UMass model has inspired countless healthcare facilities around the globe to adopt MBSR, underscoring the program's universal applicability and effectiveness in enhancing patient care.<sup>[41]</sup>

## MD Anderson cancer center

MD Anderson Cancer Center, renowned for its commitment to cancer care and research, has successfully integrated mindfulness and meditation programs, including MBSR, into its integrative medicine offerings. Recognizing the critical role of mental and emotional well-being in cancer recovery, MD Anderson's programs are designed to complement traditional treatments, such as chemotherapy and radiation, with evidence-based support aimed at reducing stress, anxiety, and depression. The center's holistic approach not only aids in the psychological coping mechanisms of patients but also potentially impacts physical outcomes, making it a model of integrative care excellence.<sup>[42]</sup>

## Dana-Farber cancer institute

The Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute offers a beacon of hope and healing for cancer patients and survivors through its MBSR program and other complementary therapies. Tailored to address the unique challenges faced by the cancer community, their MBSR program is grounded in the understanding that the journey through cancer involves both body and mind. By focusing on improving quality of life, the Zakim Center's offerings demonstrate a deep commitment to treating the whole person, not just the disease. The success of their program highlights the importance of addressing the mental, emotional, and spiritual needs of patients as part of comprehensive cancer care.

These case studies illuminate the potential of MBSR to transform cancer care by integrating mindfulness practices into the treatment regimen. The success of these programs in prestigious institutions underscores the growing recognition of the importance of holistic approaches in healthcare. By addressing the psychological and emotional aspects of cancer, MBSR programs contribute significantly to the well-being and recovery of patients, offering lessons and inspiration for healthcare providers worldwide.<sup>[43]</sup>

## Patient eligibility and selection criteria for MBSR programs

The implementation of MBSR programs within oncology settings requires thoughtful consideration of patient eligibility and selection criteria. The ultimate goal is to ensure that participants can safely engage with and benefit from the program, thereby enhancing their overall well-being and quality of life during and after cancer treatment. Identifying suitable candidates involves assessing various aspects of a patient's current health status, treatment phase, psychological condition, and personal commitment to mindfulness practice.<sup>[44]</sup>

## Stage of treatment

Cancer treatment is a journey that encompasses various stages, each presenting its own set of challenges and needs. MBSR programs can offer benefits at different points in this journey,

but the timing and nature of the program might need to be adjusted based on the patient's stage of treatment. For those undergoing active treatment, such as chemotherapy or radiation therapy, MBSR can provide valuable stress reduction and coping mechanisms. For survivors, the focus might shift towards dealing with post-treatment adjustments, fear of recurrence, and long-term recovery. Tailoring the MBSR program to suit the specific needs and challenges of each stage ensures that participants derive the maximum benefit.<sup>[45]</sup>

## Physical and emotional stability

Participation in an MBSR program requires a certain level of physical and emotional stability. Candidates should be able to engage in the physical practices of mindfulness, such as gentle yoga and sitting for meditation, without exacerbating their condition. Similarly, emotional stability is crucial for fully engaging with the introspective and potentially emotionally challenging aspects of mindfulness practice. Patients who are experiencing acute distress or who are in the midst of significant emotional upheaval may need additional support before they can benefit from MBSR.<sup>[46]</sup>

## Motivation and commitment

The effectiveness of MBSR depends significantly on the participant's willingness to engage with the program and to incorporate mindfulness practices into their daily life. Motivation and commitment are key factors in selecting candidates for MBSR programs. Participants must be willing to attend regular sessions, practice mindfulness exercises outside of these sessions, and apply the principles of mindfulness to their daily lives. This level of engagement is essential for experiencing the full benefits of MBSR.<sup>[47]</sup>

## Absence of severe psychiatric conditions

While MBSR is beneficial for managing stress, anxiety, and mild to moderate depression, it may not be suitable for individuals with severe psychiatric conditions. Such conditions require specialized psychiatric care, and MBSR should not be seen as a substitute for these treatments. Patients with severe psychiatric conditions might find the introspective nature of mindfulness practice to be overwhelming or destabilizing. In these cases, it is important to prioritize appropriate psychiatric care and consider MBSR as a complementary approach only when it is deemed safe and beneficial by mental health professionals.

By adhering to these eligibility and selection criteria, oncology settings can effectively integrate MBSR programs into their comprehensive care offerings. Careful consideration of these factors ensures that MBSR programs are accessible to those who are most likely to benefit, thereby contributing positively to the holistic care and well-being of cancer patients.<sup>[48]</sup>

## Patient perspectives and experiences

Qualitative Reports from Cancer Patients Who Have Participated in MBSR Programs Qualitative feedback from cancer patients who have participated in MBSR programs consistently underscores the profound impact these practices

can have on their emotional and physical well-being. Many describe experiencing a significant shift in how they relate to their illness, with increased acceptance and a decreased focus on fear and anxiety. Patients often report a newfound ability to live in the present moment, appreciating life more fully despite their diagnosis. This shift in perspective is frequently accompanied by a sense of empowerment and control over their emotional responses to the challenges of cancer.<sup>[49]</sup>

### Challenges and benefits reported by patients

Some patients engaging in MBSR programs encounter challenges related to the time commitment required for regular mindfulness practice, finding it particularly daunting when trying to balance treatment schedules and other personal responsibilities. Additionally, delving deeply into mindfulness practices can sometimes bring intense emotions to the surface, especially when patients reflect on their illness, pain, and the concept of mortality. This emotional intensity underscores the depth of engagement with the practice but can be challenging to navigate. Furthermore, the physical aspect of the practices, such as yoga or sitting for meditation, may present difficulties for some participants. These individuals might find certain positions or the duration of practices uncomfortable, necessitating modifications or the provision of additional support to ensure their participation is both beneficial and feasible.<sup>[50]</sup>

### Benefits

Among the benefits reported by participants of MBSR programs, a significant reduction in stress and anxiety levels stands out as a commonly highlighted advantage. This decrease in stress and anxiety helps patients manage the psychological burdens associated with cancer more effectively, facilitating a healthier mental state. Additionally, patients often note an enhancement in their coping abilities, which empowers them to navigate the uncertainties and fears tied to their cancer diagnosis with greater equanimity. Improvements are not limited to mental and emotional aspects; many participants also experience a marked enhancement in their overall quality of life. This includes better sleep, reduced pain perception, and an increase in moments filled with joy and gratitude. Moreover, the group format of MBSR programs plays a crucial role in fostering a sense of community among participants. This collective engagement reduces feelings of isolation and provides a nurturing space for shared experiences and mutual understanding, further enriching the supportive environment crucial for healing and well-being.

### Patient recommendations and advice for future participants

Patients who have benefited from MBSR often share valuable recommendations and advice for those considering or new to the program, emphasizing the transformative potential of mindfulness in cancer care. A key piece of advice is to fully commit to the process; this includes regular practice and actively engaging with all aspects of MBSR to reap the most benefits. Embracing the emotional journey, including navigating through the more challenging aspects of one's experiences with illness, pain, and uncertainty, is highlighted

as crucial for tapping into the full depth of mindfulness benefits. Participants are encouraged to communicate any physical limitations to their instructors, ensuring modifications can be made for practices to remain accessible and beneficial. Building connections with fellow participants is also seen as vital, as it enhances the experience by providing emotional support and fostering a sense of belonging within a community facing similar challenges. Moreover, integrating mindfulness practices into daily routines is recommended, underlining the notion that the essence of MBSR extends well beyond the structured sessions, enriching everyday life. Collectively, these insights from patients underscore the significant, life-altering impact MBSR can have, offering a beacon of support and empowerment through one of life's most challenging journeys.

### Future directions for MBSR in cancer care

#### Current gaps in the research and potential areas for future studies

Despite the substantial evidence supporting the benefits of MBSR for cancer patients, notable gaps in the research landscape persist, highlighting areas ripe for future investigation. There is a pronounced need for longitudinal studies that delve into the long-term effects of MBSR on cancer survivors. Such studies would offer valuable insights into the program's impact on survival rates, recurrence, and enduring psychological well-being, providing a clearer picture of its long-term benefits. Additionally, the effectiveness of MBSR across diverse demographic groups remains underexplored. Further research focusing on a wide array of ages, ethnicities, cancer types, and stages is crucial to ascertain the generalizability of MBSR's benefits and ensure its applicability to a broad spectrum of the cancer patient population. Another vital area of research is the exploration of the psychological and physiological mechanisms through which MBSR exerts its effects. A deeper understanding of these mechanisms could significantly enhance our comprehension of why MBSR is effective and how it can be optimally integrated into cancer care practices. Lastly, comparative effectiveness studies are essential for positioning MBSR within the broader context of psychotherapeutic interventions and standard care practices. Such studies would illuminate MBSR's unique contributions and potential synergies, further defining its role in comprehensive cancer care. Addressing these gaps through focused research efforts could substantially enrich our understanding of MBSR's place in cancer treatment and survivorship care.

#### The potential for integrating MBSR with other psychotherapeutic approaches in cancer care

The integration of MBSR with other psychotherapeutic approaches in cancer care represents a promising avenue toward developing more holistic and personalized strategies for patient support. By combining MBSR with Cognitive Behavioral Therapy (CBT), a structured method focused on managing thoughts and behaviors, patients can benefit from a comprehensive approach that marries the practicality of CBT



with the mindfulness-based principles of acceptance and present-moment awareness. Furthermore, incorporating mindfulness practices into Supportive-Expressive Group Therapy can significantly enhance the therapeutic experience, fostering emotional expression and strengthening bonds among cancer patients. This integration offers a deeper level of support by creating a shared space where patients can navigate their emotional landscapes together. Additionally, blending MBSR with Art and Music Therapy opens new pathways for patients to explore and express themselves. The synergy between the creative outlets provided by art and music therapy and the stress management and mindfulness cultivation of MBSR can offer patients a multifaceted approach to coping with the challenges of cancer. Together, these integrative approaches underscore the potential of MBSR to complement and enhance existing psychotherapeutic methods, offering patients a richer, more supportive framework for navigating their cancer journey.

## Conclusion

The significance of MBSR in the context of cancer care cannot be overstated. Through systematic reviews, clinical trials, and qualitative reports, MBSR has demonstrated a robust capacity to improve mental health outcomes for cancer patients. Key benefits include marked reductions in stress, anxiety, and depression, alongside enhancements in quality of life, coping skills, and emotional resilience. These outcomes not only contribute to patients' psychological well-being but also intersect with physical health, suggesting a comprehensive impact that extends beyond symptom management to encompass a broader sense of well-being and improved disease management. The evidence underscores MBSR's role in addressing the often overlooked emotional and psychological needs of cancer patients, providing them with tools to navigate the complexities of their diagnosis and treatment with greater equanimity and strength.

MBSR embodies a holistic approach to cancer care, one that acknowledges the intricate interplay between mind and body. As the medical community continues to advocate for integrative treatment models, MBSR stands out as a critical component of such efforts, bridging the gap between traditional medical interventions and the psychological and emotional support necessary for comprehensive care. The adaptability of MBSR to different cancer types, stages, and patient demographics further enhances its utility as a versatile tool in oncology settings.

Looking forward, the integration of MBSR into standard cancer care protocols offers a promising avenue for enhancing patient outcomes on multiple levels. Continued research, innovation in program delivery, and greater awareness among healthcare professionals and patients alike will be key to realizing the full potential of MBSR in cancer care. Ultimately, MBSR not only provides immediate relief from the distress associated with cancer but also instills lifelong skills that can enhance overall well-being, resilience, and joy, underscoring

the profound role mindfulness can play in transforming the cancer journey.

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