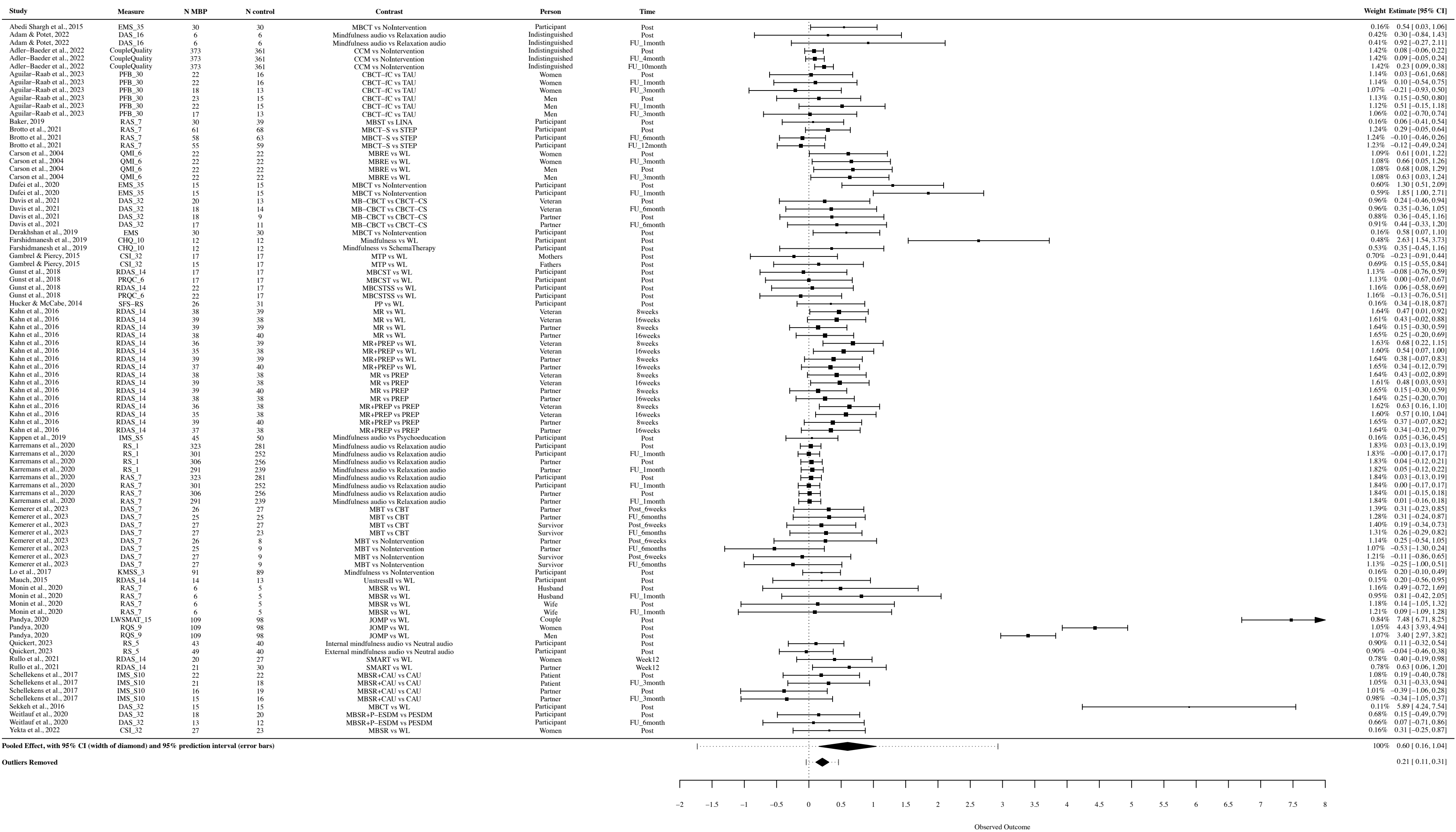


Figure

Forest Plot: Relationship Satisfaction

Effects of Mindfulness Interventions vs Controls on Relationship Satisfaction



Study | Measure | Mindfulness Intervention | n | Control | n | Role | Time

Abedi Shargh et al., 2015

EMS_35

MBCT

30

No intervention

30

Participant

Post

Adam & Potet, 2022

DAS_16

Relaxation audio

6

Relaxation audio

6

Indistinguished

Post

Adam & Potet, 2022

DAS_16

Mindfulness audio

6

Relaxation audio

6

Indistinguished

FU 1month

Adler-Baeder et al., 2022

CoupleQuality

CCM

373

No intervention

361

Indistinguished

Post

Adler-Baeder et al., 2022

CoupleQuality

CCM

373

No intervention

361

Indistinguished

FU 4month

Adler-Baeder et al., 2022

CoupleQuality

CCM

373

No intervention

361

Indistinguished

FU 10month

Aguilar-Raab et al., 2023

PFB_30

CBCT-fc

22

TAU

16

Women

Post

Aguilar-Raab et al., 2023

PFB_30

CBCT-fc

22

TAU

16

Women

FU 1month

Aguilar-Raab et al., 2023

PFB_30

CBCT-fc

18

TAU

13

Women

FU 3month

Aguilar-Raab et al., 2023

PFB_30

CBCT-fc

23

TAU

15

Men

Post

Aguilar-Raab et al., 2023

PFB_30

CBCT-fc

22

TAU

15

Men

FU 3month

Aguilar-Raab et al., 2023

PFB_30

CBCT-fc

17

TAU

13

Men

FU 3month

Baker, 2019

RAS_7

MBST

30

LINA

39

Participant

Post

Brotto et al., 2021

RAS_7

MBCT-S

61

STEP

68

Participant

Post

Brotto et al., 2021

RAS_7

MBCT-S

58

STEP

63

Participant

FU 6month

Brotto et al., 2021

RAS_7

MBCT-S

55

STEP

59

Participant

FU 12month

Carson et al., 2004

QMI_6

MBRE

22

WL

22

Women

Post

Carson et al., 2004

QMI_6

MBRE

22

WL

22

Women

FU 3month

Carson et al., 2004

QMI_6

MBRE

22

WL

22

Men

Post

Carson et al., 2004

QMI_6

MBRE

22

WL

22

Men

FU 3month

Dafei et al., 2020

EMS_35

MBCT

15

No intervention

15

Participant

Post

Dafei et al., 2020

EMS_35

MBCT

15

No intervention

15

Participant

FU 1month

Davis et al., 2021

DAS_32

MB-CBCT

20

CBCT-CS

13

Veteran

Post

Davis et al., 2021

DAS_32

MB-CBCT

18

CBCT-CS

14

Veteran

FU 6month

Davis et al., 2021

DAS_32

MB-CBCT

18

CBCT-CS

9

Partner

Post

Davis et al., 2021

DAS_32

MB-CBCT

17

CBCT-CS

11

Partner

FU 6month

Derakhshan et al., 2019

EMS

MBCT

30

No intervention

30

Participant

Post

Farshidmanesh et al., 2019

CHQ_10

Mindfulness

12

WL

12

Participant

Post

Farshidmanesh et al., 2019

CHQ_10

Mindfulness

12

Schema Therapy

12

Participant

Post

Gambrel & Piercy, 2015

CS1_32

MTP

17

WL

17

Mothers

Post

Gambrel & Piercy, 2015

CS1_32

MTP

15

WL

17

Fathers

Post

Gunst et al., 2018

RDAS_14

MBCST

17

WL

17

Participant

Post

Gunst et al., 2018

PRQC_6

MBCST

17

WL

17

Participant

Post

Gunst et al., 2018

RDAS_14

MBCSTSS

22

WL

17

Participant

Post

Gunst et al., 2018

PRQC_6

MBCSTSS

22

WL

17

Participant

Post

Hucker & McCabe, 2014

SFS-RS

PP

26

WL

31

Participant

Post

Kahn et al., 2016

RDAS_14

MR

38

WL

39

Veteran

8weeks

Kahn et al., 2016

RDAS_14

MR

39

WL

38

Veteran

16weeks

Kahn et al., 2016

RDAS_14

MR

39

WL

39

Partner

8weeks

Kahn et al., 2016

RDAS_14

MR

38

WL

40

Partner

16weeks

Kahn et al., 2016

RDAS_14

MR+PREP

36

WL

39

Veteran

8weeks

Kahn et al., 2016

RDAS_14

MR+PREP

35

WL

38

Veteran

16weeks

Kahn et al., 2016

RDAS_14

MR+PREP

39

WL

39

Partner

8weeks

Kahn et al., 2016

RDAS_14

MR+PREP

37

WL

40

Partner

16weeks

Kahn et al., 2016

RDAS_14

MR

38

PREP

38

Veteran

8weeks

Kahn et al., 2016

RDAS_14

MR

39

PREP

38

Veteran

16weeks

Kahn et al., 2016

RDAS_14

MR

39

PREP

40

Partner

8weeks

Kahn et al., 2016

RDAS_14

MR

38

PREP

38

Partner

16weeks

Kahn et al., 2016

RDAS_14

MR+PREP

36

PREP

38

Veteran

8weeks

Kahn et al., 2016

RDAS_14

MR+PREP

35

PREP

38

Veteran

16weeks

Kahn et al., 2016

RDAS_14

MR+PREP

39

PREP

40

Partner

8weeks

Kahn et al., 2016

RDAS_14

MR+PREP

37

PREP

38

Partner

16weeks

Kappen et al., 2019

IMS_S5

Mindfulness audio

45

Psychoeducation

50

Participant

Post

Karremans et al., 2020

RS_1

Mindfulness audio

323

Relaxation audio

281

Participant

Post

Karremans et al., 2020

RS_1

Mindfulness audio

301

Relaxation audio

252

Participant

FU 1month

Karremans et al., 2020

RS_1

Mindfulness audio

306

Relaxation audio

256

Partner

Post

Karremans et al., 2020

RS_1

Mindfulness audio

291

Relaxation audio

239

Partner

FU 1month

Karremans et al., 2020

RS_1

Mindfulness audio

323

Relaxation audio

281

Participant

Post

Karremans et al., 2020

RAS_7

Mindfulness audio

301

Relaxation audio

252

Participant

FU 1month

Karremans et al., 2020

RAS_7

Mindfulness audio

306

Relaxation audio

256

Partner

Post

Karremans et al., 2020

RAS_7

Mindfulness audio

291

Relaxation audio

239

Partner

FU 1month

Kemerer et al., 2023

DAS_7

MBT

26

CBT

27

Partner

Post 6weeks

Kemerer et al., 2023

DAS_7

MBT

25

CBT

25

Partner

FU 6months

Kemerer et al., 2023

DAS_7

MBT

27

CBT

27

Survivor

Post 6weeks

Kemerer et al., 2023

DAS_7

MBT

27

CBT

23

Survivor

FU 6months

Kemerer et al., 2023

DAS_7

MBT

26

No intervention

8

Partner

Post 6weeks

Kemerer et al., 2023

DAS_7

MBT

25

No intervention

9

Partner

FU 6months

Kemerer et al., 2023

DAS_7

MBT

27

No intervention

9

Survivor

Post 6weeks

Kemerer et al., 2023

DAS_7

MBT

27

No intervention

9

Survivor

FU 6months

Lo et al., 2017

RMS3_3

Mindfulness

91

No intervention

89

Participant

Post

Mauch, 2015

RDAS_14

UnstressII

14

WL

13

Participant

Post

Monin et al., 2020

RAS_7

MBSR

6

WL

5

Husband

Post

Monin et al., 2020

RAS_7

MBSR

6

WL

5

Husband

FU 1month

Monin et al., 2020

RAS_7

MBSR

6

WL

5

Wife

Post

Monin et al., 2020

RAS_7

MBSR

6

WL

5

Wife

FU 1month

Pandya, 2020

LWSMAT_15

JOMP

109

WL

98

Couple

Post

Pandya, 2020

RQS_9

JOMP

109

WL

98

Women

Post

Pandya, 2020

RQS_9

JOMP

109

WL

98

Men

Post

Quickert, 2023

RS_5

Internal mindfulness audio

40

Neutral audio

40

Participant

Post

Quickert, 2023

RS_5

External mindfulness audio

49

Neutral audio

40

Participant

Post

Rullo et al., 2021

RDAS_14

SMART

20

WL

27

Women

Week12

Rullo et al., 2021

RDAS_14

SMART

21

WL

30

Partner

Week12

Schellekens et al., 2017

IMS_S10

MBSR+CAU

22

CAU

22

Patient

Post

Schellekens et al., 2017

IMS_S10

MBSR+CAU

21

CAU

18

Patient

FU 3month

Schellekens et al., 2017

IMS_S10

MBSR+CAU

16

CAU

19

Partner

Post

Schellekens et al., 2017

IMS_S10

MBSR+CAU

15

CAU

16

Partner

FU 3month

Sekkeh et al., 2016

DAS_32

MBCT

15

WL

15

Participant

Post

Weitlauf et al., 2020

DAS_32

MBSR+PESDM

18

PESDM

20

Participant

Post

Weitlauf et al., 2020

DAS_32

MBSR+PESDM

13

PESDM

12

Participant

FU 6month

Yekta et al., 2022

CS1_32

MBSR

27

WL

23

Women

Post

Pooled effect