

Supplementary Table S1 Detailed search strategy

Database	Strategy
MedLine via PubMed	#1. "Obsessive-Compulsive Disorder"[Mesh] OR (Disorder, Obsessive-Compulsive) OR (Disorders, Obsessive-Compulsive) OR (Obsessive Compulsive Disorder) OR (Obsessive-Compulsive Disorders) OR (Neurosis, Obsessive-Compulsive) OR (Neuroses, Obsessive-Compulsive) OR (Neurosis, Obsessive Compulsive) OR (Obsessive-Compulsive Neuroses) OR (Obsessive-Compulsive Neurosis) OR (Anankastic Personality) OR (Anankastic Personalities) OR (Personalities, Anankastic) OR (Personality, Anankastic) OR "Obsessive Behavior"[Mesh] OR (Behavior, Obsessive) OR (Behaviors, Obsessive) OR (Obsessive Behaviors) OR Obsessions OR Obsession OR "Hoarding Disorder"[Mesh] OR (Disorders, Hoarding) OR (Hoarding Disorders) OR (Obsessive Hoarding) OR (Hoarding, Obsessive) OR "Hoarding"[Mesh] OR "Rumination, Cognitive"[Mesh] OR (Cognitive Rumination) #2. "Mindfulness"[Mesh] #3. ((clinical[Title/Abstract] AND trial[Title/Abstract]) OR clinical trials as topic[MeSH Terms] OR clinical trial[Publication Type] OR random*[Title/Abstract] OR random allocation[MeSH Terms] OR therapeutic use[MeSH Subheading]) #4. #1 AND #2 AND #3
LILACS via Portal Regional da BVS	#1. MH:"Transtorno Obsessivo-Compulsivo" OR (Transtorno Obsessivo-Compulsivo) OR (Obsessive-Compulsive Disorder) OR (Trastorno Obsesivo Compulsivo) OR (Neurose Obsessiva Compulsiva) OR (Neurose Obsessivo-Compulsiva) OR (Personalidade Anancástica) OR (Neurosis Obsesiva Compulsiva) OR (Personalidad Anancástica) OR (Disorder, Obsessive-Compulsive) OR (Disorders, Obsessive-Compulsive) OR (Obsessive Compulsive Disorder) OR (Obsessive-Compulsive Disorders) OR (Neurosis, Obsessive-Compulsive) OR (Neuroses, Obsessive-Compulsive) OR (Neurosis, Obsessive Compulsive) OR (Obsessive-Compulsive Neuroses) OR (Obsessive-Compulsive Neurosis) OR (Anankastic Personality) OR (Anankastic Personalities) OR (Personalities, Anankastic) OR (Personality, Anankastic) OR MH:"Comportamento Obsessivo" OR (Comportamento Obsessivo) OR (Obsessive Behavior) OR (Conducta Obsesiva) OR Obsessões OR Obsesiones OR (Behavior, Obsessive) OR (Behaviors, Obsessive) OR (Obsessive Behaviors) OR Obsessions OR Obsession MH:"Transtorno de Acumulação" OR (Transtorno de Acumulação) OR (Hoarding Disorder) OR (Trastorno de Acumulación) OR (Acumulação Obsessiva) OR (Coleccionismo Obsessivo) OR (Síndrome de Diógenes) OR (Transtorno da Acumulação) OR (Transtorno de Coleccionismo) OR (Acaparamiento Obsesivo) OR (Síndrome de Diógenes) OR (Disorders, Hoarding) OR (Hoarding Disorders) OR (Obsessive Hoarding) OR (Hoarding, Obsessive) OR MH:Coleccionismo OR Coleccionismo OR Hoarding OR Acaparamiento OR Acumulação OR Açambarcagem OR Açambarcamento OR Entesouramento OR Tesaurização OR Acumulación OR Atesoramiento OR Coleccionismo OR Tesaurización OR MH:"Ruminação Cognitiva" OR (Ruminação Cognitiva) OR (Rumination, Cognitive) OR (Rumiación Cognitiva) OR (Rumia Cognitiva) OR (Cognitive Rumination) OR MH:F03.080.600\$ OR MH:F01.145.126.950\$ OR MH:F03.080.600.250\$ OR MH:F01.145.493\$ OR MH:F02.463.188.878\$ #2. MH:"Atenção Plena" OR (Atenção Plena) OR Mindfulness OR (Atención Plena)

OR (Consciência Plena) OR (Conciencia Plena) OR MH:F02.463.551\$ OR
MH:F04.754.137.350.500\$

#3.

#1 AND #2

Embase via Elsevier

#1.

'obsessive compulsive disorder'/exp OR (compulsion neurosis) OR (compulsive neurosis) OR (compulsive obsessional disorder) OR (compulsive obsessive disorder) OR (neurosis, compulsion) OR (neurosis, obsessive) OR (obsessional compulsive disorder) OR (obsessional compulsive reaction) OR (obsessional neurosis) OR (obsessive compulsive neurosis) OR (obsessive compulsive reaction) OR (obsessive neurosis) OR (obsessive syndrome) OR (obsessive-compulsive disorder) OR "OCD (obsessive compulsive disorder)" OR (preoccupation neurosis) OR 'obsession'/exp OR (obsessive behavior) OR (obsessive behaviour) OR 'hoarding disorder'/exp OR 'hoarding'/exp OR (behavior, hoarding) OR (hoarding behavior) OR 'cognitive rumination'/exp OR (mental rumination) OR (rumination, cognitive) OR (ruminative thinking) OR (thought rumination)

#2.

'mindfulness'/exp

#3.

#1 AND #2

#4.

#3 AND [embase]/lim NOT ([embase]/lim AND [medline]/lim)

CENTRAL via
Cochrane Library

#1.

MeSH descriptor: [Obsessive-Compulsive Disorder] explode all trees

#2.

(Disorder, Obsessive-Compulsive) OR (Disorders, Obsessive-Compulsive) OR (Obsessive Compulsive Disorder) OR (Obsessive-Compulsive Disorders) OR (Neurosis, Obsessive-Compulsive) OR (Neuroses, Obsessive-Compulsive) OR (Neurosis, Obsessive Compulsive) OR (Obsessive-Compulsive Neuroses) OR (Obsessive-Compulsive Neurosis) OR (Anankastic Personality) OR (Anankastic Personalities) OR (Personalities, Anankastic) OR (Personality, Anankastic)

#3.

MeSH descriptor: [Obsessive Behavior] explode all trees

#4.

(Behavior, Obsessive) OR (Behaviors, Obsessive) OR (Obsessive Behaviors) OR Obsessions OR Obsession

#5.

MeSH descriptor: [Hoarding Disorder] explode all trees

#6.

(Disorders, Hoarding) OR (Hoarding Disorders) OR (Obsessive Hoarding) OR (Hoarding, Obsessive)

#7.

MeSH descriptor: [Hoarding] explode all trees

#8.

MeSH descriptor: [Rumination, Cognitive] explode all trees

	#9. (Cognitive Rumination) #10. #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 #11. MeSH descriptor: [Mindfulness] explode all trees #12. #10 AND #11
PsycNet	#1. (Obsessive-Compulsive Disorder) OR (Disorder, Obsessive-Compulsive) OR (Disorders, Obsessive-Compulsive) OR (Obsessive Compulsive Disorder) OR (Obsessive-Compulsive Disorders) OR (Neurosis, Obsessive-Compulsive) OR (Neuroses, Obsessive-Compulsive) OR (Neurosis, Obsessive Compulsive) OR (Obsessive-Compulsive Neuroses) OR (Obsessive-Compulsive Neurosis) OR (Anankastic Personality) OR (Anankastic Personalities) OR (Personalities, Anankastic) OR (Personality, Anankastic) OR (Obsessive Behavior) OR (Behavior, Obsessive) OR (Behaviors, Obsessive) OR (Obsessive Behaviors) OR Obsessions OR Obsession OR (Hoarding Disorder) OR (Disorders, Hoarding) OR (Hoarding Disorders) OR (Obsessive Hoarding) OR (Hoarding, Obsessive) OR Hoarding OR (Rumination, Cognitive) OR (Cognitive Rumination) #2. Mindfulness #3. #1 AND #2 #4. Filtered applied: Journal
Clinical Trials	(Obsessive-Compulsive Disorder OR Obsessive Behavior OR Hoarding Disorders OR Hoarding OR Cognitive Rumination) AND Mindfulness
International Clinical Trials Registry Platform	(Obsessive-Compulsive Disorder OR Obsessive Behavior OR Hoarding Disorders OR Hoarding OR Cognitive Rumination) AND Mindfulness
International Standard Randomised Controlled Trial Number registry	Obsessive-Compulsive Disorder AND Mindfulness Obsessive Behavior AND Mindfulness Hoarding Disorders AND Mindfulness Hoarding AND Mindfulness Cognitive Rumination AND Mindfulness

Supplementary Table S2 Characteristics of the excluded studies

Reason for exclusion	Study
Wrong design Non-RCTs	Mathur et al., ¹ Selchen et al., ² Didonna et al., ³ Kumar et al. ⁴
Wrong intervention Bibliotherapy	Claudius et al., ⁵
Acceptance and commitment therapy	Twohig et al., ⁶ Twohig et al., ⁷ Vakili et al. ⁸
Not therapy: only 3 slides about mindfulness	Wahl et al., ⁹ Hu et al. ¹⁰
RCT protocols	Külz et al., ¹¹ Hasani et al. ¹²
Wrong participants Non-clinical sample	Ludvik & Boschen ¹³
Wrong comparator Waiting list	Hanstede et al., ¹⁴ Hawley et al., ¹⁵ Key et al. ¹⁶
No treatment	Madani et al. ¹⁷
Wrong outcomes Did not assess our outcomes of interest	Rupp et al., ¹⁸ Landmann et al. ¹⁹
Not enough information	Serra-Blasco et al. ²⁰

Supplementary Table S3 GRADE Summary of Findings¹**Summary of findings:****Mindfulness compared to cognitive-behavioral techniques for obsessive-compulsive disorder**

Patient or population: Obsessive-compulsive disorder		Setting:		Intervention: Mindfulness		Comparison: Cognitive-behavioral techniques	
Outcome № of participants (studies)	Relative effect (95%CI)	Anticipated absolute effects (95%CI)			Certainty	What happens	
		Cognitive-behavioral techniques	Mindfulness	Difference			
Reduction of OCS (OCS) Assessed with: Y-BOCS mean scores (the highest, the worse) Follow-up range: 2 weeks to 12 weeks No. of participants: 464 (6 RCTs) ^a	-	-	-	SMD 0.08 SD lower (0.35 lower to 0.18 higher)	⊕⊕⊕○ Moderate ^b	There was no difference between MBIs and CBT in relation to reduction of OCS.	
Reduction of OCS - 4-Week Follow-up Assessed with: Y-BOCS No. of participants: 97 (2 RCTs)	-	-	-	SMD 0.03 SD lower (0.43 lower to 0.37 higher)	⊕⊕⊕○ Moderate ^c	There was no difference between MBIs and CBT in the reduction of obsessive- compulsive symptoms at the 4-week follow-up.	
Reduction of OCS - 6-month Follow up Assessed with: Y-BOCS No. of participants: 364 (4 RCTs)	-	-	-	SMD 0.04 SD higher (0.17 lower to 0.25 higher)	⊕⊕⊕○ Moderate ^d	There was no difference between MBIs and CBT in the reduction of obsessive- compulsive symptoms at the 6-month follow-up.	
Dropout Rate (dropout_rate) Assessed with: counting Follow-up range: 2 weeks to 12 weeks No. of participants: 489 (6 RCTs)	RR 1.00 (0.69 to 1.43)	20.1%	20.1% (13.9 to 28.7)	0.0% fewer (6.2 fewer to 8.6 more)	⊕⊕⊕○ Moderate ^{a,b,e}	There was no difference between MBIs and CBT regarding treatment dropout rates.	
Dropout rate – 6-month follow-up Assessed with: counting No. of participants: 389 (4 RCTs)	RR 0.99 (0.77 to 1.27)	36.2%	35.8% (27.9 to 45.9)	0.4% fewer (8.3 fewer to 9.8 more)	⊕⊕⊕○ Moderate ^f	There was no difference between MBIs and CBT regarding treatment dropout rates – 6-month follow-up.	
Reduction of anxiety symptoms (anxiety) Assessed with: HAM-A, BAI Follow-up: range 2 weeks to 12 weeks No. of participants: 262 (3 RCTs)	-	-	-	SMD 0.28 SD lower (0.57 lower to 0)	⊕⊕⊕○ Moderate ^g	MBIs possibly result in a small (clinically unimportant) reduction in anxiety symptoms compared with CBT.	

Summary of findings:**Mindfulness compared to cognitive-behavioral techniques for obsessive-compulsive disorder**

Patient or population: Obsessive-compulsive disorder		Setting:	Intervention: Mindfulness		Comparison: Cognitive-behavioral techniques	
Outcome № of participants (studies)	Relative effect (95%CI)	Anticipated absolute effects (95%CI)			Certainty	What happens
		Cognitive-behavioral techniques	Mindfulness	Difference		
Reduction of anxiety symptoms - 6-month follow-up (anxiety) Assessed with: BAI, HAMA No. of participants: 202 (2 RCTs)	-	-	-	SMD 0.02 SD higher (0.26 lower to 0.3 higher)	⊕⊕⊕○ Moderate ^h	There was no difference between MBIs and CBT regarding anxiety symptoms – 6-month follow-up.
Reduction of depressive symptoms (depression) Assessed with: BDI, MADRS Follow-up: range 2 weeks to 12 weeks No. of participants: 464 (6 RCTs)	-	-	-	SMD 0.07 SD lower (0.26 lower to 0.11 higher)	⊕⊕⊕⊕ High	There was no difference between MBIs and CBT in the reduction of depressive symptoms.
Reduction of depressive symptoms – 4-week follow-up Assessed with: BDI, MADRS No. of participants: 96 (2 RCTs)	-	-	-	SMD 0.07 SD lower (0.52 lower to 0.39 higher)	⊕⊕○○ Low ^{i,j}	There was no difference between MBIs and CBT in the reduction of depressive symptoms – 4-week follow-up.
Reduction of depressive symptoms – 6-month follow-up Assessed with: BDI, MADRS № of participants: 364 (4 RCTs)	-	-	-	SMD 0 SD (0.2 lower to 0.21 higher)	⊕⊕⊕○ Moderate ^k	There was no difference between MBIs and CBT in the reduction of depressive symptoms at the 6-month follow-up.
Quality of life (QoL) Assessed with: WHOQOL-BREF (the higher, the better) Follow-up: range 2 weeks to 12 weeks No. of participants: 185 (2 RCTs)	-	Not pooled	-	Not pooled	⊕⊕○○ Low ^{l,m}	MBIs may result in a small (clinically unimportant) improvement in quality of life compared with CBT.
Mindfulness skills (mindfulness) Assessed with: FFMQ, Kentucky, and others Follow-up: range 2 weeks to 12 weeks No. of participants: 279 (4 RCTs)	-	-	-	SMD 0.24 SD higher (0.01 higher to 0.48 higher)	⊕⊕⊕○ Moderate ⁿ	MBIs result in a small (clinically unimportant) improvement in mindfulness skills compared with CBT.

Summary of findings:**Mindfulness compared to cognitive-behavioral techniques for obsessive-compulsive disorder**

Patient or population: Obsessive-compulsive disorder		Setting:		Intervention: Mindfulness		Comparison: Cognitive-behavioral techniques	
Outcome № of participants (studies)	Relative effect (95%CI)	Anticipated absolute effects (95%CI)			Certainty	What happens	
		Cognitive-behavioral techniques	Mindfulness	Difference			
Mindfulness skills – 6-month follow-up Assessed with: FFMQ, Kentucky No. of participants: 219 (3 RCTs)	-	-	-	SMD 0.23 SD higher (0.04 lower to 0.5 higher)	⊕⊕⊕○ Moderate ^o	There was no difference between MBIs and CBT in mindfulness skills at the 6-month follow-up.	

*The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95%CI).
RR = risk ratio; SMD = standardized mean difference.

GRADE Working Group grades of evidence:

High certainty: we are very confident that the true effect lies close to that of the estimate of the effect.

Moderate certainty: we are moderately confident in the effect estimate: the true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.

Low certainty: our confidence in the effect estimate is limited: the true effect may be substantially different from the estimate of the effect.

Very low certainty: we have very little confidence in the effect estimate: the true effect is likely to be substantially different from the estimate of effect.

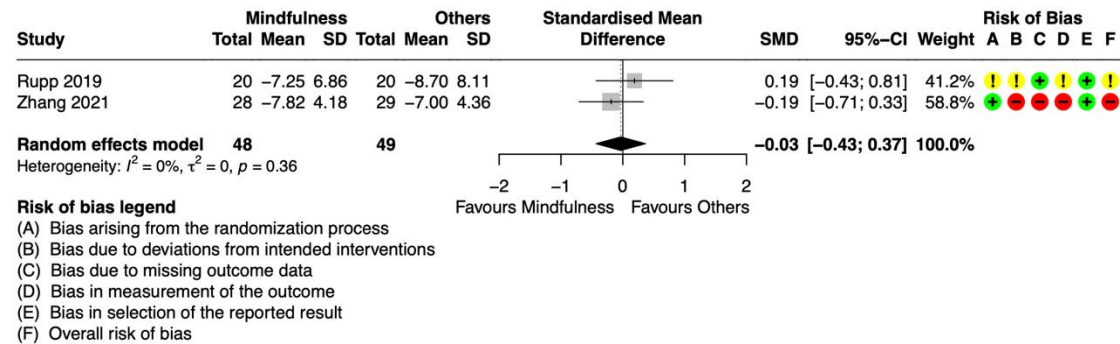
Explanations

- a. Because Aardema et al., 2022 had three arms, there were seven comparisons from six different studies.
- b. One level reduction for inconsistency. Not explained moderate heterogeneity ($I^2 = 48\%$; $p = 0.07$).
- c. One level reduction for imprecision. Total number of participants = 97.
- d. One level reduction for imprecision. Total number of participants = 364.
- e. One level reduction for imprecision. Total number of events = 96.
- f. One level reduction for imprecision. Total number of events = 140.
- g. One level reduction for imprecision. Total number of participants = 262.
- h. One level reduction for imprecision. Total number of participants = 202.
- i. One level reduction for inconsistency. $I^2 = 21\%$, explained by Zhang et al., study with high risk of bias.
- j. One level reduction for imprecision. Total number of participants = 96.
- k. One level reduction for imprecision. Total number of participants = 364.
- l. One level reduction for inconsistency. High heterogeneity between studies.
- m. One level reduction for imprecision. Total number of participants = 185.
- n. One level reduction for imprecision. Total number of participants = 279.
- o. One level reduction for imprecision. Total number of participants = 219.

Supplementary Follow-up Results

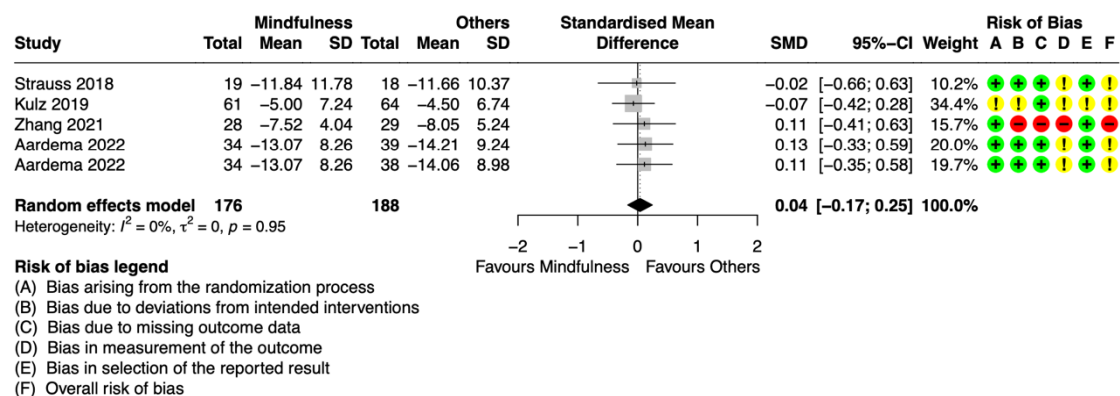
Follow-up for reduction of obsessive-compulsive symptoms is presented in Figure S1. Two studies (97 participants with OCD)^{2,3} assessed reduction of obsessive-compulsive symptoms in 4 weeks of follow-up. No difference was found between treatment groups (SMD = -0.03; 95%CI: -0.43 to 0.37). No significant heterogeneity was observed ($I^2 = 0\%$).

Supplementary Figure S1 Reduction of obsessive-compulsive symptoms over 4 weeks of follow-up

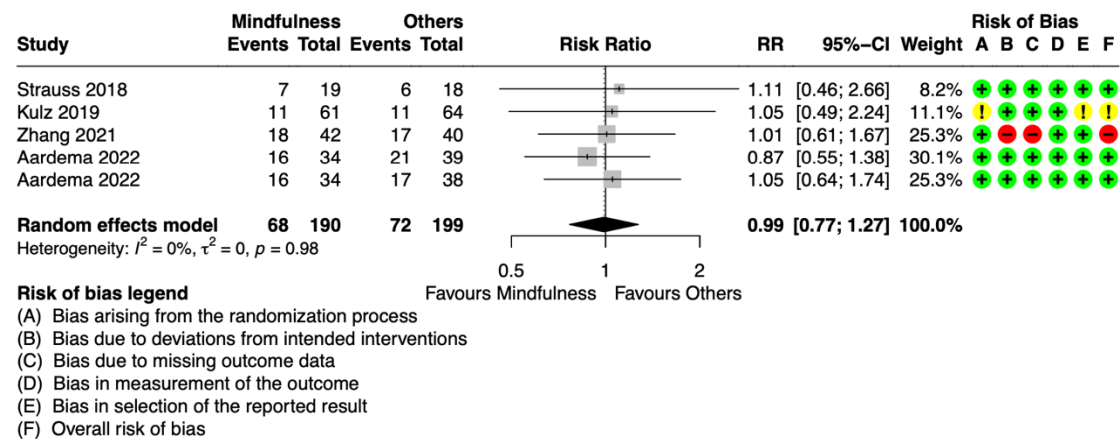


A total of 4 studies (330 participants)³⁻⁶ analyzed reduction of obsessive-compulsive symptoms over 6 months of follow-up. The meta-analysis indicated no differences in symptom reduction between treatment groups (Figure S2).

Supplementary Figure S2 Reduction of obsessive-compulsive symptom over 6 months of follow-up

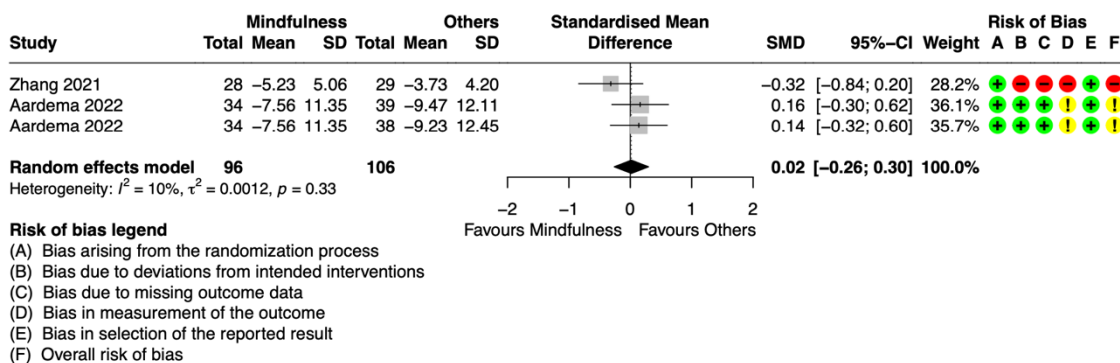


A total of 4 studies (355 participants)³⁻⁶ assessed the dropout rate over 6 months of follow-up. No difference was found between treatment groups (RR = 0.99; 95%CI: 0.77 to 1.27). Heterogeneity was low ($I^2 = 0\%$) (Figure S3).

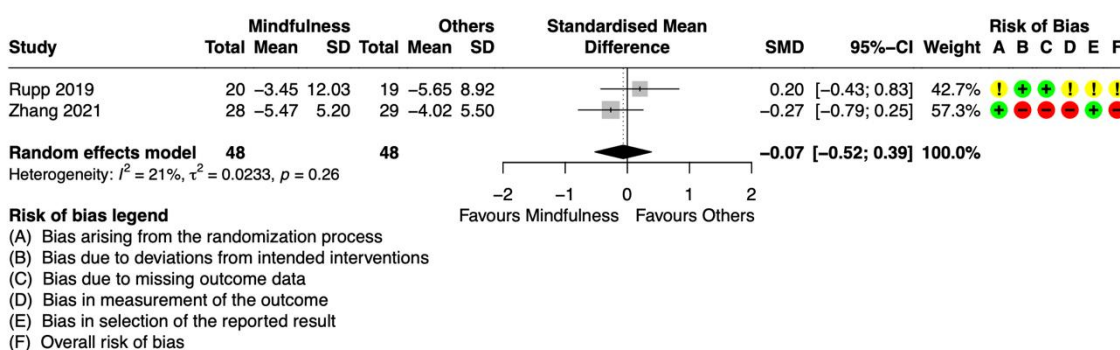
Supplementary Figure S3 Dropout rate over 6 months of follow-up

RR = risk ratio.

Only 2 studies (168 participants)^{3,6} assessed anxiety symptom reduction between mindfulness-based interventions and other strategies over 6 months of follow-up (Figure S4). No difference was found between treatment groups (SMD = 0.02; 95%CI: -0.26 to 0.30). Heterogeneity was low ($I^2 = 10\%$).

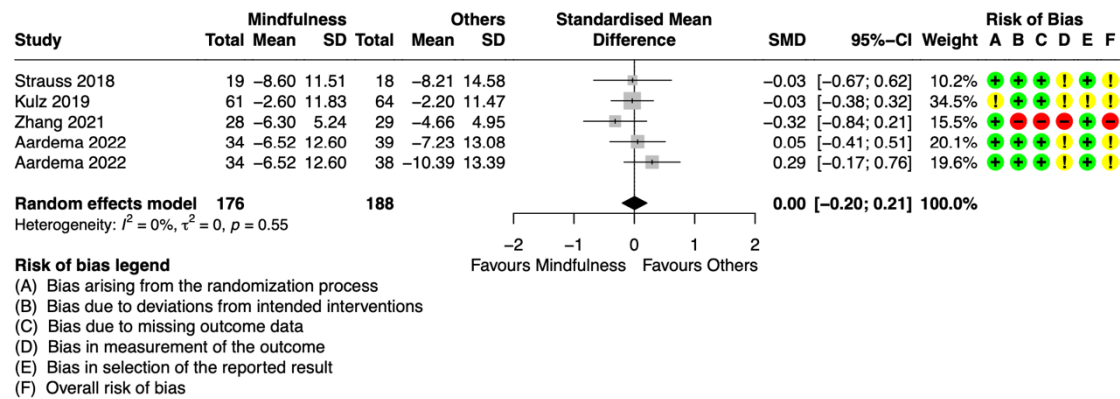
Supplementary Figure S4 Reduction of anxiety symptoms over 6 months of follow-up

Two studies (96 participants)^{2,3} assessed reduction of depressive symptoms between mindfulness-based interventions and other strategies at 4 weeks of follow-up (Figure S5). No difference was found between treatment groups (SMD = -0.07; 95%CI: -0.52 to 0.39). Heterogeneity was low ($I^2 = 21\%$).

Supplementary Figure S5 Reduction of depressive symptoms over 4 weeks of follow-up

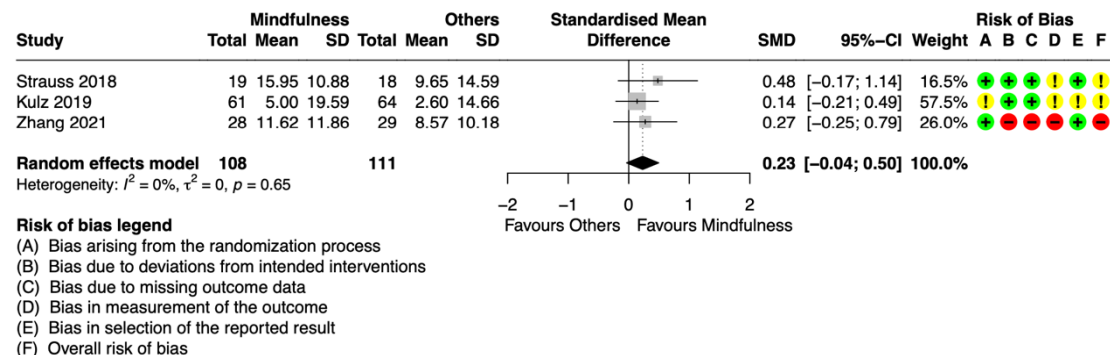
A total of 4 studies (330 participants)³⁻⁶ assessed reduction of depressive symptoms between mindfulness-based interventions and other strategies at 6 months of follow-up (Figure S6). No difference was found between treatment groups (SMD = 0.00; 95%CI: -0.17 to 0.21). Heterogeneity was low ($I^2 = 0\%$).

Supplementary Figure S6 Reduction of depressive symptoms over 6 months of follow-up



A total of 3 studies³⁻⁵ assessed mindfulness skills improvement between mindfulness-based interventions and other strategies at 6 months of follow-up (Figure S7). The meta-analysis results revealed a small, non-significant effect in favor of mindfulness-based interventions (SMD = 0.23; 95%CI: -0.04 to 0.50). Heterogeneity was low ($I^2 = 0\%$).

Supplementary Figure S7 Mindfulness skills over 6 months of follow-up



Supplementary Table S4 Sensitivity analyses by risk of bias

Meta-analysis	No. of studies	All studies			Sensitivity analysis		
		ES (95%CI)	<i>I</i> ²	p	ES (95%CI)	<i>I</i> ²	p
OCS	6	-0.08 (-0.35; 0.18)	48%	0.07	-0.00 (-0.25; 0.24)	32%	0.19
OCS – 4-week follow-up	2	-0.03 (-0.43; 0.37)	0%	0.36	NA	NA	NA
OCS – 6-month follow-up	5	0.04 (-0.17; 0.25)	0%	0.95	0.03 (-0.20; 0.25)	0%	0.89
Dropout rate	6	1.00 (0.69; 1.43)	12%	0.34	0.90 (0.57; 1.43)	21%	0.28
Dropout rate – 6-month follow-up	4	0.99 (0.77; 1.27)	0%	0.98	0.98 (0.73; 1.31)	0%	0.94
Anxiety	3	-0.28 (-0.57; 0.00)	26%	0.26	-0.23 (-0.58; 0.12)	39%	0.19
Anxiety – 6-month follow-up	2	0.02 (-0.26; 0.30)	10%	0.33	0.15 (-0.18; 0.48)	0%	0.95
Depressive symptoms	6	-0.07 (-0.26; 0.11)	4%	0.40	-0.03 (-0.22; 0.17)	0%	0.49
Depressive symptoms – 4-week follow-up	2	-0.07 (-0.52; 0.39)	21%	0.26	NA	NA	NA
Depressive symptoms – 6-month follow-up	4	0.00 (-0.20; 0.21)	0%	0.55	0.06 (-0.16; 0.29)	0%	0.72
Mindfulness skills	4	0.24 (0.01; 0.48)	0%	0.41	0.17 (-0.10; 0.43)	0%	0.53
Mindfulness skills after 6-month follow-up	3	0.23 (-0.04; 0.50)	0%	0.65	0.21 (-0.09; 0.52)	0%	0.37

ES = effect size; NA = not applicable; OCS = obsessive-compulsive symptoms.

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