

From: **Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain: A Randomized Clinical Trial**

JAMA. 2016;315(12):1240-1249. doi:10.1001/jama.2016.2323

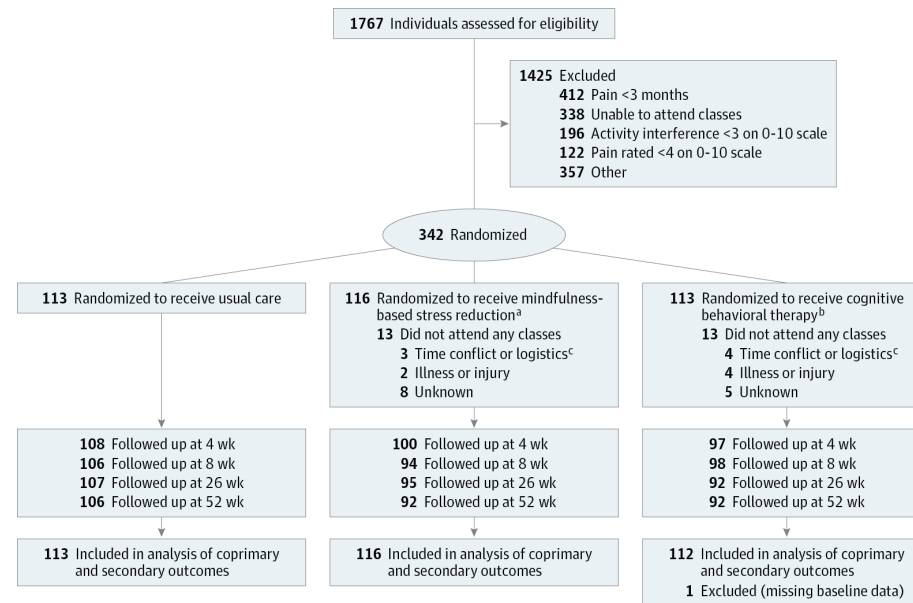


Figure Legend:

Flow of Participants Through Trial Comparing Mindfulness-Based Stress Reduction With Cognitive Behavioral Therapy and Usual Care for Chronic Low Back Pain^aOf the 116 participants randomized to receive mindfulness-based stress reduction, 103 attended at least 1 class and 59 attended at least 6 classes. For those who attended at least 1 class, the median (interquartile range [IQR]) was 6 (3-7) classes per participant. Participants were recruited in 10 separate waves (median 12.5 [IQR, 7-16] participants per wave).

^bOf the 113 participants randomized to receive cognitive behavioral therapy, 100 attended at least 1 class and 64 attended at least 6 classes. For those who attended at least 1 class, the median (IQR) was 6 (3-7) classes per participant. Participants were recruited in 10 separate waves (median 13 [IQR, 5-14] participants per wave).