

Supplementary Table S1. Detailed Search Strategy for Database Searches

Database	Keyword	Retrieved	Date
PubMed	#1 ("Mindfulness"[Mesh] OR "Meditation"[Mesh] OR "mindfulness-based" OR "mindfulness meditation" OR MBSR)	15,847	January 30, 2026
	#2 ("Spirituality"[Mesh] OR "Religion"[Mesh] OR spiritual OR religious OR faith-based)	113,472	January 30, 2026
	#3 ("Neoplasms"[Mesh] OR "Medical Oncology"[Mesh] OR "Palliative Care"[Mesh] OR cancer OR oncology OR "advanced cancer")	5,776,588	January 30, 2026
	#4 ("Mental Health"[Mesh] OR "Anxiety"[Mesh] OR "Depression"[Mesh] OR "Hope"[Mesh] OR "Quality of Life"[Mesh] OR "Adaptation, Psychological"[Mesh] OR "psychological well-being" OR "inner peace" OR meaning)	1,475,727	January 30, 2026
	#5 ("Psychotherapy"[Mesh] OR "Complementary Therapies"[Mesh] OR "Behavioral Therapy"[Mesh] OR intervention OR therapy OR program)	20,135,465	January 30, 2026

	#1 AND #2 AND #3 AND #4 AND #5	162	January 30, 2026
Scopus	TITLE-ABS-KEY("mindfulness-based" OR "mindfulness meditation" OR MBSR OR mindfulness)	42,015	January 30, 2026
	TITLE-ABS-KEY(spiritual OR spirituality OR religious OR "faith-based")	385,397	January 30, 2026
	TITLE-ABS-KEY(cancer OR oncology OR "advanced cancer" OR palliative OR "palliative care")	4,714,514	January 30, 2026
	TITLE-ABS-KEY("psychological well-being" OR "mental health" OR anxiety OR depression OR hope OR "inner peace" OR meaning OR "quality of life")	3,314,083	January 30, 2026
	TITLE-ABS-KEY(intervention OR therapy OR program OR treatment)	18,787,573	January 30, 2026
	#1 AND #2 AND #3 AND #4 AND #5	139	January 30, 2026
CINAHL (via EBSCO host)	#1 (MH "Mindfulness" OR MH "Meditation" OR MH "Mindfulness-Based Stress Reduction" OR "mindfulness-based" OR "mindfulness meditation" OR MBSR)	13,847	January 30, 2026
	#2 (MH "Spirituality" OR MH "Religion" OR MH "Faith" OR MH "Pastoral Care" OR spiritual OR religious OR faith-based)	95,365	January 30, 2026

	#3 (MH "Neoplasms+" OR MH "Palliative Care" OR MH "Terminally Ill Patients" OR cancer OR oncology OR "advanced cancer")	4,335,244	January 30, 2026
	#4 (MH "Mental Health" OR MH "Anxiety+" OR MH "Depression+" OR MH "Hope" OR MH "Quality of Life" OR MH "Psychological Adaptation" OR "psychological well-being" OR "inner peace" OR meaning)	1,265,321	January 30, 2026
	#5 (MH "Psychotherapy+" OR MH "Complementary Therapies+" OR MH "Behavior Therapy" OR MH "Intervention Studies" OR intervention OR therapy OR program)	18,144,365	January 30, 2026
	#1 AND #2 AND #3 AND #4 AND #5	68	January 30, 2026

Note: #1–#5 indicate the sequential search sets used to construct the database search strategy.

Supplementary Table S2. Methodological Quality Assessment of Included Studies Using the Joanna Briggs Institute (JBI) Critical Appraisal Checklist for Randomized Controlled Trials

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13
Milbury et al., 2020 ⁽³⁰⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Carlson et al., 2016 ⁽³⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cengiz et al., 2023 ⁽¹³⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fraguell-Hernando et al., 2020 ⁽²⁹⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Würtzen et al., 2015 ⁽²²⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Park et al., 2020 ⁽³²⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yik et al., 2020 ⁽²³⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Eilami et al., 2018 ⁽²⁸⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yun et al., 2016 ⁽³³⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tan et al., 2022 ⁽³⁴⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pehlivan et al., 2025 ⁽³⁸⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Liu et al., 2022 ⁽³⁵⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Johns et al., 2015 ⁽³⁷⁾	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Note: (Q1) Randomization; (Q2) Allocation concealment; (Q3) Baseline similarity; (Q4) Participant blinding; (Q5) Provider blinding; (Q6) Assessor blinding; (Q7) Groups treated equally; (Q8) Follow-up complete (Q9) Intention-to-treat; (Q10) Same outcome measurement; (Q11) Reliable measurement, (Q12) Statistical analysis, (Q13) Trial design appropriate