Effectiveness of online mindfulness-based interventions on symptoms in adults: A systematic review

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**OBJECTIVES**

This study aims to conduct a systematic review of online mindfulness-based interventions studies on symptoms in adults.

**METHODS**

This study followed the PRISMA reporting guidelines and adhered to a predetermined study protocol registered in the International Prospective Register of Systematic Reviews (PROSPERO) under the registration number CRD42023394145. A thorough literature search was conducted to identify relevant studies published in English and Korean. Multiple search databases, including PubMed, Embase, Cochrane Library, CINAHL, RISS, KISS, and KISTI, were utilized to ensure comprehensive coverage.

The duration of the interventions varied, ranging from as short as 60 seconds to as long as 3 months. The main findings of the review revealed significant effects of online mindfulness-based interventions on symptoms in adults. Depression symptoms showed a significant improvement in 21 studies, while anxiety symptoms were significantly reduced in 20 studies. Furthermore, 8 studies reported a significant reduction in sleep disturbance as a result of the interventions.

**RESULTS**

A total of 32 studies were included, comprising 26 randomized controlled trials (RCTs) and 6 quasi-experimental designs. The interventions were delivered through internet-based programs, mobile applications, and videoconferencing platforms, with 18 studies using internet-based programs, 12 studies employing mobile applications, and 2 studies utilizing videoconferencing platforms.

**CONCLUSIONS**

This systematic review highlights the potential of online mindfulness-based interventions as a viable and effective approach for addressing mental health symptoms in adults. These findings contribute to the growing body of evidence supporting the integration of digital interventions in mental healthcare delivery.