

Table S2.1. Characteristics of included yoga interventions.

Study (Author + Year + Country)	Description of study population	Instrument(s) used to measure fatigue ^a	Description of intervention ^b	Description of control
Banasik [71] (2011) United States	$n = 14$ $M_{Age} = 62.9$ Breast Cancer Stage: II-IV After treatment (not reported which)	FACT-B	Content: Iyengar yoga, moderate physical effort, variety between sessions Setting: group-based ^c Duration: 8 weeks Session number: 16 ($M = 14$) Session length: 1.5h Additional home practice: no	Wait-List Control
Chandwani [72] (2010) United States	$n = 58$ $M_{Age} = 45.7$ Breast Cancer Stage: 0-III During treatment (radiotherapy, some after surgery and/or chemotherapy)	BFI	Content: based on Patanjali's yoga tradition, breathing techniques, meditation, moderate physical effort, no variety between sessions Setting: individually (majority) Duration: 6 weeks Session number: 12 ($M = 10.23^c$) Session length: 1h Additional home practice: yes (daily; practice log)	Wait-List Control
Chandwani [73] (2014) United States	$n = 97$ $M_{Age} = 51.8$ Breast Cancer Stage: 0-III During treatment (adjuvant radiotherapy, some after surgery and/or chemotherapy)	BFI	Content: based on Patanjali's yoga tradition, breathing techniques, meditation, moderate physical effort, no variety between sessions Setting: individually (majority) Duration: 6 weeks Session number: up to 18 ($M = 13.8$) Session length: 1h Additional home practice: yes (no specific time recommended; practice log)	Wait-List Control
Chaoul [74] (2018) United States	$n = 143$ $M_{Age} = 49.2$ Breast Cancer Stage: I-III	BFI	Content: Tibetan yoga, breathing techniques, meditation, imagery, mild physical effort, no variety between sessions Setting: individually (majority)	Wait-List Control

	During treatment (neo-/adjuvant chemotherapy)		Duration: length of chemotherapy (majority completed within 12 weeks) Session number: 4 ($M = 3.28^c$) + 3 booster sessions during follow-up ($M = 0.81^c$) Session length: 1.25-1.5h Additional home practice: yes (daily; no practice log)	
Cohen [75] (2004) United States	$n = 30$ $M_{Age} = 51$ Hodgkin/non-Hodgkin Lymphoma Stage: I-IV During or after treatment (chemotherapy)	BFI	Content: Tibetan yoga, meditation, imagery, mild physical effort (not reported: variety between sessions) Setting: individually Duration: 7 weeks Session number: 7 ($M = 4.6^c$) Session length: 1h Additional home practice: yes (daily; no practice log)	Wait-List Control
Cramer [76] (2015) Germany	$n = 40^d$ $M_{Age} = 49.2$ Breast Cancer Stage: I-III After treatment (surgery, and/or radiotherapy, and/or chemotherapy)	FACIT-F	Content: Hatha yoga, breathing techniques, meditation, moderate physical effort, variety between sessions Setting: group-based Duration: 12 weeks Session number: 12 ($M = 9.7$) Session length: 1.5h Additional home practice: yes (daily; practice log)	Wait-List Control
Cramer [77] (2016) Germany	$n = 54^d$ $M_{Age} = 68.3$ Colorectal Cancer Stage: I-III After/during treatment (after surgery, some during/after chemotherapy or after radiotherapy)	FACIT-F	Content: Hatha yoga, breathing techniques, meditation, moderate physical effort, variety between sessions Setting: group-based Duration: 10 weeks Session number: 10 ($M = 5.3$) Session length: 1.5h Additional home practice: yes (daily; practice log)	Wait-List Control
Danhauer [78] (2009) United States	$n = 27$ $M_{Age} = 55.8$ Breast Cancer Stage: DCIS, I-IV After/during treatment (after surgery, some during	FACT-F	Content: Restorative yoga, breathing awareness (no techniques specified), meditation, mild physical effort, no variety between sessions Setting: group-based Duration: 10 weeks Session number: 10 ($M = 5.8$)	Wait-List Control

	chemotherapy and/or radiotherapy)		Session length: 1.25h Additional home practice: no	
Dhruva [79] (2012) United States	$n = 16^e$ $M_{Age} = 54.2$ Mixed Entities (50% Breast Cancer) Stage: not reported During treatment (adjuvant or neoadjuvant chemotherapy)	R-PFS	Content: Pranayama breathing, breathing techniques, no physical effort, no variety between sessions Setting: individually/group-based Duration: two consecutive cycles of chemotherapy Session number: 3 ^c Session length: 1h Additional home practice: yes (twice a day; practice log)	Wait-List Control (received same intervention as EG in 2nd cycle of chemotherapy)
Jong [80] (2018) Netherlands	$n = 68$ $M_{Age} = 51$ Breast Cancer Stage: I-III During treatment (during neo-/adjuvant chemotherapy, some before/after radiotherapy)	MFI (general, physical fatigue, mental fatigue, reduced activity, reduced motivation) FQL (frustrating, exhausting, pleasant, frightening)	Content: Dru yoga, breathing techniques, imagery, moderate physical effort, no variety between sessions Setting: group-based Duration: 12 weeks Session number: 12 ($M = 8^c$) Session length: 1.25h Additional home practice: yes (daily; practice log)	Wait-List Control
Kiecolt-Glaser ^d [81] (2014) United States	$n = 186$ $M_{Age} = 51.6$ Breast Cancer Stage: 0-IIIa After treatment (surgery, some additional chemotherapy and/or radiotherapy)	MFSI-SF	Content: Hatha yoga, breathing techniques, moderate physical effort, variety between sessions Setting: group-based Duration: 12 weeks Session number: 24 ($M = 18.1$) Session length: 1.5h Additional home practice: yes (no specific time recommended; practice log)	Wait-List Control
Lin [82] (2019) United States	$n = 328$ $M_{Age} = 54.3$ Mixed Entities (77% Breast Cancer) Stage: 0-IV	MFSI (total, general, physical, emotional, mental, vigor)	Content: Hatha and Restorative yoga, breathing techniques, meditation, imagery, moderate physical effort, no variety between sessions Setting: group-based Duration: 4 weeks	Standard Care

	After treatment (surgery and/or chemotherapy and/or radiotherapy and/or hormone therapy)		Session number: 8-12 ($M = 6.5$) Session length: 1.25h Additional home practice: yes (once per week; no practice log)	
Littman [83] (2012) United States	$n = 57$ $M_{Age} = 59.4$ Breast Cancer Stage: 0-III After treatment (not reported which)	FACIT	Content: Hatha yoga (Viniyoga), breathing techniques, meditation, moderate physical effort, no variety between sessions Setting: group-based Duration: 6 months Session number: $M = 19.6$ (2-3 facility-based classes a week encouraged) Session length: 1.25h Additional home practice: yes (remainder until reaching 5 weekly practices; reminder)	Wait-List Control
Loudon [84] (2014) Australia	$n = 23$ $M_{Age} = 57.8$ Breast Cancer Stage: DCIS, I-III After treatment (surgery, partly plus chemotherapy and/or radiotherapy)	VAS (Fatigue severity, fatigue limit activity)	Content: based on Satyananda yoga tradition, breathing techniques, meditation, imagery, moderate physical effort, no variety between sessions Setting: group-based Duration: 8 weeks Session number: 8 ($M = 7.76^{\circ}$) Session length: 1.5h Additional home practice: yes (daily, practice log)	Wait-List Control
Moadel [85] (2007) United States	$n = 106^{\dagger}$ $M_{Age} = 54.8$ Breast Cancer Stage: I-IV After/during treatment (surgery and/or chemotherapy and/or radiotherapy and/or hormone therapy)	FACIT-F	Content: Hatha yoga, breathing techniques, meditation, mild physical effort (not reported: variety between sessions) Setting: group-based Duration: 12 weeks Session number: 12 ($M = 7$) Session length: 1.5h Additional home practice: yes (daily, no practice log)	Wait-List Control
Pasyar [86] (2019) Iran	$n = 27$ $M_{Age} = 51.7$ Breast Cancer	EORTC QOL-C30	Content: no specific yoga style, breathing techniques, mild physical effort, variety between sessions	Standard Care

	Stage: not reported After treatment (surgery, partly plus chemotherapy and/or radiotherapy)		Setting: individually ^c Duration: 8 weeks Session number: 16 Session length: 0.75h Additional home practice: yes (one session per week; practice log)	
Prakash [87] (2020) India	<i>n</i> = 83 <i>M</i> _{Age} : not reported Breast Cancer Stage: not reported During adjuvant chemotherapy	EORTC QOL- C30	Content: no specific yoga style (neck and shoulder exercises), breathing techniques, mild physical effort, no variety between sessions Setting: individually ^c Duration: 18 weeks Session number: 6 Session length: <i>M</i> = 1.16h Additional home practice: yes (twice daily; no practice log)	Standard Care
Pruthi [88] (2012) United States	<i>n</i> = 28 <i>M</i> _{Age} = 56.5 Breast Cancer Stage: not reported (non- metastatic) During/after treatment (after surgery, some during adjuvant chemotherapy and/or radiotherapy and/or hormone therapy)	BFI	Content: gentle Hatha yoga, breathing awareness (no techniques specified), mild physical effort, no variety between sessions Setting: individually and group-based Duration: 12 weeks Session number: 11 (<i>M</i> = 5.33 ^c) Session length: 1h Additional home practice: yes (at least once per week; no practice log)	Wait-List Control
Sohl [89] (2016) United States	<i>n</i> = 11 <i>M</i> _{Age} = 61 Colorectal Cancer Stage: 0-IV During treatment (chemotherapy)	FACT-F	Content: yoga skills training (seated), breathing techniques, meditation, mild physical effort, no variety between sessions Setting: individually Duration: 8 weeks Session number: 3 (<i>M</i> = 2.91 ^c) Session length: 0.25h Additional home practice: yes (4 times per week; no practice log)	Attention Control (empathic attention and recorded education)

Sohl [90] (2022) United States	$n = 34$ $M_{Age} = 58.5$ Gastrointestinal Cancer Stage: II-IV During treatment (chemotherapy)	PROMIS-Cancer	Content: yoga skills training (seated), breathing techniques, meditation, mild physical effort, no variety between sessions Setting: individually Duration: 8 weeks Session number: 4 ($M = 3.1$) Session length: 0.5h Additional home practice: yes (daily; practice log)	Attention Control (empathic attention)
Taso [91] (2014) Taiwan	$n = 60$ $M_{Age} = 49.3$ Breast Cancer Stage: I-III During treatment (chemotherapy)	BFI	Content: Yoga based on Anusara, breathing awareness (no techniques specified), meditation, moderate physical effort, no variety between sessions Setting: group-based ^c Duration: 8 weeks Session number: 16 ($M = 15.09^c$) Session length: 1h Additional home practice: yes (no time specified; no practice log)	Standard Care
Taylor [92] (2018) United States	$n = 20$ $M_{Age} = 53.8$ Breast Cancer Stage: I-III After treatment (different adjuvant treatments)	BFI	Content: restorative yoga, breathing awareness (no techniques specified), meditation, mild physical effort, no variety between sessions Setting: group-based Duration: 8 weeks Session number: 8 ($M = 4.88^c$) Session length: 1.25h Additional home practice: no	Wait-List Control
Vadiraja [93] (2009) India	$n = 75$ $M_{Age} =$ not reported (Range: 30-70) Breast Cancer Stage: I-III During treatment (radiotherapy, after surgery and/or chemotherapy)	EORTC QLQ-C30	Content: no specific yoga style, breathing techniques, meditation, imagery, mild physical effort, no variety between sessions Setting: individually Duration: 6 weeks Session number: at least 18 ($M = 21.31^c$) Session length: 1h Additional home practice: yes (daily; no practice log)	Standard Care

Zetzl [94] (2021) Germany	$n = 136^{d,e}$ $M_{Age} = 60.4$ Mixed Entities (49.1% Breast Cancer) Stage: not reported (curative & palliative) After/during treatment (chemotherapy and/or radiotherapy and/or hormone therapy and/or antibody therapy)	EORTC QLQ- C30	Content: no specific yoga style, breathing awareness (no techniques specified), meditation, moderate physical effort, no variety between sessions Setting: group-based ^c Duration: 8 weeks Session number: 8 ($M = 6.1^c$) Session length: 1h Additional home practice: no	Wait-List Control
Zhi [95] (2021) United States	$n = 35$ $M_{Age} = 61.7$ Breast (92.7%), Ovarian, or Uterine Cancer Stage: I-III After treatment (chemotherapy)	BFI	Content: no specific yoga style, breathing techniques, moderate physical effort, no variety between sessions Setting: group-based Duration: 8 weeks Session number: 16 Session length: 1h Additional home practice: yes (5 times per week; no practice log)	Wait-List Control

Notes: EG = experimental group; M_{Age}: Mean age of all participants at baseline; n refers to the total number of participants analyzed for fatigue assessment at post intervention; instruments marked in bold were used for analyzing total fatigue scores.

^a Instruments:

BFI: Brief Fatigue Inventory.

EORTC QLQ-C30: European Organization for Research and Treatment of Cancer Core Quality of Life Questionnaire - Fatigue Scale

FACIT: Functional Assessment of Chronic Illness Therapy

FACIT-F: Functional Assessment of Chronic Illness Therapy - Fatigue

FACT-B: Functional Assessment of Cancer Therapy - Breast Cancer

FACT-F: Functional Assessment of Cancer Therapy - Fatigue

FSI: Fatigue Symptom Inventory

FQL: Fatigue Quality List

MFI: Multidimensional Fatigue Inventory

MFSI: Multidimensional Fatigue Scale Inventory

MFSI-SF: Multidimensional Fatigue Syndrome Inventory - Short Form.

PROMIS-Cancer: Patient-Reported Outcomes Measurement Information System - Cancer

R-PFS: Revised Piper Fatigue Scale

VAS: Visual Analogue Scale

^b Content:

breathing techniques: use of at least one technique aimed at conscious breathing.

imagery: any exercise aimed at creating visual representations.

meditation: any mindfulness practice aimed at concentration on the present moment.

physical effort: no physical effort = no movement exercise; mild = only sitting or lying positions; moderate = yoga exercises were performed in different positions (or assessment based on intervention description).

variety between sessions: yoga exercises changed from session to session.

session number: indicated is the planned session number and, if indicated, average participation in sessions by participants in parentheses.

practice at home: indicated in parentheses is the frequency of practice and the type of recommendation (voluntarily, asked, encouraged, expected).

c The information was not explicitly given in the manuscript but could be inferred.

d Missing post-intervention values were imputed.

e Participants had to report some degree of fatigue as inclusion criteria.

f $n=22$ outliers were omitted.

Table S2.2. Characteristics of included psychosocial interventions.

Study (Author + Year + Country)	Description of study population	Instrument(s) used to measure fatigue ^a	Description of intervention ^b	Description of control
Andersen [96] (2004) United States	<i>n</i> = 196 <i>M</i> _{Age} = 50.8 Breast Cancer Stage: II-III During treatment (adjuvant chemotherapy)	POMS-F	Content: work on cognitions, work on behavior, social resources, relaxation Setting: group-based, face to face and via telephone (in absence) Duration: 4 months Session number: 18 (<i>M</i> = 17) (+ 8 follow up sessions) Session length: 1.5h	Standard care
Armes [97] (2007) United Kingdom	<i>n</i> = 36 ^c <i>M</i> _{Age} = 59.1 Mixed Entities (33% Colon Cancer patients) Stage: I-IV During treatment (chemotherapy)	VAS (global fatigue)	Content ^d : CRF education, work on cognitions, work on behavior Setting: individually, face to face Duration: 9-12 weeks Session number: 3 (<i>M</i> = 2.6 ^e) Session length: 1h	Standard care
Arving [98] (2007) EG 1 Sweden	<i>n</i> = 89 <i>M</i> _{Age} = 55 Breast Cancer Stage: 0-IV During treatment (adjuvant chemotherapy, radiotherapy, and/or hormone therapy)	EORTC QLQ- C30	Content: work on cognitions, work on behavior, social resources, relaxation, homework (practice strategies) (all conducted by psychologists) Setting: individually, face to face and via telephone Duration: <i>M</i> = 210 days Session number: 0-23 (<i>M</i> = 4.5) Session length: 0.75-1h	Standard Care
Arving [98] (2007) EG 2 Sweden	<i>n</i> = 80 <i>M</i> _{Age} = 55 Breast Cancer Stage: 0-IV During treatment (adjuvant chemotherapy,	EORTC QLQ- C30	Content: work on cognitions, work on behavior, social resources, relaxation, homework (practice strategies) (all conducted by nurses) Setting: individually, face to face and via telephone Duration: <i>M</i> = 172 days Session number: 0-16 (<i>M</i> = 3.8)	Standard Care

	radiotherapy, and/or hormone therapy)		Session length: 0.75-1h	
		FACT-F		
		PFS		
	$n = 147^c$	(behavioural/sev	Content ^d : CRF education, work on behavior	
	$M_{Age} = 55.9$	erity, affective	Setting: group-based, face to face	
Bourmaud [99]	Mixed Entities	meaning,	Duration: 6 weeks	Wait-List
(2017)	(58.5% Breast Cancer)	sensory,	Session number: 5 ($M = 3.77$)	Control
France	Stage: all	cognitive/mood)	Session length: 2h	
	During treatment	EORTC QLQ-		
	(chemotherapy and/or	C30		
	radiotherapy)	VAS (fatigue		
		severity)		
	$n = 75$		Content: work on cognitions, work on behavior,	
	$M_{Age} = 54.4$		homework (practice strategies)	
Cohen & Fried [100]	Breast Cancer	FSI (severity,	Setting: group-based, face to face	Standard Care
(2007)	Stage: I-II	interference,	Duration: 9 weeks	
Israel	During treatment	frequency)	Session number: 9	
	(adjuvant chemotherapy		Session length: 1.5h	
	and/or radiotherapy)			
	$n = 31^c$		Content ^d : CRF education, work on cognitions,	
	$M_{Age} = 58.3$		work on behavior, work on emotions, social	
	Breast Cancer		resources, homework (activity and sleep diary)	
Courtier [101]	Stage: 0–IIIA	FACIT-F	Setting: individually, face to face	Standard Care
(2022)	During treatment		Duration: 3 weeks	
United Kingdom	(radiotherapy, partly		Session number: 3	
	after chemotherapy)		Session length: 1h	
	$n = 168$		Content: work on cognitions, work on behavior,	
	$M_{Age} = 53.1$		social resources, relaxation	
Dolbeault [102]	Breast Cancer	POMS-F	Setting: group-based, face to face	Wait-List
(2009)	Stage: “Early stage”	EORTC QLQ-	Duration: 8 weeks	Control
France	After treatment	C30	Session number: 8	
	(radiotherapy alone or		Session length: 2h	
	combined with			
	chemotherapy)			

Fukui [103] (2000) Japan	$n = 50$ $M_{Age} = 53.5$ Breast Cancer Stage: I-III After treatment (surgery, some after chemotherapy)	POMS-F	Content: work on cognitions, work on behavior, social resources, relaxation, homework (practice relaxation) Setting: group-based, face to face Duration: 6 weeks Session number: 6 Session length: 1.5h	Wait-List Control
Gaston-Johansson [104] (2000) United States	$n = 110$ M_{Age} = not reported Breast Cancer Stage: II-IV During treatment (neoadjuvant chemotherapy; after autologous bone marrow or peripheral blood stem cell transplantation)	VAS (degree of fatigue)	Content: work on cognitions, relaxation, homework (practice relaxation) Setting: individually ^e , face to face Duration: 9 days Session number: 4 Session length: 1h (initial session) – 0.25h (Follow- up sessions)	Standard Care
Godino [105] (2006) Spain	$n = 20$ $M_{Age} = 60.3$ Colon or Gastric Cancer Stage: not reported During treatment (chemotherapy)	FACT-F	Content: CRF education, work on behavior, homework (diary) Setting: individually, face to face Duration: 6 months ^e Session number: 3 Session length: not reported (0.5h assumed)	Standard Care
Goedendorp [106] (2010) Netherlands	$n = 148^f$ $M_{Age} = 56.4$ Mixed Entities (47.3% Breast Cancer patients) Stage: not reported (curative treatment) During treatment (surgery, chemotherapy, radiotherapy, and/or hormone therapy)	CIS-fat	Content ^d : CRF education, work on cognitions, work on behavior, social resources Setting: individually, face to face and via telephone Duration: 6 months Session number: up to 10 ($M = 6.2$) Session length: 1h	Standard Care
Grégoire [107] (2020) Belgium	$n = 95^{c, f}$ $M_{Age} = 53.9$ Mixed Entities	MFI (general fatigue, physical fatigue, mental	Content: work on cognitions, work on behavior, relaxation, hypnosis, homework (self-care tasks and diary)	Wait-List Control

	(78.9% Breast Cancer patients) Stage: not reported (non-metastatic) After treatment (surgery, chemotherapy, radiotherapy, and/or hormone therapy)	fatigue, reduced motivation, reduced activity)	Setting: group-based, face to face Duration: 8 weeks Session number: 8 ($M = 6.5$) Session length: 2h	
Kim [108] (2018) South Korea	$n = 55$ $M_{Age} = 48$ Breast Cancer Stage: I-III During treatment (adjuvant chemotherapy)	EORTC QLQ-C30	Content: work on cognitions, work on behavior, work on emotions, social resources Setting: individually, face-to-face and via telephone Duration: 7 weeks Session number: 7 Session length: 0.5-1h	Standard Care
Montgomery [109] (2014) United States	$n = 181$ $M_{Age} = 55.8$ Breast Cancer Stage: 0-III During treatment (radiotherapy, some with chemotherapy before and/or adjuvant hormone therapy)	FACIT-F VAS (fatigue, muscle weakness)	Content ^d : work on cognitions, work on behavior, relaxation, hypnosis, homework (workbook) Setting: individually, face to face Duration: length of radiotherapy Session number: individual ($M = 12.29$) Session length: 15 min (regular sessions); 30 min (initial and final session)	Attention Control (conversation-based support)
O'Brien [110] (2014) Australia	$n = 26$ $M_{Age} = 61.3$ Mixed Entities (60% Breast Cancer patients) Stage: not reported During treatment (chemotherapy or radiotherapy)	MFI (general, physical, mental fatigue, reduced activity, reduced motivation)	Content ^d : CRF education, work on behavior Setting: individually, face to face and via telephone Duration: 4 weeks Session number: 3 (2 via telephone) Session length: 1h (face to face session; telephone sessions not specified)	Standard Care
Peng [111] (2019) China	$n = 155$ $M_{Age} = 60.4$ Lung Cancer	EORTC QLQ-C30	Content: work on cognitions, work on behavior, social resources Setting: group-based, face to face	Standard Care

	Stage: III-IV During treatment (radiotherapy)		Duration: 8 weeks Session number: 8 Session length: 1.5h	
Purcell [112] (2011) Australia	$n = 45$ $M_{Age} = 58.8$ Mixed Entities (35.8% Breast Cancer patients) Stage: not reported Before & after treatment (radiotherapy)	MFI (general, physical, mental fatigue, reduced activity, reduced motivation)	Content ^d : CRF education, work on behavior Setting: group-based, face to face and via telephone Duration: length of radiotherapy + 5-6 weeks Session number: 4 (2 via telephone) Session length: 1h (face to face sessions; telephone sessions not specified)	Standard Care
Ream [113] (2006) United Kingdom	$n = 86$ $M_{Age} = 56.5$ Mixed Entities (22% esophageal cancer) Stage: not reported (curative and palliative) During treatment (chemotherapy)	VAS (mean fatigue score, extent of fatigue, distress caused by fatigue, disruption to work/chores by fatigue, disruption to pastimes/hobbies by fatigue)	Content ^d : CRF education, work on behavior, homework (diary) Setting: individually, face to face Duration: three chemotherapy cycles (9 weeks assumed) Session number: 3 Session length: not reported (1h assumed)	Standard Care
Reif [114] (2013) Germany	$n = 234^c$ $M_{Age} = 57.7$ Mixed Entities (58,6% breast cancer) Stage: not reported After treatment (all kind of therapies)	FAQ EORTC QLQ- C30	Content ^d : CRF education, work on cognitions, work on behavior, work on emotions, homework (diary, different exercises) Setting: group-based, face to face Duration: 6 weeks Session number: 6 Session length: 1.5h	Wait-List Control
Sadeghi [115] (2016) Iran	$n = 135^f$ $M_{Age} = 55.7$ Breast Cancer Stage: I-IIIa During treatment (chemotherapy)	CFS (total, physical, cognitive, affective)	Content ^d : work on behavior, homework (monitoring, activity list) Setting: group-based, face to face Duration: 5 weeks Session number: 5 Session length: 1.5h	Wait-List Control

Salveti [116] (2021) Brazil	$n = 108^e$ $M_{Age} = 55.2$ Mixed Entities (50% colorectal cancer) Stage: not reported (37,5% with metastasis) During treatment (chemotherapy or radiotherapy)	EORTC-QLQ-C30	Content: CRF education, work on cognitions, work on behavior, relaxation, homework (practice relaxation) Setting: individually, face to face Duration: 6 weeks Session number: 6 Session length: $M = 0.75h$	Standard Care
Schjolberg [117] (2014) Norway	$n = 92^c$ $M_{Age} = 55.3$ Breast Cancer Stage: I-II After treatment (chemotherapy, radiotherapy; some during their final radiation, and/or during hormone therapy)	FQ (total, physical, mental, chronic) LFS (fatigue, energy)	Content ^d : CRF education, work on behavior, homework (diary) Setting: group-based, face to face Duration: 3 weeks Session number: 3 Session length: 2h	Standard Care
Sheikhzadeh [118] (2021) Iran	$n = 39$ $M_{Age} = 47.8$ Mixed Entities (67% breast cancer) Stage: not reported (41.4% with metastasis) Treatment status: not reported (chemotherapy, hormone therapy, target therapy, and/or radiotherapy)	CFS	Content: work on cognitions, work on behavior, relaxation Setting: group-based, face to face Duration: 8 weeks Session number: 8 Session length: 1.5h	Wait-List Control
Tu [119] (2021) China	$n = 100$ $M_{Age} = 56.9^e$ Lung Cancer Stage: II-IV During treatment (chemotherapy)	CFS-Total Fatigue	Content: work on cognitions, work on emotions, social resources Setting: individually, face to face Duration: 4 weeks Session number: 8 Session length: 0.5-0.67h	Standard Care

Van der Meulen [120] (2014) Netherlands	$n = 179^f$ $M_{Age} = 60.4$ Head and Neck Cancer Stage: I-IV After treatment (surgery and/or radiotherapy and/or chemotherapy)	EORTC QLQ-C30	Content: work on cognitions, social resources, work on emotions/relaxation (if indicated) Setting: individually, face to face Duration: 1 year Session number: maximum 6 ($M = 4.00$) Session length: 0.75-1h	Standard Care
Vargas [121] (2014) United States	$n = 194$ $M_{Age} = 50.3$ (at diagnosis) Breast Cancer Stage: 0-III During treatment (adjuvant radiotherapy and/or chemotherapy and/or hormone therapy)	9-point Likert scale (fatigue intensity, fatigue-related daytime interference)	Content ^d : work on cognitions, work on behavior, social resources, relaxation, homework (workbook) Setting: group-based, face to face Duration: 10 weeks Session number: 10 ($M = 6.78$) Session length: 2h	Attention Control (one-day 6 h psycho-education session)
Xian [122] (2021) China	$n = 119^f$ $M_{Age} = 60.7$ Colorectal Cancer Stage: II-IV During treatment (chemotherapy, partly surgery)	CFS-C (Total, Physical, Affective, Cognitive)	Content ^d : work on behavior, homework Setting: individually, face to face Duration: 24 weeks Session number: 6 Session length: 0.5h	Standard Care
Yates [123] (2005) Australia	$n = 104$ $M_{Age} = 49.4$ Breast Cancer Stage: I-II During treatment (adjuvant chemotherapy)	FACT 11-Point Numeric Rating Scales (worst, best, average fatigue) R-PFS (distress, interference, severity)	Content ^d : CRF education, work on cognitions, work on behavior, social resources Setting: individually, face to face and via telephone Duration: 2 weeks Session number: 3 (2 via telephone) Session length: 10 min (telephone) - 20 min (face to face)	Attention Control (general cancer education sessions)
Yuen [124] (2006) United States	$n = 12^c$ $M_{Age} = 55.4$	PFS (total, affective meaning, work	Content ^d : work on behavior, homework (activity log)	Standard Care

	Mixed Entities (not reported which) Stage: not reported After treatment (radiotherapy)	on behavior/severity, cognitive/mood, sensory)	Setting: individually, face to face and via telephone Duration: 4 weeks Session number: 4 (3 via telephone) Session length: 1-2h (face to face); 15-30 minutes (telephone)	
Zhang [125] (2020) China	<i>n</i> = 145 <i>M</i> _{Age} = 60.3 Colorectal Cancer Stage: I-IV After treatment (surgery and/or chemotherapy, and/or radiotherapy)	EORTC QLQ-C30	Content: work on cognitions, work on behavior, work on emotions, relaxation, homework (practice assignments) Setting: individually, face to face Duration: 3 months Session number: 6 Session length: 1h	Standard Care

Notes: EG = experimental group; M_{Age}: Mean age of all participants at baseline; Instruments marked in bold were used for analyzing total fatigue scores; *n* refers to the total number of participants analyzed for fatigue assessment at post intervention.

a Instruments:

CFS-C: Cancer-Related Fatigue Scale

CIS-fat: Checklist Individual Strength (CIS) – Fatigue Subscale.

EORTC QLQ-C30: European Organization for Research and treatment of Cancer Core Quality of Life Questionnaire – Fatigue Scale

FACT-F: Functional Assessment of Cancer Therapy – Fatigue

FAQ: Fatigue Assessment Questionnaire

FQ: Norwegian Fatigue Questionnaire (Norwegian version of The Fatigue Formula).

FSI: Fatigue Symptom Inventory

LFS: Lee Fatigue Scale

MFA: Multidimensional Fatigue Assessment Questionnaire

MFI: Multidimensional Fatigue Inventory

PFS: Piper Fatigue Scale

POMS-F: Profile of Moods State - Fatigue Symptom Subscale.

R-PFS: Revised Piper Fatigue Scale

VAS: Visual Analog Scale

b Content:

CRF education: psychoeducative information on cancer-related fatigue.

work on cognitions: use of at least one therapeutic technique to establish more functional thinking patterns.

work on behavior: use of at least one therapeutic technique that rehearses more functional behavior.

work on emotions: advice and/or exercises to better cope with emotions.

social resources: activation of social resources through strengthening social support and/or communication training.

relaxation: therapeutic technique designed to put participants in a more relaxed state of mind, including mental imagery.

hypnosis: technique aimed at an altered state of consciousness, characterized by high susceptibility to external influence.

session number: indicated is the planned session number and, if indicated, average participation in sessions by participants in parentheses.
c Participants had to report some degree of cancer-related fatigue as inclusion criteria.
d Intervention focus was on cancer-related fatigue.
e The information was not explicitly given in the manuscript but could be inferred.
f Missing post-intervention values were imputed.

Table S2.3. Characteristics of included mindfulness-based interventions.

Study (Author + Year + Country)	Description of study population	Instrument(s) used to measure fatigue ^a	Description of intervention ^b	Description of control
Bower [126] (2015) United States	<i>n</i> = 65 <i>M</i> _{Age} = 46.8 Breast Cancer Stage: 0-III After treatment (chemotherapy, radiotherapy, Herceptin intake)	FSI (scale not reported)	Content: meditation (experiential practice, gentle movement exercises) (<i>Mindful Awareness Practices program</i>) Setting: group-based Duration: 6 weeks Session number: 6 (<i>M</i> =5.24) Session length: 2h Additional home practice: yes (daily; practice log)	Wait-List Control
Bower [127] (2021) United States	<i>n</i> = 149 <i>M</i> _{Age} = 45.4 Breast Cancer Stage: 0-III After treatment (surgery, radiotherapy, chemotherapy, and/or hormone therapy)	FSI (scale not reported)	Content: meditation (experiential practice, gentle movement exercises) (<i>Mindful Awareness Practices program</i>) Setting: group-based Duration: 6 weeks (+4 and 8 weeks after the 6- week program) Session number: 6 (<i>M</i> = 4.5) + 2 1h booster sessions Session length: 2h Additional home practice: yes (daily; practice log)	Wait-List Control
Gok Metin [128] (2019) Turkey	<i>n</i> = 61 ^c <i>M</i> _{Age} = 50.4 Breast Cancer Stage: I-III During treatment (chemotherapy)	BFI (severity, interference)	Content: meditation (breathing) (<i>Mindfulness meditation</i>) Setting: individually Duration: 12 weeks Session number: 1 (+ daily text messages or phone calls) Session length: 0.67h Additional home practice: yes (daily; reminder)	Attention Control (one education session)
Hoffman [129] (2012) United Kingdom	<i>n</i> = 214 <i>M</i> _{Age} = 49.6 Breast Cancer	POMS-F	Content: meditation (body scan, sitting), yoga exercises	Wait-List Control

	Stage: 0-III After treatment (surgery, chemotherapy and/or radiotherapy)		(<i>Mindfulness-based Stress Reduction</i>) Setting: group-based Duration: 8 weeks Session number: 9 ($M = 6.26$, excluding 6h-session) Session length: 2-2.25h plus one 6h-session Additional home practice: yes (daily; practice log)	
Johns [130] (2015) United States	$n = 35^d$ $M_{Age} = 57.3$ Mixed Entities (85.7% Breast Cancer) Stage: I-IV After treatment (chemotherapy, and/or radiotherapy)	FSI (severity, interference, frequency) SF-36	Content: CRF education, meditation (body scan, compassion, sitting, walking), yoga exercises (<i>Mindfulness-based Stress Reduction – CRF</i>) Setting: group-based Duration: 7 weeks Session number: 7 ($M = 6.16$) Session length: 2h Additional home practice: yes (daily; practice log)	Wait-List Control
Lengacher [131] (2012) United States	$n = 82$ $M_{Age} =$ not reported Breast Cancer Stage: 0-III After treatment (adjuvant chemotherapy and/or radiotherapy)	MDASI	Content: meditation (body scan, sitting, walking), yoga exercises (<i>Mindfulness-based Stress Reduction (for Breast Cancer)</i>) Setting: group-based Duration: 6 weeks Session number: 6 Session length: 2h Additional home practice: yes (frequency not specified; no practice log)	Wait-List Control
Lengacher [132] (2016) United States	$n = 299$ $M_{Age} = 57.1$ Breast Cancer Stage: 0-III After treatment (surgery, majority adjuvant chemotherapy and/or radiotherapy)	FSI (severity, interference)	Content: meditation (body scan, sitting, walking), yoga exercises (<i>Mindfulness-based Stress Reduction (for Breast Cancer)</i>) Setting: group-based Duration: 6 weeks Session number: 6 Session length: 2h Frequency: weekly	Wait-List Control

			Additional home practice: yes (frequency not specified; no practice log)	
Liu [133] (2019) China	$n = 102$ $M_{Age} = 42.8$ Thyroid Cancer Stage: I-IV During treatment (thyroid hormone withdrawal, before radioactive iodine therapy)	EORTC-QLQ-C30	Content: meditation (body scan, breathing, nonjudgmental awareness, sitting, walking), yoga exercises (<i>Mindfulness-based Stress Reduction</i>) Setting: group-based Duration: 8 weeks Session number: 8 ($M = 6.76$) Session length: 2h ^f Additional home practice: yes (frequency not specified; no practice log)	Standard Care
Ng [134] (2021) Malaysia	$n = 78^d$ $M_{Age} = 54.6$ Haematological Cancers (58.9% Lymphoma) Stage: not reported Treatment status: not reported	FACIT-F ESAS-F	Content ^e : meditation (breathing) (<i>Mindful Breathing Session</i>) Setting: individually Duration: 1 day Session number: 1 Session length: 0.75h ^f Additional home practice: no	Standard Care
Park [135] (2020) Japan	$n = 74^c$ $M_{Age} = 53.7$ Breast Cancer Stage: 0-III Treatment status: not reported	BFI	Content: meditation (breathing, body scan, compassion, eating, walking), work on cognitions, yoga exercises (<i>Mindfulness-based cognitive therapy</i>) Setting: group-based Duration: 8 weeks Session number: 8 Session length: 2h Additional home practice: yes (daily; practice log)	Wait-List Control
Rahmani [136] (2014) Iran	$n = 24$ $M_{Age} = 43.7$ Breast Cancer Stage: I-III During treatment (chemotherapy)	EORTC-QLQ-C30	Content: meditation (breathing, body scan, eating, sitting), yoga exercises (<i>Mindfulness-based Stress Reduction</i>) Setting: group-based Duration: 8 weeks Session number: 8 Session length: 2h	Standard Care

Additional home practice: no				
Sheikhzadeh [118] (2021) Iran	$n = 39$ $M_{Age} = 47.8$ Breast Cancer (67.2%), Lymphoma, Colon Cancer Stage: not reported (41.4% with metastasis) Treatment status: not reported (chemotherapy, hormone therapy, target therapy, and/or radiotherapy)	CFS	Content: CRF education, meditation (body scan, breathing, eating), work on cognitions <i>(Mindfulness Based Cognitive Therapy)</i> Setting: group-based Duration: 8 weeks Session number: 8 Session length: 1.5h Additional home practice: no	Wait-List Control
Van der Gucht [137] (2020) Belgium	$n = 25$ $M_{Age} = 45.5$ Breast Cancer Stage: "early stage" After treatment (chemotherapy, partly radiotherapy and/or hormone therapy)	CIS - fatigue severity	Content: meditation (body scan, breathing, insight, walking), work on cognitions, yoga exercises <i>(Mindfulness-Based Intervention)</i> Setting: group-based Duration: 8 weeks Session number: 4 Session length: 3h Additional home practice: yes (daily; reminder)	Wait-List Control
Van der Lee [138] (2012) Netherlands	$n = 83^d$ $M_{Age} = 51.3$ Mixed Entities (63% Breast Cancer) Stage: not reported After treatment (surgery, chemotherapy, radiotherapy, and/or hormone therapy)	CIS-fat	Content: CRF education, meditation (body scan, breathing, compassion, eating), work on cognitions <i>(Mindfulness-based Cognitive Therapy)</i> Setting: group-based Duration: 9 weeks Session number: 9 (+1 follow-up session) ($M=8$) Session length: 2.5h and one 6h-session Additional home practice: yes (6 days a week; practice log)	Wait-List Control
Witek Janusek [139] (2019) United States	$n = 137$ $M_{Age} = 55.1$ Breast Cancer Stage: 0-III	MFSI-SF	Content: meditation (breathing, sitting, walking), yoga exercises <i>(Mindfulness-based Stress Reduction)</i> Setting: group-based	Attention Control (educational series)

After/during treatment (some with adjuvant chemotherapy, radiotherapy, and/or hormone therapy)	Duration: 8 weeks Session number: 9 Session length: 2.5h and one 6h-session Additional home practice: yes (no frequency specified; no practice log)
<p>Notes: MAge: Mean age of all participants at baseline; <i>n</i> refers to the total number of participants analyzed for fatigue assessment at post intervention; instruments marked in bold were used for analyzing total fatigue scores.</p> <p>a Instruments:.</p> <p>BFI: Brief Fatigue Inventory</p> <p>CIS-fat: Checklist Individual Strength – Fatigue Severity Subscale.</p> <p>EORTC QLQ-C30: European Organization for Research and Treatment of Cancer Core Quality of Life Questionnaire – Fatigue Scale.</p> <p>ESAS: Edmonton Symptom Assessment System – Fatigue Subscale</p> <p>FACT-F: Functional Assessment of Cancer Therapy – Fatigue</p> <p>FSI: Fatigue Symptom Inventory</p> <p>MDASI: M.D. Anderson Symptom Inventory</p> <p>MFSI-SF: Multidimensional Fatigue Scale Inventory - Short Form</p> <p>POMS: Profile of Moods State - Fatigue Symptom Subscale</p> <p>SF-12: Medical Outcomes Study Short-Form Health Survey</p> <p>SF-36: Medical Outcomes Study Short-Form Health Survey.</p> <p>VAS: Visual Analog Scale.</p> <p>b Content:.</p> <p>CRF education: psychoeducative information on cancer-related fatigue.</p> <p>meditation: any mindfulness practice aimed at concentration on the present moment.</p> <p>body scan: mindfulness exercise in which attention is focused on different areas of the body.</p> <p>work on cognitions: explicit working on cognitions/thoughts according to Mindfulness-based Cognitive Therapy.</p> <p>yoga exercises: any yoga type.</p> <p>session number: planned session number and, if indicated, average participation in sessions by participants in parentheses.</p> <p>c Missing post-intervention values were imputed.</p> <p>d Participants had to report some degree of fatigue as inclusion criteria.</p> <p>e Intervention focus was on cancer-related fatigue.</p> <p>f The information was not explicitly given in the manuscript but could be inferred.</p>	

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