

## **Appendix A**

### **PubMed search strategy**

- #1 randomized controlled trial[Publication Type]
- #2 Randomized Controlled Trials as Topic"[Majr]
- #3 random[Text Word]
- #4 RCT[Text Word]
- #5 controlled clinical trial[Publication Type]
- #6 Clinical Trials as Topic"[Majr]
- #7 Single-Blind Method"[Majr]
- #8 Double-Blind Method"[Majr]
- #9 single blind[Text Word]
- #10 double blind[Text Word]
- #11 placebo[Text Word]
- #12 allocation[Text Word]
- #13 random allocation[Text Word]
- #14 case study[Text Word]
- #15 qualitative study[Text Word]
- #16 #1OR#2 OR #3OR#4 OR#5 OR#6 OR #7OR #8OR#9 OR#10 OR #11OR#12  
OR #13 OR #14 OR #15
- #17 "Pulmonary Disease, Chronic Obstructive"[Majr]
- #18 Airflow Obstruction[Title/Abstract] AND chronic[Title/Abstract]
- #19 COAD[Title/Abstract]
- #20 COPD[Title/Abstract]
- #21 Chronic Airflow Obstruction[Title/Abstract]
- #22 Chronic Obstructive Airway Disease[Title/Abstract]
- #23 Chronic Obstructive Lung Disease[Title/Abstract]
- #24 Chronic Obstructive Pulmonary Disease[Title/Abstract]
- #25 #15OR #16OR #17OR#18 OR#19 OR#20 OR#21 OR#22
- #26 "Mindfulness"[Majr]
- #27 Mindfulness[Title/Abstract]

- #28 Mindfulness-based cognitive therapy[Title/Abstract]
- #29 MBCT[Text Word]
- #30 mindfulness-based stress reduction[Title/Abstract]
- #31 MBSR[Text Word]
- #32 "Meditation"[Majr]
- #33 meditation[Title/Abstract]
- #34 mindfulness meditation[Title/Abstract]
- #35 acceptance[Title/Abstract] AND commitment therapy[Title/Abstract]
- #36 dialectical behavior therapy[Title/Abstract]
- #37 cognitive behavioral stress management[Title/Abstract]
- #38 integrative body–mind training[Title/Abstract]
- #39 mindfulness-related interventions[Title/Abstract]
- #40 Vipassana[Title/Abstract]
- #41 Zen[Title/Abstract]
- #42 mantra meditation[Title/Abstract]
- #43 compassion focused therapy[Title/Abstract]
- #44 #24 OR#25 OR #26OR#27 OR#28 OR #29OR#30 OR #31OR #32OR#33 OR  
#34OR#35 OR#36 OR #37OR#38 OR #39OR #40OR #41 OR #42OR #43OR #44
- #45 "Humans"[Majr]
- #46 "Animals"[Majr]
- #47 #42NOT#43
- #48 #16 AND #25 AND #44 AND #47

### **EMBASE search strategy**

#1 'randomization'/exp OR 'placebo'/exp OR 'placebo effect'/exp OR 'single blind procedure'/exp OR 'double blind procedure'/exp OR 'randomized controlled trial'/exp OR 'randomized controlled trial (topic)'/exp OR 'controlled clinical trial'/exp OR 'controlled clinical trial (topic)'/exp OR 'clinical trial'/exp OR 'clinical trial (topic)'/exp OR 'case study'/exp OR 'qualitative study'/exp

#2 random\*:ab,ti OR allocation:ab,ti OR placebo:ab,ti OR single AND blind:ab,ti  
OR double AND blind:ab,ti OR rct:ab,ti OR clinical AND trial\*:ab,ti

#3 #1 OR #2

#4 'Chronic Airflow Obstruction':ab,ti OR 'Chronic Obstructive Airway Disease  
' :ab,ti OR ' Chronic Obstructive Lung Disease ':ab,ti ' Chronic Obstructive Pulmonary  
Disease ':ab,ti OR ' COAD ':ab,ti OR ' COPD ':ab,ti

#5 'mindfulness':ab,ti OR 'mindfulness-based cognitive therapy ':ab,ti OR '  
MBCT ':ab,ti 'mindfulness-based stress reduction':ab,ti OR 'MBSR ':ab,ti  
OR 'meditation ':ab,ti OR 'mindfulness meditation':ab,ti OR 'acceptance commitment  
therapy':ab,ti OR ' dialectical behavior therapy':ab,ti 'cognitive behavioral stress  
management':ab,ti OR ' integrative body–mind training':ab,ti OR 'mindfulness-related  
interventions':ab,ti OR 'Vipassana':ab,ti OR 'Zen':ab,ti OR 'mantra meditation':ab,ti  
OR 'compassion focused therapy':ab,ti

#6 #3 AND #4 AND #5

### **The Cochrane Library search strategy**

#1 "random\*" or allocation or "random allocation" or placebo or single blind or  
double blind or "randomized controlled trial\*" or RCT or "clinical trial \*" or "case  
stud\*" or "qualitative stud\*"

#2 randomized controlled trial:pt or clinical trial:pt

#3 #1 or #2

#4 Chronic Airflow Obstruction:ti,ab,kw or Chronic Obstructive Airway  
Disease:ti,ab,kw or Chronic Obstructive Lung Disease:ti,ab,kw or Chronic  
Obstructive Pulmonary Disease:ti,ab,kw or COAD:ti,ab,kw or COPD:ti,ab,kw

#5 mindfulness:ti,ab,kw or mindfulness-based cognitive therapy:ti,ab,kw or  
MBCT:ti,ab,kw or mindfulness-based stress reduction:ti,ab,kw or MBSR:ti,ab,kw or  
meditation:ti,ab,kw or mindfulness meditation:ti,ab,kw or acceptance commitment  
therapy:ti,ab,kw or dialectical behavior therapy:ti,ab,kw or cognitive behavioral stress  
management:ti,ab,kw or integrative body–mind training:ti,ab,kw or

mindfulness-related interventions:ti,ab,kw or Vipassana:ti,ab,kw or Zen:ti,ab,kw or  
mantra meditation:ti,ab,kw or 'compassion focused therapy:ti,ab,kw

#6 #3 and #4 and #5

### **Web of Science search strategy**

#1 TS=("random \*" OR allocation OR "random allocation" OR placebo OR single  
blind OR single blind method OR double blind OR double blind method OR  
"randomized controlled trial\*" OR "randomized controlled trial\*" OR "RCT" OR  
"clinical trial \*"OR "case stud\*" OR "qualitative stud\*")

#2 TS=( Chronic Airflow Obstruction OR Chronic Obstructive Airway Disease OR  
Chronic Obstructive Lung Disease OR Chronic Obstructive Pulmonary Disease OR  
COAD OR COPD )

#3 TS=( mindfulness OR mindfulness-based cognitive therapy OR MBCT OR  
mindfulness-based stress reduction OR MBSR OR meditation OR mindfulness  
meditation OR acceptance commitment therapy OR dialectical behavior therapy OR  
cognitive behavioral stress management OR integrative body–mind training OR  
mindfulness-related interventions OR Vipassana OR Zen OR mantra meditation OR  
compassion focused therapy)

#4 #3 AND #2 AND #1

### **CNKI search strategy**

(SU = '随机' OR SU = '随机分配' OR SU = '随机对照' OR SU = '对照' OR SU = '盲法' OR SU = '单盲'  
OR SU = '双盲' OR SU = '随机对照实验' OR SU = '随机对照研究' OR SU = 'RCT' OR SU = '临床试  
验' OR SU = '临床研究' OR SU = '临床观察' OR SU = '临床试验' OR SU = '个案研究' OR SU = '质性  
研究') AND ( SU = '慢性阻塞性肺炎' OR SU = '慢性阻塞性肺部疾病' OR SU = 'COPD' OR SU =  
'COAD') AND ( SU = '正念' OR SU = '冥想' OR SU = '正念认知疗法' OR SU = ' MBCT' OR SU = '正  
念减压疗法' OR SU = 'MBSR' OR SU = '正念冥想' OR SU = '接受与承诺疗法' OR SU = '辩证行为  
疗法' OR SU = '认知行为压力管理' OR SU = '整合身心训练' OR SU = '内观' OR SU = '禅' OR SU =  
'曼陀罗禅修' OR SU = 同情聚焦治疗)

### **CINAHL search strategy**

S1 MH("Random Assignment" OR "Placebos" OR "Placebo Effect" OR "Single-Blind" OR "Double-Blind" OR "Randomized Controlled Trial\*" OR "Clinical Trial\*" OR "Case Stud\*" OR "qualitative stud\*")

S2 TX(random OR allocation OR "random allocation" OR placebo OR single blind OR double blind OR "random controlled trial\*" OR RCT OR "Clinical Trial\*" OR "Case stud\*" OR "qualitative stud\*" )

S3 S1 OR S2

S4 AB(Chronic Airflow Obstruction OR Chronic Obstructive Airway Disease OR Chronic Obstructive Lung Disease OR Chronic Obstructive Pulmonary Disease OR COAD OR COPD)

S5 AB(mindfulness OR mindfulness-based cognitive therapy OR MBCT OR mindfulness-based stress reduction OR MBSR OR meditation OR mindfulness meditation OR acceptance commitment therapy OR dialectical behavior therapy OR cognitive behavioral stress management OR integrative body–mind training OR mindfulness-related interventions OR Vipassana OR Zen OR mantra meditation OR compassion focused therapy)

S6 S3 AND S4 AND S5

### **PsycINFO search strategy**

1 ((doubl\* or singl\*) adj blind\*).mp.or ((random\* or clinical or control\*) adj (trial\* or study or studies)).mp.or ( clinical trial\* ).mp.or((case or qualitative) adj (study or studies)).mp.or( case stud\*).mp.or (qualitative stud\*).mp.

2 (Chronic Airflow Obstruction).mp.or(Chronic Obstructive Airway Disease).mp.or (Chronic Obstructive Lung Disease).mp.or(Chronic Obstructive Pulmonary Disease).mp.or (COAD ).mp.or(COPD).mp.

3 (mindfulness).mp.or(mindfulness-based cognitive therapy).mp.or (MBCT).mp.or(mindfulness-based stress reduction).mp.or (MBSR ).mp.or(meditation).mp.or (mindfulness meditation).mp.or(acceptance commitment therapy).mp.or (dialectical behavior therapy).mp.or(cognitive behavioral

stress management).mp.or (integrative body–mind  
training ).mp.or(mindfulness-related interventions ).mp.or  
(Vipassana).mp.or(Zen).mp.or (mantra meditation ).mp.or(compassion focused  
therapy).mp.

4 1 and 2 and 3