**Supporting Material 1**

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| **BoxS2- Summary of findings** | | | |
| **Outcome** | **No of trials** | **Certainty of Evidence** | **Effect Size** |
| **1. Comparison: Meditation vs Minimal intervention (Short-term)** | | | |
| Pain | 3 | Moderate | No difference |
| Disability | 3 | Moderate | Small (SMD =-0.22; 95% CI =-0.42 to -0.02) |
| Mental health-related of quality of life | 2 | Low | No difference |
| Physical health-related of quality of life | 3 | Low | No difference |
| Anxiety | 1 | Low | No difference |
| Depression | 1 | Low | No difference |
| Pain Catastrophizing | 1 | Low | No difference |
| Global impression of change | 1 | Low | RR = 2.17; 95% CI = 1.72 to 2.74 |
| **2. Comparison: Meditation vs Minimal intervention (Intermediate-term)** | | | |
| Pain | 1 | Low | No difference |
| Disability | 1 | Low | No difference |
| Physical health-related of quality of life | 1 | Low | No difference |
| Pain Catastrophizing | 1 | Low | No difference |
| Global impression of change | 1 | Low | RR = 1.81; 95% CI = 1.45 to 2.26 |
| **3. Comparison: Meditation vs Minimal intervention (Long-term)** | | | |
| Pain Catastrophizing | 1 | Low | No difference |
| **4. Comparison: Meditation vs Usual care (Short-term)** | | | |
| Pain | 2 | Low | No difference |
| Disability | 2 | Moderate | No difference |
| Mental health-related of quality of life | 2 | Low | Medium (SMD = -0.74; 95% CI = -1.42 to -0.06) |
| Physical health-related of quality of life | 2 | Very Low | Large (SMD = -3.07; 95% CI = -4.05 to -2.10) |
| Anxiety | 1 | Low | No difference |
| Depression | 1 | Low | Small (SMD = -0.39; 95% CI = -0.65 to -0.13) |
| Pain Catastrophizing | 1 | Low | No difference |
| Global impression of change | 1 | Low | No difference |
| **5. Comparison: Meditation vs Usual care (Intermediate-term)** | | | |
| Pain | 2 | Low | No difference |
| Disability | 2 | Moderate | No difference |
| Mental health-related of quality of life | 2 | Low | No difference |
| Physical health-related of quality of life | 1 | Low | No difference |
| Anxiety | 1 | Low | No difference |
| Depression | 1 | Low | No difference |
| Pain Catastrophizing | 1 | Low | No difference |
| Global impression of change | 1 | Low | (RR=1.94; 95% CI = 1.10 to 3.42) |
| **6. Comparison: Meditation vs Usual care (Long-term)** | | | |
| Pain | 1 | Low | Small (SMD = -0.28; 95% CI = -0.54 to -0.02) |
| Disability | 2 | Moderate | No difference |
| Mental health-related of quality of life | 1 | Low | Small (SMD = -0.26; 95% CI = -0.52 to -0.00) |
| Physical health-related of quality of life | 1 | Low | No difference |
| Anxiety | 1 | Low | No difference |
| Depression | 1 | Low | No difference |
| Pain Catastrophizing | 1 | Low | No difference |
| Global impression of change | 1 | Low | (RR=1.65; 95% CI = 1.02 to 2.70) |