

Additional file 2: Excluded studies - pdf

<p style="text-align: center;">Author (Study title)</p>	<p style="text-align: center;">Factors necessitating exclusion</p>
<p style="text-align: center;">Ahmadi et al. (2010) The Effects of a Yoga Intervention on Balance, Speed and Endurance of Walking, Fatigue and Quality of Life in People with Multiple Sclerosis</p>	<p>Yoga intervention. No emphasis on Mindfulness described.</p>
<p style="text-align: center;">Doulatabad et al. (2013) The effects of pranayama, hatha and raja yoga on physical pain and the quality of life of women with multiple sclerosis</p>	<p>Yoga intervention. No full text available.</p>
<p style="text-align: center;">Garrett et al. (2010) Exercise in the community for people with multiple sclerosis—a follow-up of people with minimal gait impairment</p>	<p>Yoga intervention. No emphasis on Mindfulness described.</p>
<p style="text-align: center;">Garrett et al. (2012) Exercise in the community for people with minimal gait impairment due to MS: an assessor-blind randomized controlled trial</p>	<p>As Garrett et al. (2010). Study elaboration.</p>
<p style="text-align: center;">Granmayeh et al. (2012) The effects of Mindfulness-based Stress Reduction programme on physical symptoms, quality of life, and mental health in patients with multiple sclerosis</p>	<p>Full paper unavailable in English.</p>
<p style="text-align: center;">Hankin (2010) Mindfulness based stress reduction in couples facing multiple sclerosis: Impact on self reported anxiety and uncertainty</p>	<p>Uncontrolled trial.</p>
<p style="text-align: center;">Jajvandian et al. (2011) Influence of 6-week yoga on depression and fatigue in patients with multiple sclerosis, North Khorasan, northeastern Iran</p>	<p>Full paper unavailable in English.</p>
<p style="text-align: center;">Nordin et al. (2012) Cognitive behavioural therapy in multiple sclerosis: a randomized controlled pilot study of acceptance and commitment therapy</p>	<p>Acceptance and Commitment Intervention.</p>
<p style="text-align: center;">Oken et al. (2004) Randomized controlled trial of yoga and exercise in multiple sclerosis</p>	<p>Yoga intervention. No emphasis on Mindfulness described.</p>
<p style="text-align: center;">Pritchard et al. (2010) Impact of Integrative Restoration (iRest) Meditation on Perceived Stress Levels in Multiple Sclerosis and Cancer Outpatients</p>	<p>Yoga intervention. No emphasis on Mindfulness described.</p>
<p style="text-align: center;">Velikonja et al. (2010) Influence of sports climbing and yoga on spasticity, cognitive function, mood and fatigue in patients with multiple sclerosis</p>	<p>Yoga intervention. No emphasis on Mindfulness described.</p>