

Appendix 4: Comparison of MBST and CBT

Session	CBT	MBSR
1	Rationale and evidence base for CBT, behavioral goal setting, introduction to relaxation techniques and Personal Pain Coping Plan	Setting expectations, definition of mindfulness, mindfulness exercise, movement, abdominal breathing instruction, introduction to home practice
2	Identifying and evaluating automatic thoughts related to pain, setting and working towards behavioral goals, relaxation	Perception and responding creatively to perceptions, yoga, body scan, discussion of developing a practice
3	Challenging automatic thoughts related to pain, setting and working towards behavioral goals, relaxation	The pleasure and power of being present, yoga, walking meditation, how to bring more pleasant events into our lives
4	Thought stopping and coping self statements, identifying and challenging negative thoughts setting and working towards behavioral goals, relaxation	Getting unstuck from old patterns, yoga/movement, sitting meditation, stress (define, identify, how and why we stay stuck), dealing with pain
5	Activity pacing and scheduling, identifying and challenging negative thoughts, setting and working towards behavioral goals, relaxation	Reacting and responding differently to stress, yoga, guided meditation, establishing coping strategies (living with difficulties)
6	Core beliefs about pain, effective communication, identifying and challenging negative thoughts, setting and working towards behavioral goals, relaxation	Learning about communication patterns, yoga/meditation, styles of communicating with others (effective and ineffective)
7	Rehearsal of pain coping skills, coping with flare-ups, identifying and challenging negative thoughts, setting and working towards behavioral goals, mini-relaxation	Integrating the learning from the techniques, yoga/meditation, practical ways to bring mindfulness into daily life
8	Maintenance of coping skills, relapse prevention, personal plan for the future	This is the rest of your life, review mindfulness techniques/applications, closure

Cherkin, D. C., et al. (2016). Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain. *Jama*, 315(12), 1240. <http://doi.org/10.1001/jama.2016.2323>