

Table 10: Measurement tools commonly used

Health Outcome Measurement Assessment Tool	What does it measure?	Tool used in n (%) included studies
Short-Form Health Survey (SF-12 or SF-36) [77]	Health-related quality of life	7
Patient-Reported Outcomes Measurement Information System (PROMIS) [78]	Physical, mental, and social health	6
Perceived stress scale (PSS) [79]	Individual stress levels	6
Five Facet Mindfulness Questionnaire (FFMQ-SF) [80]	Five vital elements of mindfulness (observation, description, aware actions, non-judgmental inner experience, and non-reactivity)	4
Hospital Anxiety and Depression Scale (HADS) [81]	Anxiety and depression among patients	4
Godin-Shephard Leisure-Time [84]	Weekly leisure activity	2
Patient Health Questionnaire (PHQ-2 or PHQ-8) [85]	Depression	2
Montreal Cognitive Assessment (MoCA) [86]	Mild cognitive impairment	2
eHealth Literacy Scale (eHEALS) [87]	Consumers' combined knowledge, comfort, and perceived skills at finding, evaluating, and applying electronic health information to health problems	2
Functional assessment of chronic illness therapy (FACIT)	Health-related quality of life targeted at chronic illness	2

[88]	management	
Mindful Attention Awareness Scale [89]	Dispositional mindfulness	2
Pittsburgh Sleep Quality Index (PSQI) [90]	Sleep quality and disturbances	2
Center for Epidemiological Studies Depression Scale (CESD) [91]	Depression	2