Study information to women with breast cancer, after completion of adjuvant chemotherapy, with/or without endocrine therapy/radiotherapy.

Eligible women asked for consent

Written consent

Randomization (n=150)

Allocated to intervention I (n=50)

Allocated to intervention II (n=50)

Allocated to control (n=50)

Baseline: Health check-up, Questionnaires, Blood samples

MBSR 8 weeks self-instructing program + weekly group sessions

MBSR 8 weeks self-instructing program

Non-MBSR

3 months: Health check-up, Questionnaires, Blood samples

6 months: Health check-up, Questionnaires, Blood samples

12 months: Health check-up, Questionnaires, Blood samples

2-5 years: Health check-ups, Questionnaires, Blood samples