

RESEARCH SUMMARY: MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Since the first MBSR Programs were taught three decades ago there has been a flourishing inquiry into the therapeutic effects of mindfulness practices. Credible research is a cornerstone of MBSR and continues to validate the technique and shape its application with patients in a variety of settings. This scrupulous attention to research is likewise a high priority at the Stress Reduction Clinic at Yoga Hillsboro. We have assembled this bibliography to help keep the physicians, clinicians and mental healthcare professionals we work with informed about this effective complement to medical care and therapy. Don't hesitate to contact us if we can support you as you learn more about MBSR, yoga and the other mindfulness practices we teach.

▲ REVIEWS OF LITERATURE AND META-ANALYSES

MBSR for psychological disorders (Baer *Clin. Psych. Sci. and Pract.* 2003, Allen, et al. *Austral. New Zeal. J. Psychiatry* 2006). MBSR for healthcare providers and patients (Praisman *J. Am. Acad. Nurse Pract.* 2008). MBSR for cancer patients (Mackenzie *Evid. Based Integ. Medicine* 2005). MBSR for heart disease (Tacon, et al. *Fam. Comm. Health* 2003). Meta-Analysis of health benefits (Grossman, et al. *J. Psychosom. Res.* 2004). Review of MBSR's effect on sleep disturbance (Winbush, et al. *Explore.* 2007).

▲ ANXIETY

Mindfulness training has been shown to clinically reduce symptoms of anxiety, distress and secondary depression (Kabat-Zinn et al. *Am. J Psychiatry* 1992, Miller, et al. *Gen. Hosp. Psychiatry* 1995).

▲ ARTHRITIS

Patients' psychological distress was reduced with MBSR practice (Pradhan, et al. *Arth. Rheum.* 2007).

▲ ASTHMA

Relaxation training improves psychological well-being, functional status, frequency of asthma attacks as well as adherence to treatment (Devine & Percy *Patient Educ Couns.* 1996).

▲ CANCER

Cancer outpatients who learned MBSR significantly improved mood including depression, anxiety, anger and confusion as well as decreasing symptoms of stress including cardiopulmonary and gastrointestinal symptoms (Specia, et al. *Psychosom. Med.* 2000). Many studies document the value of meditation and relaxation training for cancer patients (Bridge et al. *British Medical Journal* 1988, Carlson et al. *Brain Behav Immun.* 2007, Mackenzie *Evid. Based Integ. Medicine* 2005, Smith, et al *Journ. Adv. Nursing* 2005).

▲ CAREGIVER WELL-BEING

MBSR may be feasible and practical for at-risk caregivers (Epstein-Lubow. *Psychiatr. Serv.* 2006). MBSR is a well-suited and effective complement to healthcare professions (Mackenzie, et al. *Applied Nurs. Res.* 2006, Shapiro, et al. *Int. J. Stress Mgmt.* 2005).

▲ CHRONIC PAIN

Mindfulness has been shown to reduce the experience of pain and inhibition of patients' daily activity as well as moderate anxiety and depression while reducing dependence on pain medication (Kabat-Zinn *Gen. Hosp. Psychiatry* 1982, Kabat-Zinn, et al. *J. Behav. Med.* 1985, Kabat-Zinn et al. *Clin. J. Pain* 1986).

▲ CORONARY ARTERY DISEASE

Meditation training with standard cardiac rehabilitation regimens has been shown to reduce mortality morbidity, psychological distress, and reduce some biological risk factors (Linden et al. *Archives of Int. Medicine* 1996, Tacon, et al. *Fam. Comm. Health* 2003, Zammara, et al. *Amer. J. of Cardiology* 1996).

▲ DEPRESSION

Skills derived from mindfulness training in combination with cognitive therapy have been very effective in reducing recurrence of major depressive episodes in patients who have been treated for depression (Teasdale, et al. *Consult. Clin. Psychol* 2000).

▲ DIABETES

Relaxation training significantly lowered glucose levels in patients with poorly controlled type 1 diabetes and can be generally helpful for diabetics (McGrady et al. *Diabetes Care* 1991, Nelson, *Diabetes Self-Mgmt* 2005).

▲ FIBROMYALGIA

Mindfulness training improves physical and psychological symptoms and has potential long-term benefit for patients (Grossman, et al. *Psychother. Psychosom.* 2007, Kaplin et al. *Gen. Hosp. Psychiatry* 1993, Goldenberg, et al. *Musculoskeletal Pain* 1994, Sephton et al. *Arthritis Rheum.* 2007).

▲ HEADACHES

Mind-body therapies can significantly reduce symptoms of headache and side effects are minimal (Sierpina, et al. *Am. Fam. Physician* 2007).

▲ HEPATITIS C

MBSR may be effective for those who suffer with hepatitis C (*J. Holist. Nursing* 2007).

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- ▲ **HIV**
Mindfulness meditation slows progression of HIV (*Science Daily* July 27 2008).
- ▲ **HYPERTENSION**
Meditation training has been shown to reduce blood pressure (Schneider et al. *Hypertension* 1995).
- ▲ **GASTROINTESTINAL PROBLEMS**
Meditation training can be effective in improving IBS (Keefer & Blanchard *Behav. Res. & Therapy* 2002, Mullin, et al. *Expert Review, Gastroent. and Hepatol.*, 2008, Najiboff *eCAM* 2008).
- ▲ **MULTIPLE SCLEROSIS**
Training in mindfulness of movement resulting in patient reports of improvement of a broad range of symptoms (Mills & Allen. *Gen. Hosp. Psychiatry* 2000).
- ▲ **PSORIASIS**
Skin clearing showed four-fold increase when mindfulness meditation was used in conjunction with phototherapy and photochemotherapy (Kabat-Zinn, et al. *Psychosomat. Med* 1998).
- ▲ **QUALITY OF LIFE**
MBSR has been shown to significantly improve health-related quality of life in a number of measures including functional status, well-being, reduced physical symptoms, and psychological distress (Majumdar, et al *Jour. Altern. & Complement. Medicine* 2002, Reibel, et al. *Gen. Hosp. Psychiatry* 2001).
- ▲ **SLEEP PROBLEMS**
MBSR training significantly improved quality of sleep (Carlson & Garland *Int J Behav Med.* 2005).
- ▲ **BOOKS**
Full Catastrophe Living, Kabat-Zinn 1991, *Coming to Our Senses*, Kabat-Zinn 2005, *Mindfulness and Psychotherapy*, Germer, et al 2005, *Mindfulness Based Cognitive Therapy for Depression*, Segal, et al 2005 *The Mindful Way through Depression*, Williams, et al. 2007,

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Argus Health & Wellness C3

MBSR: Find your wisdom to face pain, illness and stress

By Brant Rogers, MS, RYT
Special to The Argus

Almost 30 years ago, Jon Kabat-Zinn began offering a program of stress reduction for patients and physicians at the University of Massachusetts Medical Center. The program aimed to help them find a way to face the pain, illness and stress in their lives so as to live life as fully as possible.

Students included those with cancer, heart disease, fatigue, chronic pain, emotional stress and other challenges. Their physicians referred them to the program when medical treatment could offer them nothing more to help with their suffering.

The program combined stress medicine and psychology with meditation, gentle yoga, experiential education and group dynamic exercises. The eight-week, 30-hour program is known as Mindfulness-Based Stress Reduction Training (MBSR).



Rogers

The program is described in detail in Jon's book, "Full Catastrophe Living."

Since that first program, tens of thousands of people around the world have participated in MBSR. Many years of published research shows that the majority of participants report benefits like reduction in pain levels, lasting ability to cope with stress, lasting decreases in physical and psychological symptoms, greater ability to relax and greater energy.

Students with a variety of challenges are helped with MBSR, including those with chronic pain or illness, chronic anxiety or panic, gastrointestinal distress, high blood pressure, headaches, stress, fatigue and more.

So how does this work? Through the techniques learned and practiced in the MBSR program, students begin to work directly with the particular challenges in their personal lives.

One technique, mindfulness meditation, helps cultivate continuous nonjudgmental awareness so that pain or stress is experienced in the context of the full fabric of life.

One student arrived at an MBSR program in a wheelchair with so much pain in

his feet that he couldn't walk. After a few weeks, he came to class using a cane and explaining that he still had the pain, but now he experienced it in the context of his whole life, and it troubled him less.

The program also includes gentle yoga, exercises to help cultivate awareness in daily living, group dialogue and daily homework. Each aspect of the program is designed to help students face what is going on in their lives and learn to work skillfully, so they can experience these challenges as a potential for growth and as part of a full life.

An MBSR program is very challenging. In contrast to many medical and therapeutic treatments, where patients receive a treatment and expect a cure, MBSR is a practice that asks each participant to take personal responsibility for their experience.

Students are given daily homework assignments, and the techniques are learned so students are ultimately in charge of how they practice and what they learn. In this way, students learn to uncover their inherent wisdom to deal with the catastrophes of life while living in a full and open way.

Brant Rogers is an MBSR teacher and Yoga instructor at Yoga Hillsboro in downtown Hillsboro. Free MBSR orientation sessions are offered on a regular basis. For more information, call 503 640-6006, or visit www.yogahillsboro.com.

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