

# Effects of a meditation program on symptoms of illness in fibromyalgia

<b>Submission date</b> 15/04/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 22/06/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 17/12/2014	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

N/A

## **Study information**

**Scientific Title**

Effects of a meditation program on symptoms of illness in fibromyalgia

**Study objectives**

Participation in a mindfulness-based stress reduction will reduce symptoms of illness in fibromyalgia

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

University of Louisville; full ethical approval details not yet received as of 22/06/06

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Not specified

**Study type(s)**

Treatment

**Participant information sheet****Health condition(s) or problem(s) studied**

Fibromyalgia syndrome

**Interventions**

Mindfulness-based stress reduction (MBSR) versus usual care

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Pain, sleep, impairment, depressive symptoms and neuroendocrine function

**Secondary outcome measures**

Quality of life

**Overall study start date**

01/01/2000

**Completion date**

01/01/2003

## Eligibility

**Key inclusion criteria**

1. Over age 18
2. Confirmed American College of Radiology (ACR) diagnosis of fibromyalgia
3. Available to participate in a weekly group program for eight weeks

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Female

**Target number of participants**

91

**Key exclusion criteria**

Active psychosis

**Date of first enrolment**

01/01/2000

**Date of final enrolment**

01/01/2003

## Locations

**Countries of recruitment**

United States of America

**Study participating centre**

University of Louisville

Louisville, KY

United States of America  
40292

## Sponsor information

### Organisation

University of Louisville Intramural Research Program (USA)

### Sponsor details

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### Sponsor type

University/education

### ROR

<https://ror.org/01ckdn478>

## Funder(s)

### Funder type

University/education

### Funder Name

University of Louisville (intramural research grant) - USA

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	15/02/2007		Yes	No
<a href="#">Results article</a>	results	01/06/2015		Yes	No