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

Submission date	Recruitment status  No longer recruiting	<ul><li>Prospectively registered</li></ul>		
15/04/2006		☐ Protocol		
Registration date	Overall study status Completed	Statistical analysis plan		
22/06/2006		[X] Results		
Last Edited	Condition category	[] Individual participant data		
17/12/2014	Musculoskeletal Diseases			

#### Plain English summary of protocol

Not provided at time of registration

#### Contact information

#### Type(s)

Scientific

#### Contact name

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#### Contact details

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#### Additional identifiers

Protocol serial number

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

#### Study type(s)

Treatment

#### 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(s)

Pain, sleep, impairment, depressive symptoms and neuroendocrine function

#### Key secondary outcome(s))

Quality of life

#### 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** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Sex

Female

#### 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)

#### **ROR**

https://ror.org/01ckdn478

# Funder(s)

#### Funder type

University/education

#### Funder Name

University of Louisville (intramural research grant) - USA

# **Results and Publications**

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?
Results article	results	15/02/2007		Yes	No
Results article	results	01/06/2015		Yes	No