

Randomised controlled trial of meditation for work stress

Submission date 09/10/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 10/02/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 12/01/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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2031

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title

Randomised controlled trial of meditation for work stress

Study objectives

Not provided at time of registration

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Not Specified

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

Occupational stress

Interventions

Two different definitions of meditation. Sahaja Yoga Meditation compared to a generic form of meditation based on the 'relaxation theory' developed by Benson and other western researchers.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Not provided at time of registration

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/01/2005

Completion date

31/12/2005

Eligibility

Key inclusion criteria

Adults with full time work, no major medical or psychiatric comorbidity.

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

Not provided at time of registration

Total final enrolment

180

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/01/2005

Date of final enrolment

31/12/2005

Locations

Countries of recruitment

Australia

Study participating centre

Royal Hospital for Women

Sydney

Australia

2031

Sponsor information

Organisation

Royal Hospital for Women - Natural Therapies Unit (Australia)

Sponsor details

Barker St
Randwick 2031
Sydney
Australia
2031
+61 (0)2 9382 6621
j.eden@unsw.edu.au

Sponsor type

Hospital/treatment centre

ROR

<https://ror.org/021cxfs56>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Natural Therapies Unit, Royal Hospital for Women

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?
Results article	results	01/01/2011	12/01/2021	Yes	No