

# Randomised controlled trial of meditation for work stress

**Submission date**

09/10/2004

**Recruitment status**

No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**

10/02/2005

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

12/01/2021

**Condition category**

Mental and Behavioural Disorders

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Ramesh Manocha

**Contact details**

Royal Hospital for Women

Barker St

Randwick 2031

Sydney

Australia

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?
<a href="#">Results article</a>	results	01/01/2011	12/01/2021	Yes	No