

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

Protocol serial number

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

Study type(s)

Not Specified

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(s)

Not provided at time of registration

Key secondary outcome(s))

Not provided at time of registration

Completion date

31/12/2005

Eligibility**Key inclusion criteria**

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

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

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)

ROR

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

Funder(s)**Funder type**

Hospital/treatment centre

Funder Name

Natural Therapies Unit, Royal Hospital for Women

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	01/01/2011	12/01/2021	Yes	No