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Effect of heartfulness meditation on stress and satisfaction with life of students

Submission date
30/12/2021

Recruitment status
No longer recruiting

Registration date
30/12/2021

Overall study status
Completed

Last Edited
01/12/2023

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
The COVID-19 pandemic has had a particular impact on stress and satisfaction with life in women as they are subject to more demands and pressure in society. Since time immemorial, meditation has been accepted as a tool to help deal reduce stress and improve wellbeing. The motto of the Satyam Group of Institutions is 'empowering women through education' which resonates by developing preparedness through professional education, life skills and instilling the values of personal improvement. This study seeks to investigate whether Heartfulness meditation has an impact on satisfaction with life and perceived stress on the students of Satyam Group of Institutions. The intervention chosen for this project is a 12-week online Science of Meditation (SOM) program, with guidance from a Heartfulness meditation trainer coupled with structured education modules. Heartfulness is a simple heart-based meditation system aimed at attaining a balanced state of existence. The uniqueness of the Heartfulness system of meditation is an aspect called transmission which enhances the experience and effects of meditation. This will be explained during the sessions and the participants will be encouraged to experience the effects of transmission. Satisfaction with life is an important factor that can be adversely affected by stress. The aim of this study is to assess the effectiveness of Heartfulness meditation on alleviating stress and improving satisfaction with life among female students.

Who can participate?
Female students aged 18 years and over at the Satyam Group of Institutions

What does the study involve?
The online intervention based on the Heartfulness meditation system is composed of three main components. The live online meditation session is organized on a weekly basis for 12 weeks. The sessions are composed of 4 minutes of micro-meditation practice, a 15-minute presentation on the science of meditation, 24 minutes of guided meditation practice, 2 minutes of journaling and 15 minutes for questions and answers to help participants better understand the practice of meditation. The participants are requested to follow a 12-week self-paced online course. One module will be accessible each week. Participants will follow the pre-recorded content to review, integrate and go deeper into the understanding of the content and practice Heartfulness micro and core practices. The composition of each module is about 15 minutes of content, 24 minutes of one Heartfulness core practice, 2 to 6 minutes of micro-practice and

journaling, and 15 minutes of homework. Participants are requested to practice daily the Heartfulness core practices (meditation, rejuvenation and inner connection) in the following schedule for 12 weeks: 15-20 minutes of Heartfulness meditation in the morning, 15-20 minutes of Heartfulness cleaning in the evening, and 5-10 minutes of Heartfulness inner connection before sleeping.

What are the possible benefits and risks of participating?
Participants may have a decrease in stress levels and increased satisfaction with life. In the practice of meditation, although calmness is induced, there can also be the experience of unwanted emotions and thoughts arising and passing. If the participant is unable to continue meditation due to this, they may open their eyes briefly, take a slow deep breath and then close their eyes to continue to meditate, or alternatively they may leave if that is their desire. There may also be bodily discomfort through sitting for a prolonged period. To address this, participants may change their posture to continue meditation. The recognition of this is part of the long-term benefit of the course, but it can be upsetting or uncomfortable in the short term. Participants have their first experience of the technique in the supportive atmosphere of the session and are taught what to expect and how to cope with experience as it unfolds.
They also have contact information from the trainer and participants may call or e-mail the trainer with any questions or concerns. If any experience in class reveals intent to self-harm, the investigators will follow up promptly. Participants often share their experiences in the group setting; therefore, the issue of confidentiality applies not just to trainers, but to group members as well. Participants will need to hold class events confidentially and will not give each other advice.

Where is the study run from?
Satyam Group of Institutions (India)

When is the study starting and how long is it expected to run for?
October 2021 to April 2022

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Dr Jayaram Thimmapuram
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
0508/Research/SGI-HFN

Study information

Scientific Title
Effect of heartfulness meditation on perceived stress and satisfaction with life of students: a randomized waitlist controlled study

Study objectives
1. Heartfulness meditation practice will be associated with a reduction in perceived stress in students after the meditation program.
2. Heartfulness meditation practice will be associated with improved satisfaction with life after the meditation program.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 13/12/2021, Sathyam Ethics Committee (C-56 /14 &15, Sector 62 Noida-201309, (U.P.), India; +91 (0)9891081110; vandana.jaglan@satyamfashion.ac.in), ref: 0508/Research/SGI-HFN

Primary study design
Interventional

Study design
Single-centre prospective randomized waitlist controlled study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Stress and satisfaction with life in students

Interventions
Computer randomization is performed.

The interventional group undergoes 12 weeks of Heartfulness meditation practice with measurement of Perceived Stress Scale scores and Satisfaction with Life Scale scores at week 0, 6, 12 and 18, respectively.

The control group undergoes 12 weeks of Heartfulness meditation practice starting at week 6 of the study with measurement of Perceived Stress Scale scores and Satisfaction with Life Scale scores at week 0, 6, 12 and 18, respectively.

Intervention Type
Behavioural

Primary outcome(s)
Stress measured using the Perceived Stress Scale (PSS) at baseline, week 6, week 12 and week 18

Key secondary outcome(s)
Satisfaction with life measured using the Satisfaction with Life Scale (SWLS) at baseline, week 6, week 12 and week 18

Completion date
25/04/2022

Eligibility

Key inclusion criteria
1. Aged 18 years and above
2. Willing to participate in the study
3. Female students of Satyam Group Institutions

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
Female

Total final enrolment
212

Key exclusion criteria
1. Inability to sit for 30-45 minutes
2. Unwilling to participate

Date of first enrolment
13/12/2021

Date of final enrolment
19/12/2021

Locations

Countries of recruitment
India

Study participating centre
Satyam Group of Insititutions
C-56 A/14 & 15, Sector 62
Noida
India
201309

Sponsor information

Organisation
Satyam Group of Institutions

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
De-identified data may be available with the research board. An Excel sheet with information about the collected scores of the participant will be with the research board. Informed consent was obtained from participants for the study.

IPD sharing plan summary
Other

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?

Results article	02/11/2023	01/12/2023	Yes	No