

Effects of a meditation program on symptoms of illness in fibromyalgia

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Sandra Sephton

Contact details
University of Louisville
Department of Psychology
Suite 317
Jouett Hall
Suite 100
2301 South Third Street
Louisville, KY
United States of America
40292
+1 502 852 1166
sephton@louisville.edu

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