

# A qualitative (feasibility) study of mindfulness based stress reduction (MBSR) for the treatment of fatigue, anxiety and depression in women with metastatic breast cancer

<b>Submission date</b> 17/02/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 17/02/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 27/07/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

<http://cancerhelp.cancerresearchuk.org/trials/a-study-mindfulness-as-way-of-helping-with-fatigue-anxiety-and-depression-in-secondary-breast-cancer-mfab>

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

9766

# Study information

## Scientific Title

A qualitative (feasibility) study of mindfulness based stress reduction (MBSR) for the treatment of fatigue, anxiety and depression in women with metastatic breast cancer

## Acronym

Mindfulness for Fatigue in Breast cancer

## Study objectives

In the UK 8 - 12% of women develop breast cancer and of those 20 - 30% progress to metastatic breast cancer (MBC). Cancer related fatigue is one of the most common symptoms experienced by those with persistent or advanced cancer and may be related to treatments (radiotherapy, chemotherapy and endocrine therapy), the cancer itself, menopausal symptoms and anxiety and depression. Fatigue has been poorly investigated and there are few effective treatments. Mindfulness based stress reduction is a non-religious approach to meditation that has been used in clinical settings for many years and can be taught in a structured 8 week course. MBSR has been shown to help people manage chronic pain and fatigue and also anxiety and depression. Although MBSR has been investigated in women with early stage breast cancer it has not been explored in MBC. Therefore a mixed method feasibility study will be conducted in order to assess the impact of MBSR in this population and to assess the feasibility of conducting a RCT.

3 groups of approximately 10 women will be identified by their oncologist. Participants eligible for the study must have an Eastern Cooperative Oncology Group (ECOG) score of 0 - 1 and a life expectancy of more than 6 months. Potential participants will undergo further assessment by the mindfulness practitioner and if eligible then recruited onto the study. Two qualitative interviews will be undertaken with each participant to elicit experiences before and after attending a MBSR group. Questionnaires (BFI, HADS, TMS, EORTC QLC C30, EuroQol EQ5D) will also be completed by participants at baseline, during the MBSR course at 1 month and 2 months and post MBSR course at 3 months and at 5 months.

Three focus groups involving, service commissioners (including psychological services for cancer) and mindfulness instructors will be held at the end of the MBSR intervention. Groups will systematically explore feasibility and acceptability issues of MBSR in MBC within the NHS.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Isle of Wight, Portsmouth & South East Hampshire Local Research Ethics Committee, 21/07/2010, ref: 10/H0501/18

## Study design

Multicentre non-randomised interventional pilot/feasibility study

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Topic: National Cancer Research Network; Subtopic: Breast Cancer; Disease: Breast

## Interventions

Mindfulness based stress reduction (MBSR) was developed by Jon Kabat Zinn (University of Massachusetts Medical Center) and is a "specific structured psycho educational and skills based package" that employs taught patient "self management" using mindfulness meditation exercises.

The key goals are to encourage non-judgemental attention to what goes on in the present moment in your body mind, and the world around you.

Study entry: Other

Details: Patients will be identified by their Oncologist

## Intervention Type

Other

## Phase

Not Applicable

## Primary outcome(s)

Brief Fatigue Inventory, measured prior to intervention at baseline, during the intervention at months 1 and 2 and post-intervention at months 3 and 5

## Key secondary outcome(s)

1. EORTC-QLQ-C30, measured prior to intervention at baseline and post-intervention at month 5
2. EuroQol EQ5D, measured prior to intervention at baseline, during the intervention at months 1 and 2 and post-intervention at months 3 and 5
3. Hospital Anxiety and Depression Scale, measured prior to intervention at baseline, during the intervention at months 1 and 2 and post-intervention at months 3 and 5
4. Toronto Mindfulness Scale, measured prior to intervention at baseline, during the intervention at months 1 and 2 and post-intervention at months 3 and 5

## Completion date

01/10/2012

## Eligibility

### Key inclusion criteria

1. After diagnosis of metastatic breast cancer and stable enough to have a real likelihood of completing the study as assessed by the recruiting oncologists
2. Eastern Cooperative Oncology Group (ECOG) Performance Score of 0 - 1, thus excluding bed bound and frail patients
3. Estimated life expectancy of at least 6 months to enable retention and minimise group disruption
4. Able to provide informed written consent
5. Fluent English; the questionnaires are written and validated in English
6. Assessed as eligible by the mindfulness instructor following the clinician's initial approval
7. Female subjects, no age range

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

All

**Sex**

Female

**Total final enrolment**

20

**Key exclusion criteria**

1. Substance misuse or other issues that may jeopardise the health of individuals participating in the intervention will be excluded
2. Comorbidities that makes it unlikely that participants will complete the study (including borderline personality disorder, major psychotic illness)
3. Participants who are felt to be too distressed to be approached will be excluded (this will be determined by the clinicians)

**Date of first enrolment**

06/12/2010

**Date of final enrolment**

01/10/2012

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University of Southampton**

Southampton

United Kingdom

SO16 5ST

**Sponsor information****Organisation**

Southampton University Hospitals NHS Trust (UK)

ROR

<https://ror.org/0485axj58>

## Funder(s)

**Funder type**

Government

**Funder Name**

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) programme

## Results and Publications

**Individual participant data (IPD) sharing plan**

Not provided at time of registration

**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	01/01/2015		Yes	No
<a href="#">Plain English results</a>			27/07/2022	No	Yes