

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

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2031

Additional identifiers

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

Primary study design

Interventional

Study design

Randomised controlled trial

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