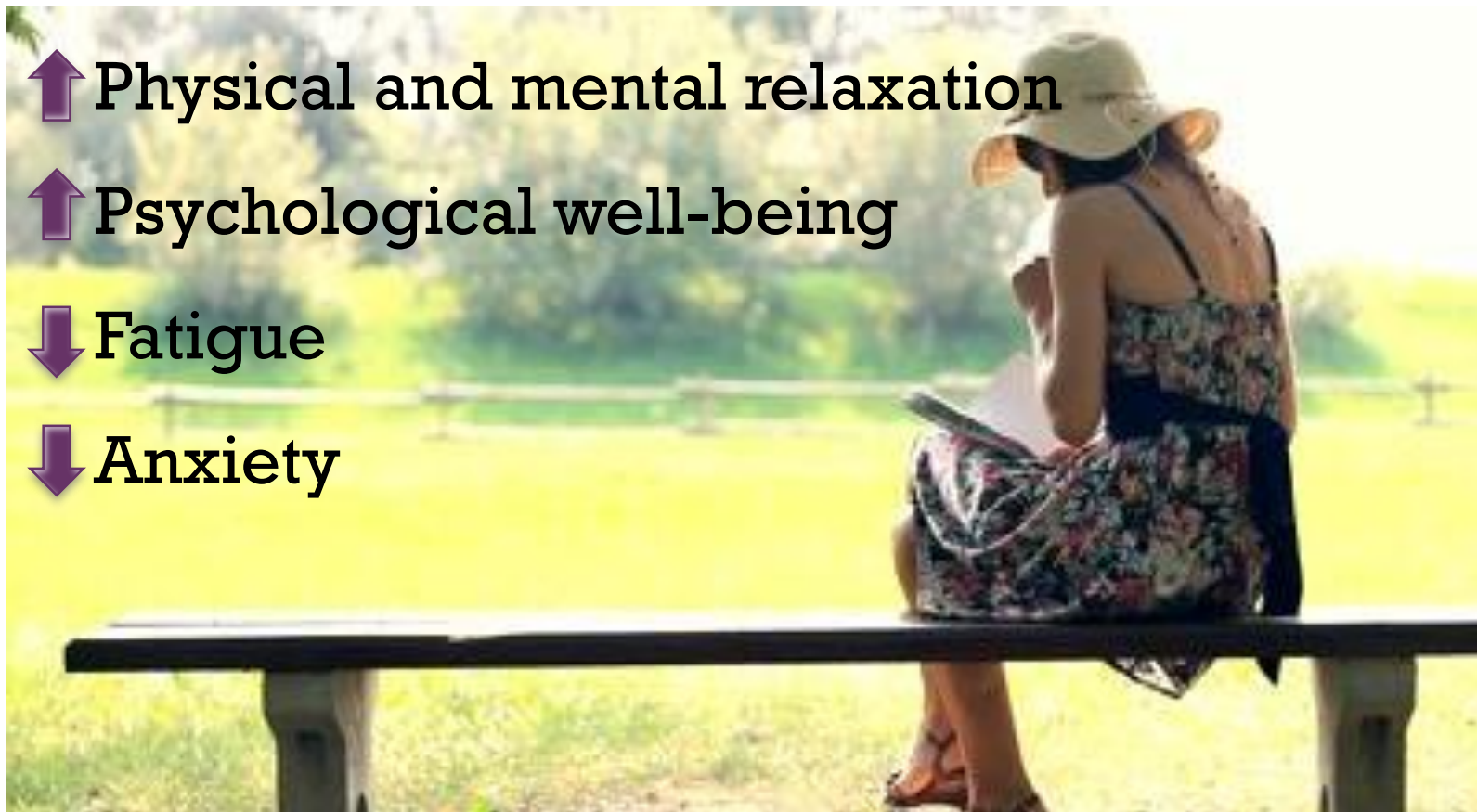


Mindfulness for Neurological Conditions

Dr Angeliki Bogosian
City University
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+ Mindfulness & wellbeing



↑ Physical and mental relaxation

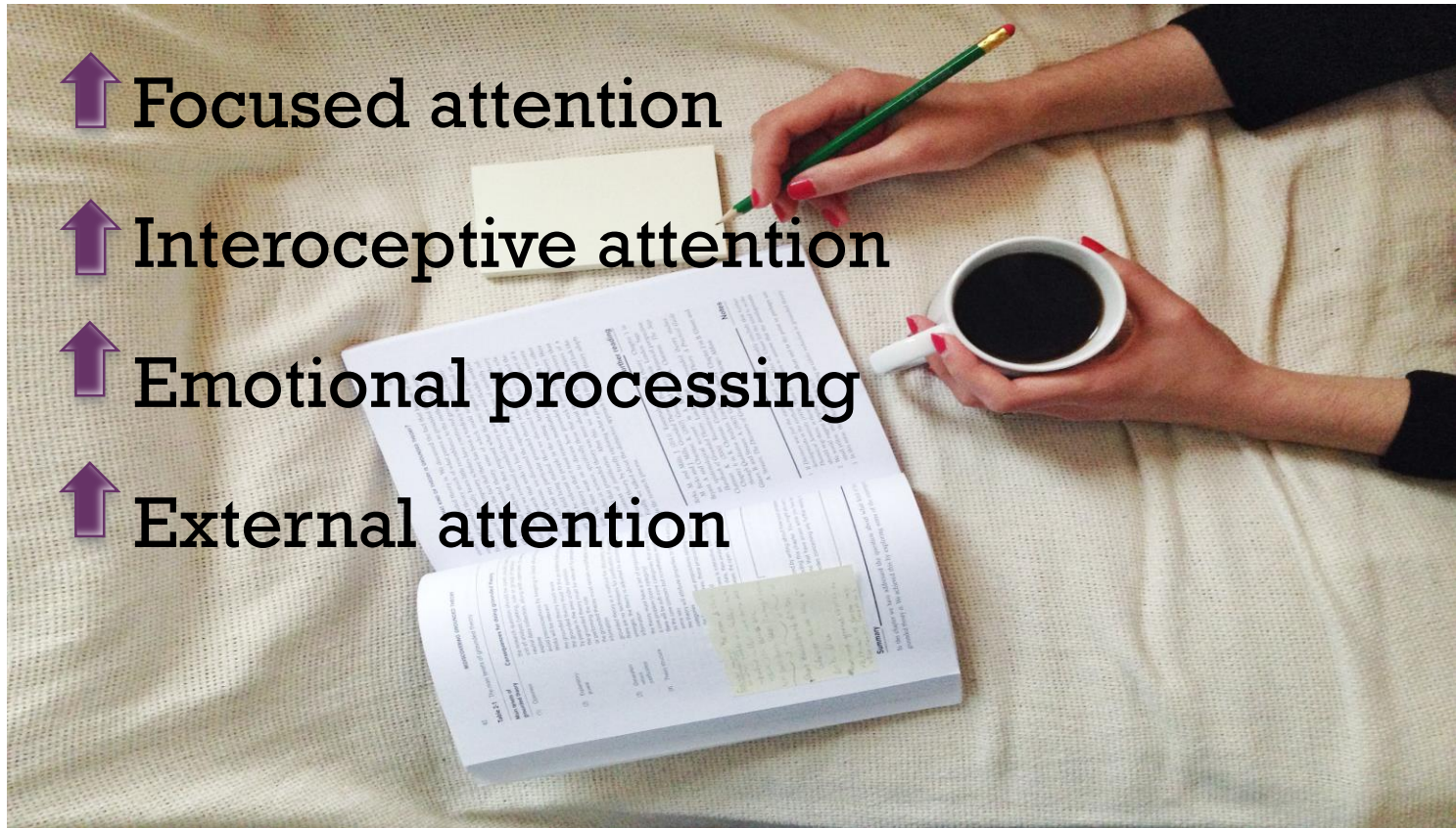
↑ Psychological well-being

↓ Fatigue

↓ Anxiety

Jevning et al., 1992; Young and Taylor, 2001; Rosenzweig et al., 2003;
Tang et al., 2007; Cahn & Polich, 2006

+ Mindfulness & cognition



Valentine & Sweet, 1999; Farb et al., 2013; Sauseny et al., 2007;
McEvoy et al., 2000;

+ Mindfulness & chronic conditions

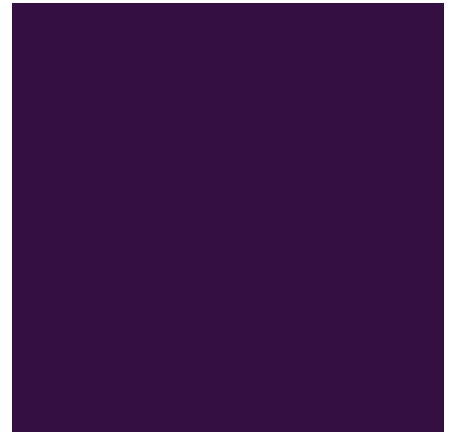
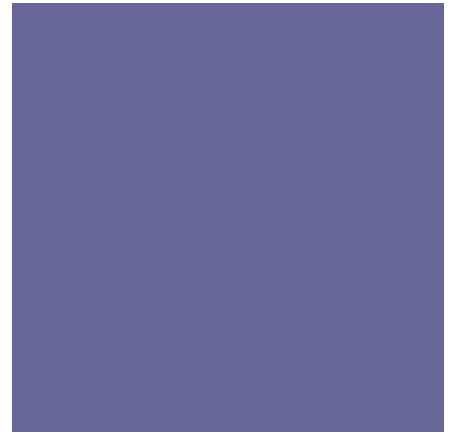
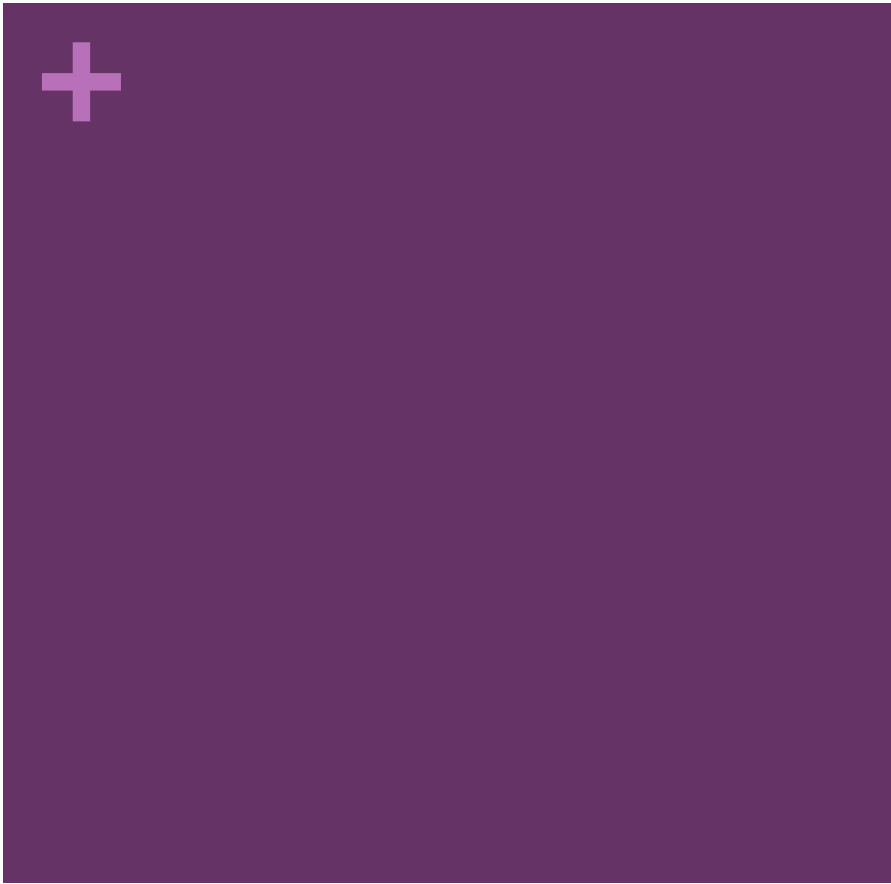
↓ distress

↓ pain, fatigue

↑ QoL

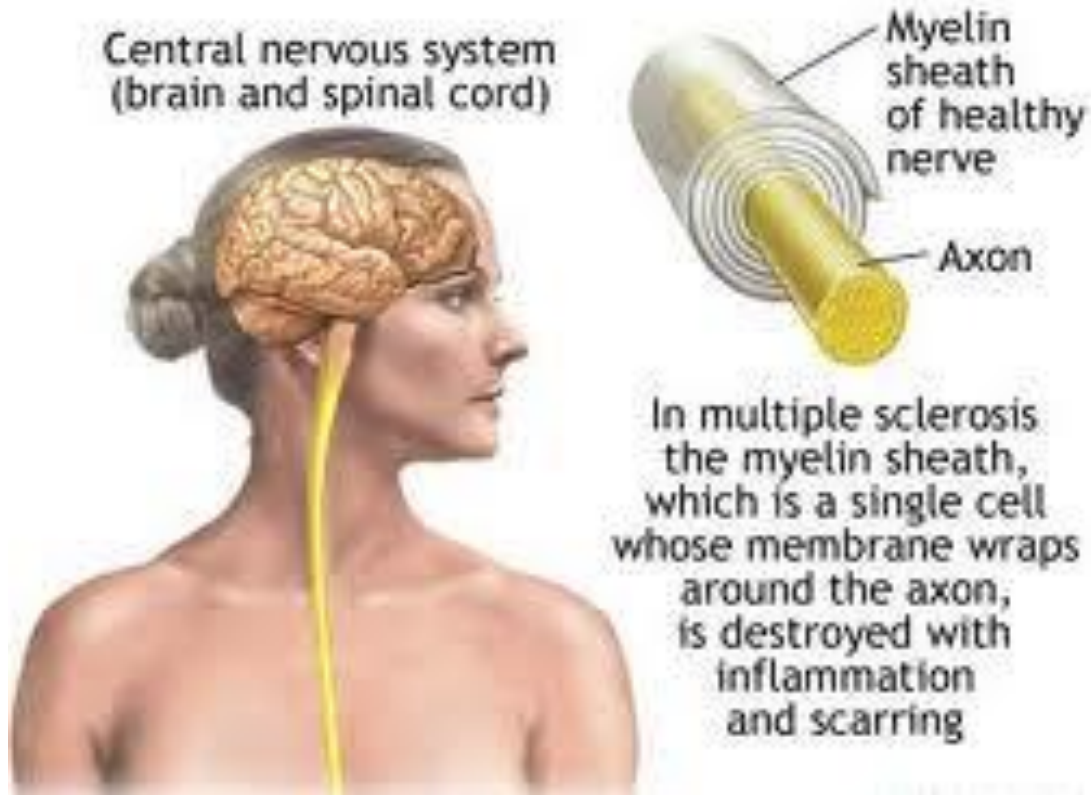


Grossman et al., 2004; Merkes, 2010



Mindfulness & MS

+ Multiple Sclerosis (MS)



+ Mindfulness & MS



Controlled study with people with MS & peripheral neuropathy (n=17) (Tavee et al., 2000):

↓ pain

↓ fatigue

Pilot RCT with people with SP MS (n=16) (Mills & Allen, 2000):

↑ symptom management

↑ balance

+ Mindfulness & MS

RCT (n= 150) (Grossman et al., 2010):

↑MS QoL

↓depression

↓fatigue

Control trial (n=32) (Burschka et al., 2014)

↑balance

↑coordination

↓depression



+ What is MIMS?





Ouch! Little girl presents a posy to



THREE more rollercoasters are



Schoolboy, 14, arrested for



Is it possible to find a soulmate in

'Hollywood' therapy eases agony of MS: Mindfulness could be key to reducing pain and depression for those with debilitating disease

- Mindfulness encourages people to focus attention on the present moment
- Researchers hail it as a cost-effective way to keep MS symptoms at bay
- These include pain, fatigue and problems with speech and swallowing
- Mindfulness has built up an avid following in recent years, including actresses Emma Watson and Goldie Hawn

By HILARY FREEMAN FOR THE MAIL ON SUNDAY

PUBLISHED: 23:14, 2 May 2015 | UPDATED: 14:11, 3 May 2015



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515 shares

14

View comments

It's the meditation method beloved of Hollywood stars, big business and politicians. Now mindfulness could hold the key to reducing pain and depression in people suffering from the debilitating disease multiple sclerosis.

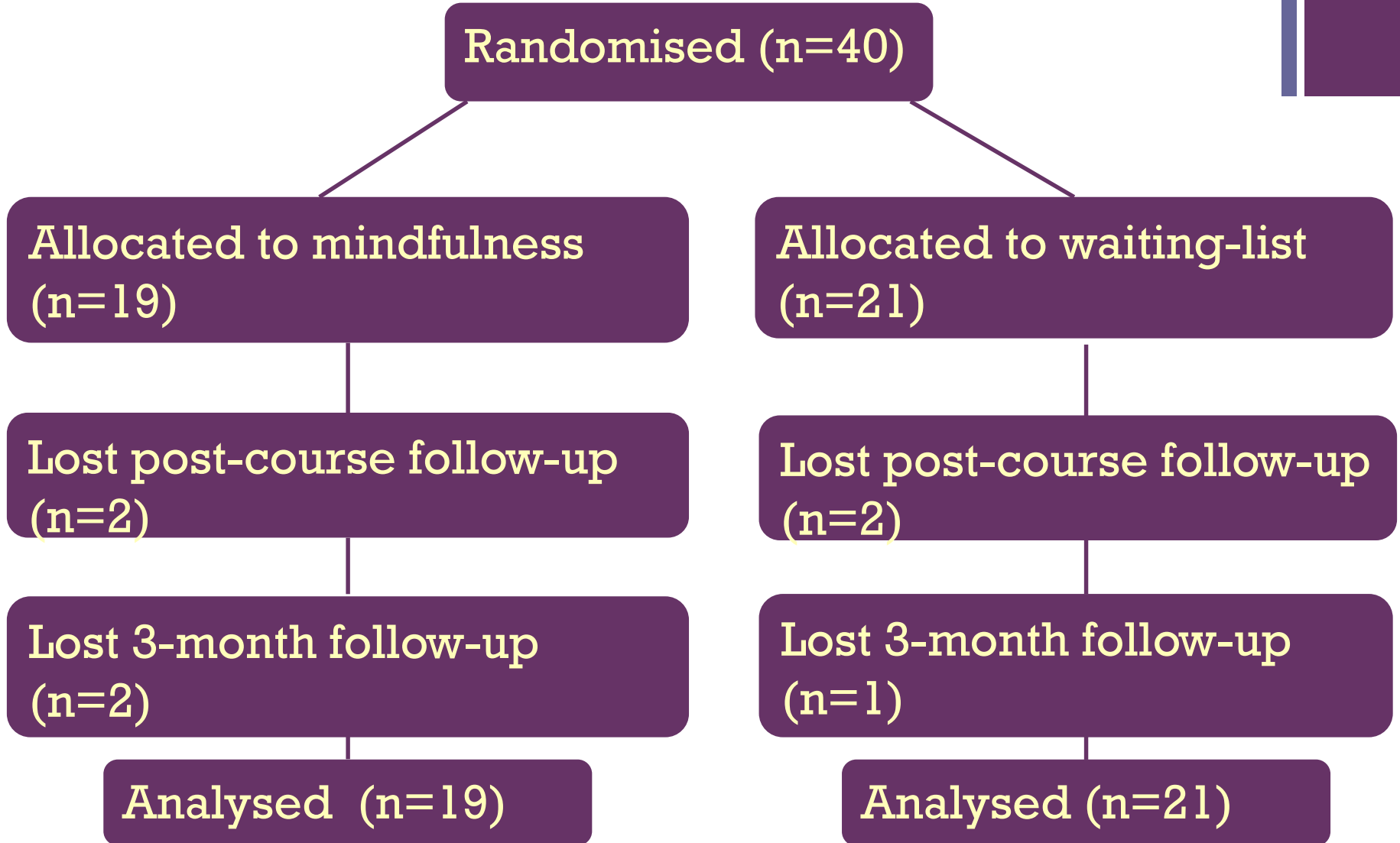
Based on ancient Eastern methods of meditation, mindfulness is said to ease the stresses and strains of everyday life by encouraging people to pay more attention to the present moment.

Researchers have hailed it as a cost-effective and side-effect-free way to keep at bay the symptoms of progressive MS, which include pain, fatigue and problems with speech and swallowing, and for which

+ What is MIMS?

- Weekly sessions
- 20min daily practice
- 8 weeks
- Skype



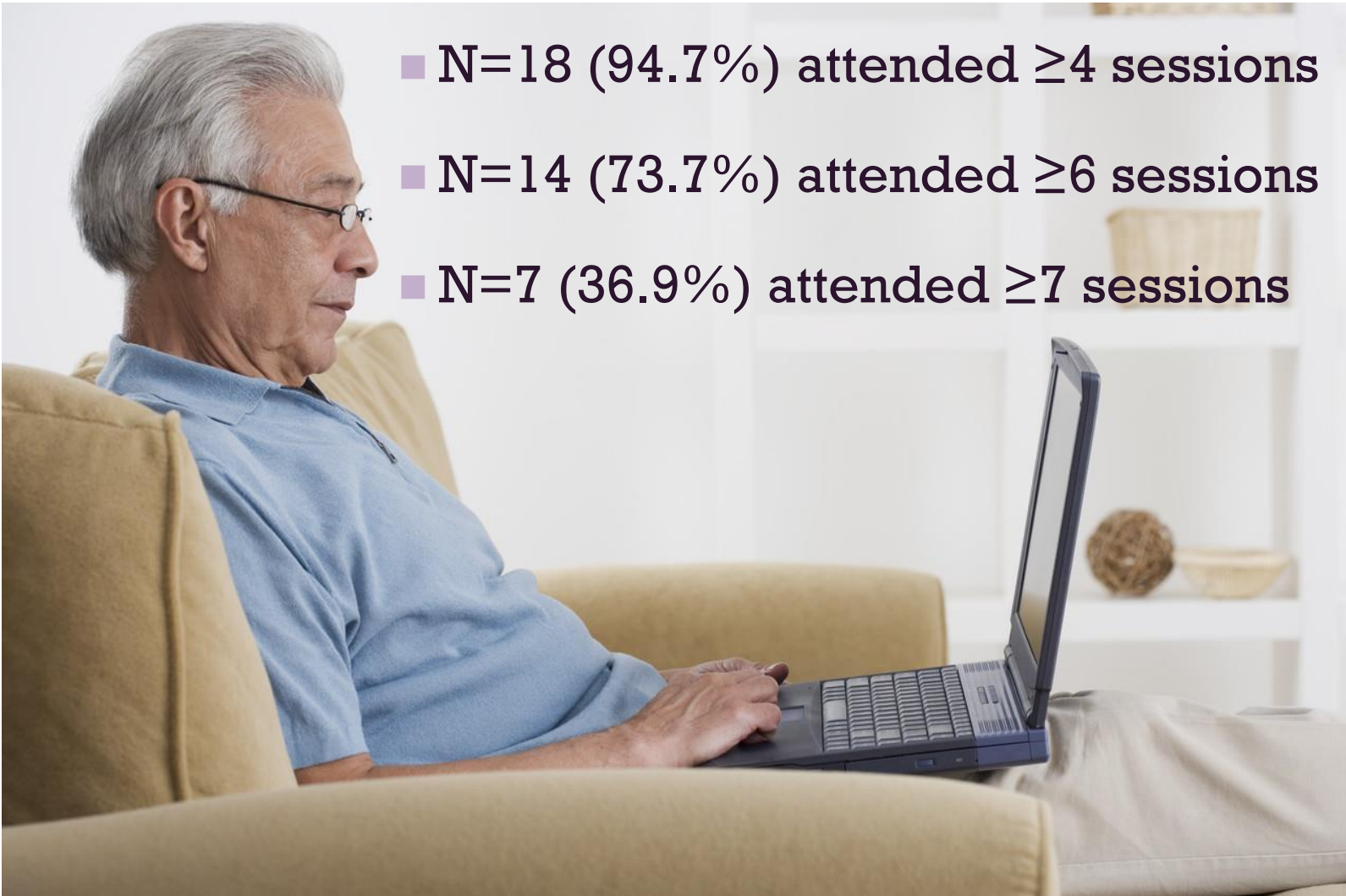


+ Participants

	MIMS (n=19)	Control (n=21)
Age (M, SD)	53.42 (8.3)	50.9 (9.9)
Women (N, %)	10 (52.6)	13 (61.9)
University (N, %)	8 (42.1)	11 (52.4)
White British (N, %)	17 (89.5)	19 (90.5)
Married (N, %)	15 (78.9)	16 (76.2)

+ MIMS attendance

- N=18 (94.7%) attended ≥ 4 sessions
- N=14 (73.7%) attended ≥ 6 sessions
- N=7 (36.9%) attended ≥ 7 sessions



+ Results



Outcome measure	Effects-post course	Effects- 3 months follow-up
Distress (GHQ)	-0.65*	-0.94**
Anxiety (HADS)	-0.40	-0.86*
Depression (HADS)	-0.65*	-0.53*
Psychological Impact of MS (MSIS)	-0.99***	-1.12***

*p<0.05, **p<0.01, ***p<0.001

+ Feedback interviews

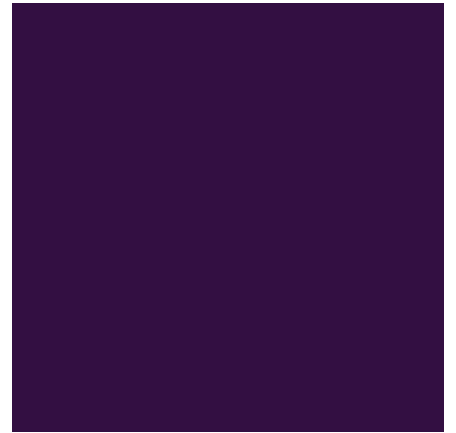
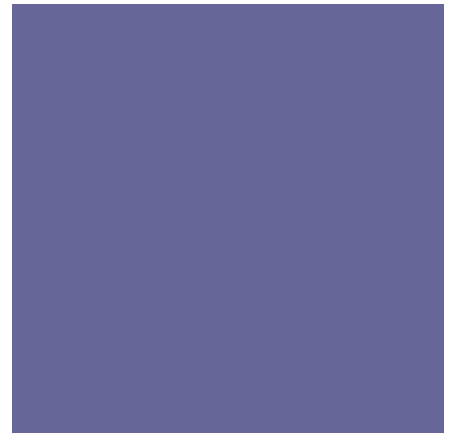
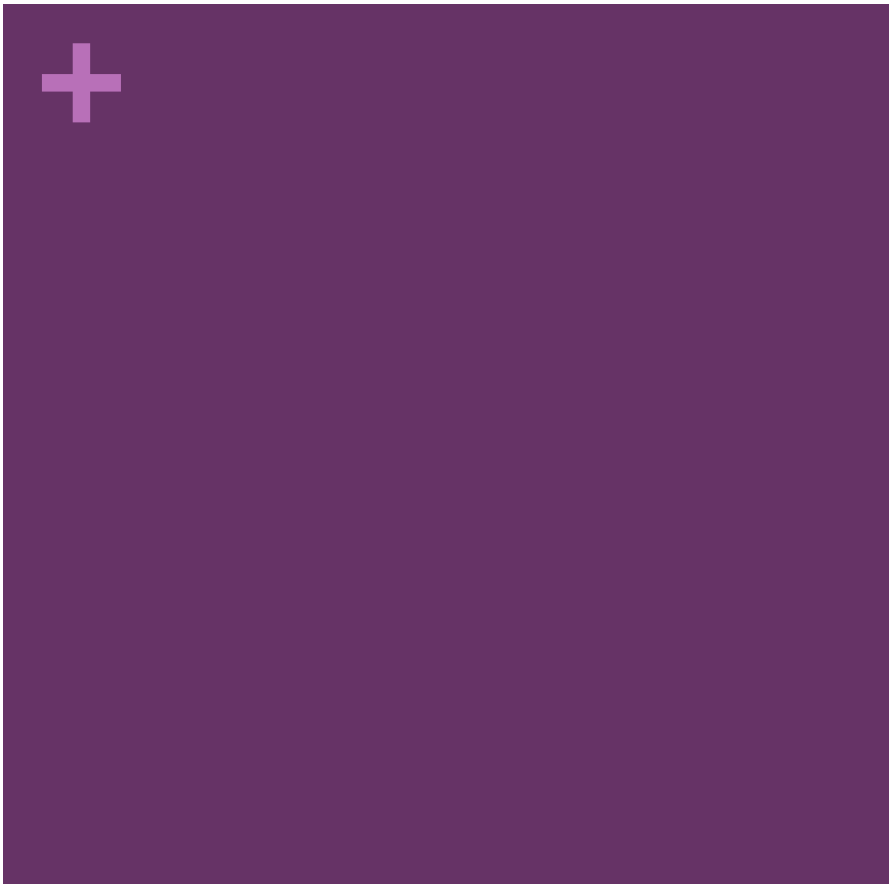
- 15 participants (8 women)
- semi-structure telephone interviews
- Thematic analysis



+ Results: interviews

- Group value
- Self-compassion
- Acceptance
- Skype: acceptable





Mindfulness & Parkinson's

+ Mindfulness & Parkinson's



- mindfulness intervention = enjoyable and helpful (Fitzpatrick et al., 2010).
- ↑ Gray Matter Density in the right amygdala, and bilaterally in the hippocampus (Pickut et al., 2013).
- ↓ motor symptoms, ↑ pain & mindfulness (Pickut et al., 2015).

+ The future



Mindfulness for carers

**Large trials for
mindfulness in MS & PD**

+ Acknowledgements

Prof. Paul Chadwick

Dr John Hindle

Prof Rona Moss-Morris

Dr Cathrerine Hurt

Prof. Paul McCrone

Dr Eli Silber

Dr Sam Norton

Ms Sula Windgassen

Ms Iris Mosweu

Ms Julie Hammond

Ms Alicia Hughes

Ms Amy Martin

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Multiple Sclerosis Society



+ Thank you for listening!

