

# Mindfulness for Neurological Conditions

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## What do we know?

- 1 **Multiple sclerosis (MS) is a chronic disease of the central nervous system**
- 2 **Mindfulness based interventions have been shown to effectively reduce anxiety, depression and pain in patients with chronic physical illnesses**

**Can mindfulness decrease distress and pain in MS?**



## What did we do?

- 40 participants were randomly assigned to the 8week course (n=19) or a waitlist control group (n=21)
- One-hour sessions were delivered to groups of 3-5 people using SKYPE videoconferencing
- Participants completed standardized questionnaires to measure mood, impact of MS and symptom severity at baseline, after the course and 3 months follow-up
- At the end of the mindfulness course, we interviewed the participants about their experiences of the intervention

## Published in



## Funded by

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**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

**MS**  
Multiple Sclerosis Society

## What did we find?

- Distress scores dropped significantly in the mindfulness group immediately after the sessions and three months on
- Scores for pain, fatigue, anxiety, depression, impact of MS (secondary outcomes) were also reduced for the mindfulness group compared to control group after the sessions and three months on

**Interviews revealed that participants valued the group discussions during the sessions and distance setting of the intervention**

## Mindfulness and Parkinson's Disease

**Drug treatments for anxiety and depression are often less effective for people with Parkinson's. It is vital we find an alternative therapy that can effectively manage these symptoms.**

- We will adapt the mindfulness course previously developed for people with MS
- Then, we will test this course with 60 people with Parkinson's to assess how helpful it is and the effect it has on mood, sleep, pain, fatigue and the impact of Parkinson's on everyday life

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