"As caregivers, we have to remind ourselves of what we of course already know, namely that all human beings, including ourselves and our patients have, to varying degrees but almost always far more than we suspect, deep and life-long inner resources for learning, growing, healing, and personal transformation.

Part of our job will be to make available appropriate opportunities and effective vehicles for mobilizing those resources in our patients so that they can put them to work in the service of their own health, where health is seen as the health of mind, body, heart and soul, one seamless, unfragmented whole”

Jon Kabat-Zinn, 2000
Mindfulness

“...paying attention [..] on purpose, in the present moment, and non-judgementally”

Jon Kabat-Zinn, 1994
Færre bekymringer og reduceret nervøsitet
Lavere niveau af stresshormoner
Forøget immunrespons
Forøget aktivitet i hjernens venstre halvdel af anteriore prefrontale cortex

Kilde: Davidson et al, 2003

Sample
N = 63.
Gender: 9% men. Mean age: 48,5 (SD 12.1).
Years of opioid use, mean: 5.2 (SD 5.6).
Married: 72%.
Still working: 34 %, average 21 hours/week

Methods
Control group:
Waiting list
Intervention:
Mindfulness meditation, standard program. Highly trained, professional instructors.
8 times 2½ hour, 1 times 4½ hour lessons.

Questionnaires:
 Health oriented life quality (SF36)
 Hospital Anxiety and Depression Scale (HADS)
 Brief Pain Inventory (BPI)
 Coping Strategies Questionnaire
 Pain acceptance questionnaire

Within general chronic pain conditions, mindfulness meditation is widely used, but also poorly investigated under controlled research settings. This study presents the first data from a high quality (Veehof / Jadad / Cochrane quality criteria), large sample, RCT study of general chronic pain patients.

The study
This is the first study from a study investigating a high quality mindfulness meditation intervention based in standard hospital settings. The study is designed to include 90 patients and data collection will be finished in spring 2012. Qualitative data analysis and follow-up analysis concerning "what-works-for-whom" investigations will follow. The purpose will be development of rational allocation criteria of patients to the intervention.

Quality measures (Veehof/Jadad/Cochrane validated)
 Randomization accounted for
 Randomization method appropriate
 Drop-out analysis
 Intent to treat analysis
 High training/continuing supervision of instructors
 Pain diagnosed by pain experts
 Sample bigger than 50
 Sufficient statistical power

Perspectives
Mindfulness meditation intervention resulted in significantly higher levels of energy and lower levels of depression and anxiety measured with validated scales in this high quality RCT. Collaborating with dedicated, highly trained instructors, the intervention is feasible at ordinary hospital settings. The patient's next steps will focus on tolerance as the treatment increases in time and intensity.

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MINDFULNESS AND CHRONIC PAIN: IT WORKS! HIGH QUALITY RANDOMIZED CONTROLLED TRIAL CONDUCTED IN STANDARD HOSPITAL SETTINGS

Differences in scores

<table>
<thead>
<tr>
<th></th>
<th>Control (N = 30)</th>
<th>Treatment (N = 63)</th>
<th>Follow up 6 m. (N = 27)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy, SF36</td>
<td>-0.48 (SD 3.0)</td>
<td>2.30 (SD 3.5)</td>
<td>-2.40 (SD 4.40)</td>
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<tr>
<td>Depression, HADS</td>
<td>-0.30 (SD 3.4)</td>
<td>0.80 (SD 3.6)</td>
<td>-0.70 (SD 4.9)</td>
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<tr>
<td>Anxiety, HADS</td>
<td>-0.34 (SD 2.8)</td>
<td>1.70 (SD 3.8)</td>
<td>-0.70 (SD 4.1)</td>
</tr>
<tr>
<td>Average Pain, BPI</td>
<td>-0.33 (SD 2.4)</td>
<td>1.77 ** (SD 3.6)</td>
<td>-0.70 (SD 4.2)</td>
</tr>
<tr>
<td>Pain Acceptance (PAQ)</td>
<td>0.41 (SD 5.8)</td>
<td>-2.0 (SD 8.9)</td>
<td>-2.8 (SD 7.9)</td>
</tr>
</tbody>
</table>
Tanker

Krop

Følelser

Selvreguleringens veje

- attention
- connection
- regulation
- order
- ease
Holdninger i Mindfulness

ikke dømmen
at give slip
tålmodighed
accept
åbenhed
ikke stræben
tillid

Mindfulness Based Dialogue

Pause
Relax
Open
Trust Emergence
Listen Deeply
Speak the Truth