Mindfulness Based Stress Reduction in MS

What is the title of the trial?
Mindfulness based stress reduction in MS

What phase is this trial?
Phase II

What is the trial design?
Randomised-control trial. This trial will involve up to 50 participants, randomised into two groups of 25 people, all of whom will eventually receive Mindfulness based stress reduction (MBSR).

Which institution is responsible for the trial?
University of Glasgow and NHS Greater Glasgow and Clyde

What's this trial about?
The trial aims to find out whether MBSR might be effective as a form of stress management for people with MS. Previous research has found that some forms of talking therapy have been beneficial but that the effects have worn off if contact with the therapist ends.

MBSR works in a different way to standard talking therapies so this trial will be used to find out whether MBSR is feasible, accessible, and acceptable for people with MS.

How will this help people affected by MS?
The people taking part in the trial may find that MBSR helps them to manage stress in their daily lives. This could have beneficial effects on mental health, physical health, and quality of life.

By conducting the trials we will have a better understanding of stress management therapies for people with MS, and will have more information about whether MBSR could be useful for people with MS.

What will participants be asked to do?
Participants will be asked sign an informed consent form.

People who take part in the trial will have the opportunity to take part in an eight week MBSR course. The course is delivered to a group in sessions which last about two and a half hours each, with time for breaks.

The core components of MBSR are:
- Mindful breath awareness: this is usually done in a sitting position.
- Mindful body awareness: this is usually done in a lying position.
- Mindful movement: this usually involves simple Yoga postures.

Participants will be encouraged to complete homework assignments where they practice the techniques they learn in the sessions. There will be a follow-up period of three months, and the opportunity to attend a monthly MBSR ‘drop-in’ class.
Participants will be asked to complete a questionnaire three times during the nine month study period. Some participants will be asked to take part in an interview about their experiences and views about the MBSR course.

**Who can take part?**
To be able to take part you need to:

- be over the age of 18,
- have a diagnosis of MS confirmed by a neurologist,
- and have a score of seven or less on the Expanded Disease Disability Scale; this is because the course includes participation in Hatha Yoga.

You will not be able to take part if you are currently receiving another form of psychological treatment or have a condition which could be expected to limit your participation, such as ongoing substance abuse.

**Who is conducting the research?**
Dr Robert Simpson is the principal investigator for this study.

His research supervisors at the University of Glasgow are Professor Stewart Mercer and Professor Frances Mair.

**When can I take part in this trial?**
Recruitment for the study is open now; from July 2014 and will close in mid-September 2014.

**Where is this research taking place?**
Via the University of Glasgow and the NHS Centre for Integrative Care, Glasgow

**Who has reviewed this trial?**
NHS Research Ethics Committee (Lothian) and NHS (Greater Glasgow and Clyde) Research and Development departments

**Interested?**
If you would like to find out more about this trial and would like to receive a participant information sheet, please contact Dr Robert Simpson at Robert.Simpson@glasgow.ac.uk or 07957 230 224.

Please note that enquiring about participation does not commit you in any way.