Can mindfulness-based stress reduction help improve quality of life and heart function in cardiac patients?

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This study is conducted by the University of Minnesota & Fairview Health Services and led by Dr. Susan Everson-Rose, PhD, MPH.
Mindfulness-Based Stress Reduction

Mindfulness is a self-care practice for relaxing the body and calming the mind. Mindfulness-Based Stress Reduction (MBSR) is an 8-week course that helps people manage stress by learning mindfulness practices including meditation and simple yoga.

MBSR has been shown to help people who are healthy and who have chronic health conditions. This study will help to determine if MBSR helps people who have experienced a cardiac event or undergone cardiac surgery.

Eligibility Criteria
You are eligible to participate in this study if you:

- Are 21 years or older
- Have had a heart condition (e.g., heart attack, heart failure) or heart surgery (e.g., stent or coronary bypass) within the past 12 months
- If you received or are eligible to receive a referral for cardiac rehabilitation

Participation Involves
- Informed consent
- Being assigned to a group that enrolls in MBSR or a group that does not
- Four assessments (3 in-person assessments, one phone assessment) over 9 months

Assessment Includes
- Stress and mood questionnaires
- Blood sample
- Blood pressure
- Height
- Weight
- Physical functioning
- 24 hour heart rate monitoring

Study participants will be compensated.

To learn more about this study, or to enroll, please call (612) 301-1653 or email mindfulhearts@umn.edu