



Ecole du Positif
MINDFULNESS
méditation Pleine Conscience

ETUDES	
MBSR	Recueil d'études fourni par le Dr Gilles Pentecôte - 2015

Programme MBSR

Plus d'une centaine d'études ont été publiées dans différents domaines. Nous en avons regroupé quelques-unes ci-dessous.

MBCT, MBSR et anxiété

Méta-analyses

* Hofmann et al, *J Clin Psychol Consult* 2010 : Revue et méta-analyse

- Critères d'inclusion : MBSR ou MBCT ; échantillon clinique (troubles psycho ou physiques diagnostiqués) ; adultes ; mesures de l'anxiété et de l'humeur en pré et post traitement ;

Intervention non couplée à ACT ou DBT

- 39 études ont été répertoriées, évoluant dans une population clinique large (cancer, trouble d'anxiété généralisée, dépression, autres troubles psychiatriques ou médicaux)

- Programmes MBSR ou MBCT, soit 1140 participants

- Quatre groupes diagnostiques ont été évalués : des personnes présentant des troubles anxieux, des troubles de l'humeur, un cancer ou des douleurs chroniques.

Résultats

- On note une réduction des symptômes de l'anxiété, les effets étant significatifs sur les personnes souffrant de troubles anxieux, puis de cancer, puis de douleurs chroniques (Il n'y a pas d'effets significatifs sur les symptômes anxieux chez les personnes souffrant de dépression).

- On note une réduction des symptômes de dépression, les effets étant significatifs sur les personnes souffrant de dépression, puis de troubles anxieux, puis de douleurs, puis de cancer.

L'analyse objective que l'amélioration est proportionnelle au niveau élevé de souffrance au départ, tant concernant l'anxiété que la dépression.

2 Autres méta analyses :

* Grossman P, Niemann L, Schmidt S, Walach H – Mindfulness-based stress reduction and health benefits. A meta-analysis. *Journal of Psychosomatic Research*, 2004, 57, 35-43.

* Bien-être dans diverses maladies

Bohlmeijer E, Prenger R, Taal E, Cuijpers P. *J Psychosom Res*. 2010 Jun;68(6):539-44. Epub 2009 Dec 9. The effects of mindfulness-based stress reduction therapy on mental health of adults with a chronic medical disease : a meta-analysis. University of Twente, Enschede, The Netherlands.

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* Piet et al. : *Journal Consult Clin Psycho*, 2012

Réduction du stress

Méta-analyse :

Chiesa A, Serretti A. : J Altern Complement Med. 2009 May;15(5):593-600. Mindfulness-based stress reduction for stress management in healthy people: a review and meta-analysis. Institute of Psychiatry, University of Bologna, Bologna, Italy.

Katt MD, Buckworth J, Malarkey WB. : Health Educ Behav. 2009 Jun;36(3):601-14. Epub 2008 May 9. Effects of low-dose mindfulness-based stress reduction (MBSR-ld) on working adults. College of Medicine, The Ohio State University, Columbus, OH 43210, USA. klatt.8@osu.edu

Pace TW, & al : Psychoneuroendocrinology. 2009 Jan;34(1):87-98. Epub 2008 Oct 4. Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress.

* Professionnels de santé :

Irving JA, Dobkin PL, Park J. : Complement Ther Clin Pract. 2009 May;15(2):61-6. Epub 2009 Feb 28. Cultivating mindfulness in health care professionals: a review of empirical studies of mindfulness-based stress reduction (MBSR). Department of Educational and Counselling Psychology, McGill University, Quebec, Canada. Julie.irving@mail.mcgill.ca

* Proches de malades d'Alzheimer

- Franco C, Sola MD, Justo E. : Rev Esp Geriatr Gerontol. 2010 Jun 9. [Epub ahead of print] [Reducing psychological discomfort and overload in Alzheimer's family caregivers through a mindfulness meditation program.]

Réduction du stress et affection cancéreuse

- Ledesma D, Kumano H. : Psychooncology. 2009 Jun;18(6):571-9. Mindfulness-based stress reduction and cancer: a meta-analysis. Department of Stress Science and Psychosomatic Medicine, Graduate School of Medicine, The University of Tokyo, Bunkyo-ku, Tokyo, Japan.

- Kvillemo P, Bränström R. : Cancer Nurs. 2010 Jun 15. [Epub ahead of print] Experiences of a Mindfulness-Based Stress-Reduction Intervention Among Patients With Cancer.

- Ando M, Morita T, Akechi T, Ifuku Y. : Support Care Cancer. 2010 May 16. A qualitative study of mindfulness-based meditation therapy in Japanese cancer patients.

- Bränström R, Kvillemo P, Brandberg Y, Moskowitz JT. : Ann Behav Med. 2010 May; 39(2):151-61. Self-report mindfulness as a mediator of psychological well-being in a stress reduction intervention for cancer patients--a randomized study.

- Lengacher CA, & coll : Psychooncology. 2009 Dec;18(12):1261-72. Randomized controlled trial of mindfulness-based stress reduction (MBSR) for survivors of breast cancer. University of South Florida College of Nursing, Tampa, FL 33612-447, USA.

- Tacón AM, McComb J. : J Altern Complement Med. 2009 Jan;15(1): 41-6. Mindful exercise, quality of life, and survival: a mindfulness-based exercise program for women with breast cancer.



Sensibilité à la douleur

- Perlman DM, Salomons TV, Davidson RJ, Lutz A. : Emotion. 2010 Feb;10(1):65-71. Differential effects on pain intensity and unpleasantness of two meditation practices. Department of Psychology, University of Wisconsin, Madison, WI 53705, USA.

- Rosenzweig S & coll. : J Psychosom Res. 2010 Jan;68(1):29-36. Mindfulness-based stress reduction for chronic pain conditions: variation in treatment outcomes and role of home meditation practice. Office of Educational Affairs, Drexel University College of Medicine, Philadelphia, PA, USA.

- Douleurs neuropathiques diabétiques

Teixeira E. : Holist Nurs Pract. 2010 Sep-Oct; 24(5):277-83. The effect of mindfulness meditation on painful diabetic peripheral neuropathy in adults older than 50 years.

- Fibromyalgie

Lush E, & al : J Clin Psychol Med Settings. 2009 Jun;16(2):200-7. Epub 2009 Mar 10. Mindfulness meditation for symptom reduction in fibromyalgia: psychophysiological correlates. Department of Psychological and Brain Sciences, University of Louisville, 2301

- Lombalgies

Morone NE, Greco CM, Weiner DK. : Pain. 2008 Feb;134(3):310-9. Epub 2007 Jun 1. Mindfulness meditation for the treatment of chronic low back pain in older adults: a randomized controlled pilot study.

Divers

* Grossesse

- Beddoe AE, Lee KA, Weiss SJ, Kennedy HP, Yang CP. : Biol Res Nurs. 2010 Apr;11(4):363-70. Effects of mindful yoga on sleep in pregnant women: a pilot study.

* Anxiété sociale

- Goldin PR, Gross JJ. : Emotion. 2010 Feb;10(1):83-91. Effects of mindfulness-based stress reduction (MBSR) on emotion regulation in social anxiety disorder. Department of Psychology, Jordan Hall, Building 420, Stanford, CA 94305-2130, USA. pgoldin@stanford.edu

* BPCO :

Mularski RA, & al : J Altern Complement Med. 2009 Oct;15(10):1083-90. Randomized controlled trial of mindfulness-based therapy for dyspnea in chronic obstructive lung disease.

* Transplantés

Gross CR, & al : Clin Trials. 2009 Feb;6(1):76-89. Mindfulness meditation training to reduce symptom distress in transplant patients: rationale, design, and experience with a recycled waitlist. Dept of Experimental and Clinical Pharmacology, College of Pharmacy, University of Minnesota, Minneapolis 55455, USA. gross002@umn.edu. Bauer-Wu S, & al : Integr Cancer Ther. 2008 Jun;7(2):62-9. Facing the challenges of hematopoietic stem cell transplantation with mindfulness meditation: a pilot study.

* Insomnie

Ong JC, Shapiro SL, Manber R. : Explore (NY). 2009 Jan-Feb;5(1):30-6. Mindfulness meditation and cognitive behavioral therapy for insomnia : a naturalistic 12-month follow-up. Department of Psychiatry and Behavioral Sciences, Stanford University, Stanford, CA, USA. jason_c_ong@stanford.edu
Ong JC, Shapiro SL, Manber R. Behav Ther. 2008 Jun;39(2):171-82. Epub 2007 Nov 14. Combining mindfulness meditation with cognitive-behavior therapy for insomnia: a treatment-development study.

* THADA Krisanaprakornkit T & coll. : Cochrane Database Syst Rev. 2010 Jun 16; 6:CD006507. Meditation therapies for attention-deficit/hyperactivity disorder (ADHD).

