

Effectiveness of a mindfulness based walking program in reducing pain in patients with chronic low back pain - A randomized controlled trial

Summary:

Aim: The aim of this trial is to investigate the effectiveness of a 8-week complex treatment with mindfulness based walking in patients with chronic low back pain in comparison to a control group without such treatment.

Design: Two armed randomized controlled trial

Methods: 50 patients with chronic low back pain (pain self-assessment on a visual analogue scale (VAS) = 40 mm, 0-100 mm) will be randomized into an intervention group which receives a mindfulness based walk taking which takes place once a week over a period of 8 weeks or a waiting-list control group which study intervention.

Outcome parameters: Pain intensity measured with a visual analogue scale (VAS), the functional status measured by 'Funktionsfragebogen Hannover Rücken' (FFbH-R), the Cohen's Perceived Stress Scale (PSS), the SF-36 to measure health related quality of life, the assessment of the treatment intervention with a Likert-Scale and the rescue medication score. Outcome parameters will be assessed at baseline, after 8 and 12 weeks

Principal investigator:

Brinkhaus, MD

Project coordinator:

Teut, MD

Research associate:

Ortiz, MD

Rotter, MD

Strauß

Data management:

Binting

Project coordination office:

Cree

Project duration:

2013

Project status:

publication phase

Funding:

Investigator Initiated Trial within the Chair of Naturopathy

Publication: