Feasability and perception of a MBSR program on COPD patients
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Background and objectives
Chronic obstructive pulmonary disease (COPD) is a major cause of chronic morbidity and mortality throughout the world and represents a significant public health concern. Many people suffering from this disease report anxiety and depression and poor health status. Mindfulness-based interventions have been shown to have a benefit on the management of many chronic illnesses but a positive effect on COPD patients has not been demonstrated. A recent study proposed brief mindfulness interventions among this population. We conducted a study to evaluate the feasibility of an intensive tradiional program among COPD patients and we collected their perceptions about this experience with meditation.

Method
18 moderate to very severe COPD patients, treated in agreement with the GOLD recommendations were included in this study. They attended a traditionnal 8-week Mindfulness Based Stress Reduction program (MBSR) with 45 minutes daily practice. They received each week a self report questionnary, that they had to fill at home, on their daily meditation practice and they could also note all their observations every day.

Results
14 of the 18 (78\%) patients completed the program. Most of them (85\%) attended at least 8 sessions. We collected and present informations about (1) adhesion to daily practice, (2) barriers mostly reported by the participants, (3) body awareness and breathing experience, (4) emtionnal regulation and metacognitive capacities, (5) self estime and confidence.

Conclusions
This study shows feasability and acceptability for a traditionnal MBSR program in patients with moderate to very severe COPD. These results suggest that minfullnes based intervention can be proposed, as a non-pharmacological treatment, in combination with Gold recommended treatment. The positive perception of the participants for the MBSR program should encourage further investigations on this specific long-term illness.