

# **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 traditional 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 traditional 8-week Mindfulness Based Stress Reduction program (MBSR) with 45 minutes daily practice. They received each week a self report questionnaire, 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) adherence to daily practice, (2) barriers mostly reported by the participants, (3) body awareness and breathing experience, (4) emotional regulation and metacognitive capacities, (5) self esteem and confidence.

## **Conclusions**

This study shows feasibility and acceptability for a traditional MBSR program in patients with moderate to very severe COPD. These results suggest that mindfulness 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.