If I want to participate, I will be asked to…

- Meet with a study staff member to learn more about the study, complete the informed consent process, and complete a brief interview about my health and well-being to assess whether I am eligible to participate. Eligible participants will be randomly assigned to groups.

- MBSR participants will attend a 1-day workshop to learn about MBSR, followed by 6 weekly telephone MBSR classes. In week 8, the group will meet for a 1-day retreat. Between classes, participants will practice meditation and yoga techniques assigned by the instructor.

- Journeys Support Group participants will attend an in-person group meeting, followed by 6 weekly telephone calls. In week 8, the group will meet for a farewell gathering. Between meetings, participants will complete brief communication exercises assigned by the facilitator.

- Everyone will complete study questionnaires at the beginning of the study, at 8 weeks and 6 months. Participants will wear a sleep monitor (similar to a wrist-watch) for a week at baseline and follow-up, and provide small saliva samples to measure cortisol, an indicator of stress. Those who receive a transplant before the study ends will complete additional questionnaires at 2 and 6 months after surgery.

You are invited to participate in a research study comparing wellness approaches for people waiting for a kidney transplant.

Contact us by phone or e-mail:
612-624-6115
journeys@umn.edu

UMN College of Pharmacy
Attn: Maryanne Reilly-Spong, PhD
7-150 Weaver Densford Hall / Mail Code 1332
308 Harvard St SE
Minneapolis, MN 55455

A research study conducted at the UNIVERSITY OF MINNESOTA funded by the NATIONAL INSTITUTES OF HEALTH
This study will...

compare Mindfulness Based Stress Reduction (MBSR) to a structured support group for managing symptoms and improving well-being.

Eligible participants will be randomly assigned, such as by a coin-flip, to either tMBSR or the support group. t stands for telephone.

Both 8-week programs will include in-person group meetings in the first and last week. The other six weekly meetings will be conducted by phone.

MBSR is...

an 8-week program led by a teacher where participants learn mindfulness meditation techniques and gentle yoga exercises such as stretching. In this study the standard MBSR course will be delivered mostly by phone.

Journeys Support Group is...

a kidney candidate support group. An experienced facilitator will emphasize communication skills and foster positive group dynamics. Participants will have a chance to interact with other kidney transplant candidates.

Frequently asked questions

May I choose my group?
This is a randomized controlled trial, which means that you may not choose your group. Random assignment makes the study findings stronger. Previous participants have reported that they enjoyed both programs.

I have physical limitations. Will I be able to do yoga?
The MBSR program was designed for people with chronic illness and can be adapted to your level of physical activity. MBSR can be done in a wheelchair, on the floor, or while standing. The MBSR teacher will work with you to find yoga poses that are suitable for you.

What if I don’t enjoy support groups?
The Journeys Support Group has a weekly schedule of topics and activities designed to foster the use of effective communication strategies. Our facilitator has a track record of building good group rapport and creating positive experiences.

What about parking and payment for participation?
We provide parking or reimburse parking expenses for study-related visits. We provide incentives for completing study forms. There is no cost to you for these programs. Call us for more information.

Who can participate?

Kidney transplant candidates who...

☑ Have not received a previous transplant and are...

☑ Listed with the United Network for Organ Sharing (UNOS) or accepted by the University of Minnesota Transplant program

☑ Receiving standard pre-transplant medical care

☑ Age 18 or older

☑ Able to speak and read English

☑ Willing to be randomly assigned (such as by a coin flip) to the MBSR program or to a transplant candidate support group

☑ Able to attend 2 in-person sessions with other study participants

☑ Reachable by telephone and able to use the phone for 6 weekly teleconference calls

☑ Willing to complete the study questionnaires, do the at-home sleep assessment and provide saliva samples