

## 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.



*Research team from left to right:*

**Olga Gurvich, MA** is the study statistician; **Maryanne Reilly-Spong, PhD** is a clinical psychologist and the study director; **Cynthia Gross, PhD**, is a professor of Pharmacy and Nursing, and is the primary investigator of this study; **Becky Johnson, BS** is the enrollment coordinator for Journeys to Wellness.

We enjoy hearing from transplant candidates. Call Becky today for more information about this opportunity.



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## Journeys to Wellness



### A study for kidney transplant candidates

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



*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