



Effects of Meditative Movements™ for Persons with Chronic Health Conditions

Research Details:

- Collaboration with University of Minnesota Occupational Therapy Program
- Participants: Pathways, Minneapolis
- Timeframe: 2016/2017

Objective:

- This study explored the effectiveness of Ellie's Meditative Movements (EMM), a complementary alternative medicine (CAM), on individuals with chronic conditions.

Methods:

- This quasi-experimental 12 week study utilized a pretest, posttest, and follow-up design.
- The sample consisted of 49 enrolled participants with one or more chronic health conditions and 24 participants completed the EMM course.
- A weekly intervention of learning and practicing EMM was provided for 7 weeks in a group setting. Weeks 8-12 consisted of a maintenance phase where participants practiced EMM on their own or at optional practice sessions.
- The Beck Anxiety Index, the Beck Depression Inventory, the Functional Assessment of Chronic Illness Therapy-Fatigue, and the Functional Assessment of Cancer Therapy-General were utilized to measure symptoms including anxiety, depression, fatigue, and overall quality of life. Participant blood pressure was also measured.

Results:

- There were significant improvements in symptoms of anxiety, depression, fatigue, and emotional well-being from pretest to posttest. All significant improvements were maintained from posttest to follow-up. In addition, unanticipated significant improvements occurred in functional well-being and quality of life from posttest to follow-up. There were no changes in blood pressure.

Conclusion:

- Persons with chronic conditions who implemented EMM into their routines demonstrated positive outcomes for decreasing fatigue, anxiety, depression, and improving some aspects of quality of life.

Contact:

Meditative Movement™ Questions

Co-Investigator: Ellie Peterson
ellie@powerpositiveworkouts.com
612-710-3415

Research Study Questions

Principal Investigator: Virgil Mathiowetz, PhD
mathi003@umn.edu