

## The efficacy of mindfulness-based stress reduction in the treatment of sleep disturbance in women with breast cancer: an exploratory study.

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### Abstract

#### OBJECTIVE:

The diagnosis of breast cancer, the most common type of cancer among American women, elicits greater distress than any other diagnosis regardless of prognosis. Therefore, the present study examined the efficacy of a stress reduction intervention for women with breast cancer.

#### METHODS:

As part of a larger, randomized, controlled study of the effects on measures of stress of a mindfulness-based stress reduction (MBSR) intervention for women with breast cancer, the current analyses examined the effects on sleep complaints.

#### RESULTS:

Analyses of the data indicated that both MBSR and a free choice (FC) control condition produced significant improvement on daily diary sleep quality measures though neither showed significant improvement on sleep-efficiency. Participants in the MBSR who reported greater mindfulness practice improved significantly more on the sleep quality measure most strongly associated with distress.

#### CONCLUSION:

MBSR appears to be a promising intervention to improve the quality of sleep in woman with breast cancer whose sleep complaints are due to stress.

### ~~STUDY~~ STUDY CSL

- > Just to update you on the rest of our findings:
- > Baseline Results:
- > Women in the FC group are significantly less distressed and report greater overall quality of life as compared to the MBSR group. Women in the FC
- > report greater positive sense of control and sense of coherence as
- > compared to the MBSR group. There is no difference between groups on
- > negative sense of control.
- >
- > Two Working Hypotheses for baseline differences:
- >
- > 1. Control Hypothesis: People in Free Choice group felt they had more
- > control e.g. "free choice of what stress management they did" and control
- > patterns and identify adaptive ones, however has this been tested?