

Assessment of Breathworks – Mindfulness for Health Course

A Longitudinal Assessment of the Mindfulness for Health Course, as a support for the Chronic Pain Population, concluded in September 2017, demonstrated both reliable and statistically and clinically significant improvements in Quality of Life, Emotional Distress and Pain. In the further extended research, significant improvements were also found in other variables such as Pain interference, Fatigue Severity and Interference, Self-Compassion and Sleep Quality.

Assessment of Breathworks – Mindfulness for Stress Course

An assessment of the Mindfulness for Stress course, concluded in September 2017, and using the Perceived Stress Scale [PSS], Satisfaction with Life questionnaire [SwL], Five Facet Mindfulness Questionnaire [FFMQ] and a range of other variables including Fatigue, Quality of Life [QoL] etc demonstrated:

- significantly reduced perceived stress in course participants by approximately 28%
- significantly higher satisfaction with life after mindfulness training
- significant improvement in participants reported quality of life (QoL) scores
- significantly lower levels of depression and anxiety as measured by the Hospital Anxiety and Depression Schedule [HADS]
- significantly lower levels of fatigue severity and the extent to which fatigue interfered with daily life (e.g. walking, relationships, work etc) after training compared to baseline