# Examining the Effectiveness of Mindfulness-based Stress Reduction Program and Conscious Yoga on Quality of Life in Patients with Diabetes Type 2

Soheila Rahmani<sup>1\*</sup>, Alireza Zahirrodin<sup>2</sup>, Mahshid Moradi<sup>3</sup>, Shahrzad Hoveida<sup>4</sup>, Somayeh Nejati<sup>5</sup>

- 1. Student of Health Psychology, Azad Islamic University, Karaj, Iran.
- 2. Associate professor of Psychiatry. Behavioral Sciences Research Center of Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 3. MA in Measurements. Azad Islamic University of Tehran, Tehran, Iran.
- 4. Ph.D. Student of Health Psychology, Azad Islamic University, Karaj, Iran.
- 5. Masters of psychology. Department of Psychology and Educational Sciences, Semnan University, Semnan, Iran.

#### \*Correspondence:

Soheila Rahmani, Ph.D. Student of Health Psychology, Azad Islamic University, Karaj, Iran. Behavioral Sciences Research Center of Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Email: soheilarahmani\_sh@yahoo.com

**Tel:** (98) 938 658 0357 **Fax:** (98) 231 335 0713

Received: 04 July 2015
Accepted: 24 August 2015

**Published in September 2015** 

#### **Abstract**

**Objective:** Diabetes is a chronic disease that causes severe side effects in patients. According to the previous studies, the incidence of depression and anxiety is higher among patients with diabetes type 2. The present study was conducted with the aim of examining the effectiveness of mindfulness-based stress reduction program and conscious yoga on depression, anxiety and stress in patients with diabetes type 2.

Materials and Methods: The study was quasi-experimental with pre-test, post-test, control group and a 2-month follow-up. 24 patients among patients with diabetes who referred to Imam Hossein hospital were selected in an available way and were randomly assigned into experimental (n1=12) and control groups (n2=12). The level of quality of life was measured using Quality of Life Questionnaire (SF-36) in pre-test. Then, participants of the experimental group received group mindfulness-based stress reduction program and conscious yoga for 8 sessions. After completing the interventions, patients' quality of life level was measured again and data were analyzed using multivariate repeated measurement model.

**Results**: Findings showed there is a significant difference between experimental and control groups in terms of the quality of life level and mindfulness-based stress reduction program significantly increases the quality of life in the participants of the experimental group.

**Conclusion:** The result of this study suggests that mindfulness-based stress reduction program can be an appropriate therapeutic method for improving quality of life in patients with diabetes type 2. **Keywords:** Conscious yoga, Diabetes mellitus, Mindfulness-based stress reduction program, Quality of life.

## Introduction

iabetes is a chronic disease and a major cause of death and disability throughout the world. It has various effects not only on the body, but also on mind and social functioning. Although medical

treatments reduce symptoms, but they and their side effects, disrupt patients' quality of life and social communications(1). During the last decades, psychological aspects of diabetes have attracted several specialists' interest (2).

Conducted studies reported the risk of incidence of depression (3), anxiety (4) and low quality of life (5) is obvious in these patients. There is a significant relationship between diabetes and quality of life (6). Studies have shown diabetes can have negative effects on patients' general health, well-being and quality of life (7). Studies suggest that life quality is unpleasant in 60% of patients with diabetes and pleasant in most healthy individuals (58.1%) (8).

The World Health Organization defines quality of life as individuals' understanding of their position in life in terms of culture and value systems in which they live, goals, expectations, standards and priorities. So, this concept is totally personal, cannot be seen by and is based on individuals' understanding of the different aspects of their lives (9). Quality of life is a wide conception that is related to all aspects of human life. The use of this concept in medical care indicates the focus on the effects of disease and the treatment (10). In most studies, the dimensions auality of life include physical. psychological and emotional health, feeling of mental health and the ability to work. The health-related quality of life includes an evaluation of individuals from their lives despite the effect of disease, injury or treatment on functioning, perceptions and social opportunities (11).

Several studies have been conducted on the effectiveness of mindfulness-based stress reduction (MBSR) program. MBSR model has shown success in treating cancer (12) and significant improvement in quality of life, stress symptoms and quality of sleep in patients with breast and prostate cancer (13). It also showed a significant effect on increasing mental clarity, mental health and decreasing physical stress (14).

Considering the physical and psychological problems in patients with diabetes and existing evidence about the effectiveness of mindfulness-based stress reduction program on life quality in patients with diabetes and chronic diseases, the present study aims to

examine whether mindfulness-based stress reduction program is effective on improving life quality in patients with diabetes or not.

## **Materials and Methods**

This study is quasi-experimental that is conducted with a randomized controlled clinical trial. All patients with diabetes who referred to Imam Hossein hospital in Tehran in 2014 consisted the statistical population of this study. Among them, 24 patients were selected and were randomly assigned into experimental (12 participants) and control groups (12 participants). Inclusion criteria are: individuals should suffer from diabetes type 2, they should have middle school education or higher, they should be 20 to 55 years old, they should be able to participate in group therapy sessions and be willing to cooperate in the study. Exclusion criteria are: suffering from other diseases, chronic having history hospitalization due neurological to psychiatric disease and being a drug abuser. participants Exclusion criteria for experimental group is absence in intervention sessions more than two sessions.

Mindfulness-based stress reduction program is developed by Kabat-Zininin Medical Center of Massachusetts University in 1979 (15,16). It is a kind of structured clinical program. It is one of the therapeutic methods that focused on the interaction of mind and body and used broadly in clinics and hospitals around the USA and Europe to help managing the stress and adapting to chronic diseases. It is an 8-week program. Each session lasts about 120 to 150 minutes and mindfulness skills for coping with stress and developing awareness at the present time are taught. It includes thought-related meditations, relaxation and Hatha yoga (17). Mindfulness means paying attention to the present time in a special, purposeful and without judge way (18). One of the main goals of this program is to promote health and reduce stress (19). Meditation and mindfulness exercises lead to increase in self-awareness and self-acceptance abilities in patients (17). One core concept of mindfulness training is

that individuals are honest to themselves and their feelings. Along with the increase in individuals' ability for mindfulness, they can identify accurately what is happening in their bodies and minds as they are happening around them (20).

To collect data, the following questionnaires were used.

## Demographic Information Questionnaire:

This questionnaire was used to collect demographic data required as a basic information including age, marital status, education, socio-economic condition, educational background and employment history, as well as questions about the way of controlling diabetes by patients, the level of receiving insulin, alcohol consumption and smoking.

Quality of Life Questionnaire SF-36: This questionnaire is designed by Weir et al. (1998) (21). It is a comprehensive questionnaire to measure quality of life in all health-related issues. It examines eight dimensions of quality of life with 36 items that are completed by the through interviews. or implementable on different age groups and diseases. The reliability and validity of the questionnaire was approved by Weir et al. in 1988. The score range of this questionnaire is between 0 and 100. Score 100 shows the ideal situation and score 0 shows the worst situation in each dimension. Physical functioning, activity limitations due to the physical problems, physical pain, vitality, general health, mental health, activity limitations due to mental problems and social functioning are the dimensions of this questionnaire. It was translated by Institute of Health Sciences (SID) in Iran. Cronbach's alpha coefficient of 0.77 to 0.95 was obtained for all aspects of questionnaire except vitality and 0.65 for vitality dimension (22).

The interviews were conducted by two master clinical psychologists who were familiar enough with the intervention, according to the ethical standards of research such as informed consent and maintaining secrets of participants. Participants completed

questionnaires in 3 stages, before intervention (pre-test), after intervention (post-test) and 2 intervention (follow-up). months after Treatment was done in 8 group sessions, each intervention session of this study was followed based on mindfulness-based stress reduction program (17) and were conducted once a week in 2 hours for participants of the experimental group. Participants of the control group did not receive any interventions. Due to ethical considerations, at the end of the research. participants of the control group were given a CD of yoga practices. A summary of functional instructions of mindfulness-based stress reduction program is presented in table 1.

#### **Results**

In this study, 24 patients with diabetes type 2 (12 patients in the control group and 12 patients in the experimental group) aged 32-49 years old were studied. The average age of participants of experimental group was  $42 \pm 5/32$  years and the average age of participants of control group was  $40 \pm 4/56$  years. The demographic characteristics of the population of the study are listed in Table 2. There was no significant difference between the control and experimental groups in terms of the mean of the demographic characteristics.

The mean and standard deviation of the life quality scores in the experimental and control groups in three stages of pre-test, post-test, and follow-up are reported in Table 3. In addition, in some cases the increase has been also continued at follow-up stage. However, the increase has not been stable in some other cases, including the components of emotional limits. energy and vitality and functioning. The mean scores variables in the control group in the pre-test and follow-up showed no significant changes compared to the pre-test.

In the present study quality of life includes various aspects of public health, physical limitations, physical functioning, emotional limitations, body pain, vitality, social functioning and mental health. In this study, the scores of quality of life in experimental

Table 1. Summary of operating instruction sessions of mindfulness-based stress reduction program

Session	Topic
The first session	Introducing an automatic guidance system/knowing how to use present moment awareness of bodily sensation, thoughts and emotions in reducing stress/practicing eating raisins*, giving feedback and discussing the practice/three-minutes breathing, giving an assignment for next week and distributing leaflets of the first session and CDs of meditation
The second session	Re-examining body workout/ giving feedback and discussing examining body workout/ practicing breathing, mindfulness meditation/ yoga stretching exercises/distributing leaflets of the second session and CDs of meditation
The third session	Having conscious sitting with awareness of breathing (the sitting meditation) /practicing yoga exercises (in the hospital chapel) / practicing three -minute breathing /distributing leaflets of the third session and video tape of yoga practices
The fourth session	Re-examining body workout /practicing exercises related to conscious yoga (in the hospital chapel) /5-minute practicing of "seeing or hearing"/ re-practicing conscious session with awareness of breathing and body/ distributing leaflets of the fourth session and CDs of meditation
The fifth session	Practicing breathing /re-practicing conscious session (awareness of breathing, body, sounds and thoughts) /explaining the stress and identifying participants' reactions to stress/examining awareness of pleasant and unpleasant events on feeling, thoughts and bodily sensations/practicing conscious yoga exercises/practicing 3-minute breathing /distributing leaflets
The sixth session	Practicing conscious yoga/practicing sitting meditation (mindfulness of sounds and thoughts) /distributing leaflets of the sixth session and number4 video tape to participants
The seventh	Practicing mountain meditation/sleep hygiene/ repeating exercises of the previous session/making a
session	list of enjoyable activities/distributing leaflets of the seventh session
The eighth session	Examining body workout /over viewing program/examining and discussing programs /practicing stone, beads and marbles meditation

<sup>\*:</sup> Object attention training

and control groups were analyzed using repeated measures analysis of variance. Prior to the analysis, first the research hypotheses were examined. Table 4 shows the results of multivariate analysis for examining the significance of the independent variables interaction effect in the model. According to the F value and significance level (*P*-value), the results of this analysis showed that the models in time and time interaction had a significant effect on quality of life. This result showed that the present intervention had a significant effect on improving quality of life.

Considering F and significance level, it was found that Sphericity assumption was not approved and Sphericity assumption of the dependent variable variance - covariance cannot be accepted for all aspects of quality of life except for bodily pain and social functioning components. Table 5 shows the results of correction for each Epsilon values. This table shows the univariate tests for within subject factors and their interaction. Considering the significance level, it can be stated that the Sphericity assumption is established for other components in corrected

Table 2. Patient's characteristics

Variable	Group	Variables	Frequency	Percent
	Control	Married	11	91.7
Marital status	Control	Single	1	8.3
Marital Status	Evnarimental	Married	11	91.7
	Experimental	Single	1	8.3
	Control	Middle and secondary	3	25
Level of education	Control	University	9	75
Level of education	· <del></del>	Middle and secondary	4	33.3
	Experimental	University	8	66.7
	Control	The average	6	50
Income	Control	High	6	50
Hicolife	Experimental	The average	8	66.7
	Experimental	High	4	33.3
	Control	Housewife	4	33.3
Status of work	Control	Employed	8	66.7
Status of Work	Experimental	Housewife	6	50
	Experimental	Employed	6	50

results.

The results of the repeated measures variance examining analysis in quality components showed that there is a significant difference in groups in three evaluation stages in general health, physical limitations, physical functioning and social functioning components. Eta square also shows the amount of effectiveness of mindfulness-based stress reduction program on quality of life in patients with diabetes.

### **Discussion**

It was concluded that group MBSR program increases the quality of life in patients with diabetes. This result is consistent with the results of the previous studies that showed this program can be an effective psychosocial intervention in improving quality of life (23). The study by Carlson and Space showed that mindfulness meditations, in addition to reducing stress, significantly increases mental clarity, mental health and reduces physical stress in patients. These researchers concluded that MBSR program has an important role in improving symptoms and positive results for patients following this treatment program (24).

Promoting mental health has different definitions such as the balance between positive and negative emotions and pleasant quality of life. So, according to different definitions, it can be concluded that mental health is associated with different factors such as quality of life, coping strategies in dealing with life challenges and managing stress (25). Quality of life is a multidimensional concept. World Health Organization defines it as individuals' perception of their lives, values, goals, standards and personal interests. Sense of security, emotional conflicts, personal beliefs, goals and the amount of frustration tolerance are all effective in determining one's perception of self (feeling good or feeling bad)

Group MBSR program causes mindfulness. Meditation and mindfulness practices lead to self- awareness and self-acceptance in patients. Mindfulness is not a method or technique. It is defined as an available way to reduce pain and expand positive qualities such as consciousness, insight, wisdom and sympathy (27). Applying relaxation training broadly and high emphasis on it as a valuable stress management skill should be regularly

Table 3. Descriptive statistics of quality of life dimensions in patients with Diabetes Mellitus

Variable	Experi	mental Group	(n=12)	Control Group (n=12)			
Modality	pre-test	post-test	Follow-up	pre-test	post-test	Follow-up	
<b>Public health</b>	$7.66\pm0.88$	$5.50\pm0.67$	$6.58\pm0.66$	$7.25\pm0.45$	7±1.12	$7.25\pm0.62$	
<b>Physical limitations</b>	$22.83\pm1.58$	25.91±1.16	$27 \pm 1.53$	22.16±0.71	23.66±1.43	25.41±1.67	
<b>Physical functioning</b>	$4.50\pm0.67$	6.16±1.11	5±0.95	$4.33\pm0.49$	$4.58\pm0.90$	$4.50\pm0.67$	
<b>Effect limitations</b>	$3.33\pm0.49$	$4.83\pm0.71$	$3.50\pm0.52$	$3.75\pm0.86$	$3.91\pm0.66$	$3.75\pm0.86$	
Physical pain	10.08±1.78	$7.41\pm1.31$	$7.58\pm0.90$	$9.58\pm1.97$	$8.83 \pm 1.78$	9.58±1.67	
<b>Energy and vitality</b>	32.66±2.10	35.41±1.56	33.66±1.23	33.91±2.01	$33.66\pm2.06$	$33.91\pm2.01$	
Social performance	$2.91\pm0.28$	$3.91\pm0.66$	$2.91\pm0.51$	$2.83 \pm 0.38$	$2.50\pm0.66$	$2.83\pm0.38$	
Mental health	12.33±1.49	14.41±1.67	13.08±1.31	$13.25\pm1.86$	12.58±1.31	12.33±1.49	

Table4. Results of multivariate analysis to assess the significance of the effects of time and time interaction

time interaction							
Modality		Value	F	Significance level	Eta square		
	Pilai trace test	1.691	26.021	0.0001	0.845		
Time	Wilks Lambedai test	0.022	26.279	0.0001	0.850		
	Hotelling effect test	11.785	26.515	0.0001	0.855		
	Largest root test	7.582	36.013	0.0001	0.883		
	Pilai trace test	1.301	8.845	0.0001	0.651		
Time and	Wilks Lambedai test	0.086	11.178	0.0001	0.707		
Groups	Hotelling effect test	6.158	13.856	0.0001	0.755		
	Largest root test	5.307	25.209	0.0001	0.841		

used in individuals' life and be a sustained part of individuals' coping skills.

Expressing emotions during all sessions of the program has treatment benefits. Mindfulness affects emotional and sensory components of the body by self-regulating attention through meditation. The regular practice of Hathayoga increases skeletal- muscular flexibility and helps the individual to experience deep states of relaxation and awareness (28). In explaining this result, it can be said that when individuals under standdeep feelings of calmness resulted from mindfulness, do not ask themselves what is the meaning and the aim of living. They will understand obviously that calmness, love and pleasure exist inside them. Thev understand that all pains and sadness that exist in the world are because humans deprive themselves of understanding and applying the internal source of calmness, love and happiness. They will understand that bad and unpleasant feeling that sometimes they feel are because of their wrong point of view about the world. When they understand that their goal is to access deeply to internal sources within them and this is not only for them, but also for all people around them, in that case life will have a beautiful and deep meaning for them. Meeting similar individuals develops relief and reassurance in patients and can make them learn coping techniques to overcome the problems and solve them. When individuals with high blood sugar communicate, they show their empathy to each other and discuss broadly about their problems and experiences. So, a supportive environment develops for conveying knowledge and awareness. In general, group treatment factors, including catharsis, feeling of being accepted, altruistic, approval, empathy, identification, imitation, insight, interaction, learning, reality, transfer, universal concept and many other factors increase creating hope, being more responsiveness to treatment and thus reduction of anxiety and increase of quality of life (29). Since, mindfulness-based stress reduction program emphasizes on here and now, 'the present ' time is the only true thing. Being at the present time and enjoying it is the most important technique applied in this method.

Table 5. Results of Sphericity Mauchly's sphericity test

Table 5. Results of Sphericity Mauchly's sphericity test								
	Between-group effect	Mauchl ys test	Chi-square estimate	Df	Significanc e level	Epsilon		
	Factor					Greenhouse- glycerate	Huynh - feldt	Lower limit
	Public health	0.558	12.263	2	0.002	0.693	0.759	0.500
	Physical limitations	0.659	8.750	2	0.013	0.746	0.824	0.500
Time and	Physical functioning	0.638	9.453	2	0.009	0.724	0.809	0.500
Groups	Effect limitations	0.571	11.754	2	0.003	0.700	0.767	0.500
•	Physical pain	0.820	4.180	2	0.124	0.847	0.952	0.500
	<b>Energy and vitality</b>	0.537	13.071	2	0.001	0.683	0.746	0.500
	Social performance	0.888	2.506	2	0.286	0.899	1	0.500
	Mental health	0.778	5.269	2	0.072	0.818	0.915	0.500

Table 6. The summary of the repeated measures variance analysis to examine the effectiveness of mindfulness-based stress reduction program on quality of life.

Variable	Sum of squares	DF	Mean of square	F	Significance level	Eta square
Public health	2.042	1	2156.540	4.975	0.036	0.184
Physical limitations	13.500	1	930.299	10.340	0.004	0.320
Physical functioning	4.741	1	551.076	16	0.0001	0.421
<b>Effect limitations</b>	0.042	1	158.481	0.122	0.730	0.006
Physical pain	5.671	1	18.100	2.364	0.138	0.097
<b>Energy and vitality</b>	0.167	1	40.764	0.064	0.801	0.003
Social performance	1.167	1	18.100	2.0791	0.001	0.486
Mental health	1.185	1	40.764	0.710	0.409	0.031

Mindfulness training, patience (patience means having a tendency to make things appear in their own time and having a tendency to stay with what is happening at the moment). Patience is the ability to endure problems with a state of tranquility or selfcontrol. It extends the view that individual endures perceived failures of the current situation. This period is helpful in dealing with anxiety. In mindfulness the individuals confidently let the thoughts, feelings, emotions, habits and reactions show themselves. Meanwhile, they do not stick themselves to their thoughts, feelings, ideas and imaginations and do not consider them the same as themselves. It means they do not crave their identity of them. For an individual with mind fullness, thought is one thing and reality is another thing and thought is not necessarily the fact of life. Mindfulness helps individuals manage their negative emotions better, gain more adaptive coping skills and be able to reassess stresses (for example, consider fighting with the problem as an opportunity to grow, not a threat). In explaining this hypothesis, it can be said that mindfulness does is that individuals are one step away of all the thoughts, both positive and negative. Thoughts are just thoughts and are not facts. Individuals cannot completely control their thoughts. All that can do is that they look at the thoughts, take away from them and stop their spontaneous reaction to them. The more they are able to do that, the more they feel in control of it. Therapeutic effects of group mindfulness-based stress reduction program increases by group-related factors. This program increases the ability of adaptive coping, creating hope and greater responsiveness to treatment. So, therapeutic consequences are affected (30). According to the results of the present study, it is recommended mindfulness-based stress reduction program be applied to enhance the quality of life in patients with diabetes.

## **Conclusion**

According to the results, group mindfulness-based stress reduction program is an effective method in improving quality of life in patients with diabetes type 2

# Acknowledgement

All patients and all those who cooperated in the conducting of this study including the staff of internal section of Imam Hossein hospital that provided the possibility of implementing this study, are appreciated.

This study was approved and supported by the Behavioral Sciences Research Center of Imam Hossein Hospital, Shahid Beheshti University of Medical Sciences.

#### References

- 1. Pouwer F, Kupper N, AdriaanseMC. Does emotional stress cause type 2 diabetes mellitus? A review from the European Depression in Diabetes (EDID) Research Consortium.Discov Med 2010;9:112-8
- 2. Lin EH, Rutter CM, Katon W. Depression and advanced complications of diabetes: a prospective cohort study. Diabetes Care 2010;33:264-9
- 3. Sadegie Ahari S, Arshi S, IranparvarAlamdari M, Amani F, Siahpoush H. The effect of complications of type II diabetes on patients' quality of life. Journal of Ardabil University of Medical Sciences. 2009;8(4):394-402. (In Persian).
- Vares Z, Zandi M, Baghaei P, MasoudiAlavi N, Mirbagher Ajorpaz N. Study of quality of life and associated factors in diabetes mellitus patients of KashanDiabet Center. Iranian Journal of Nursing Research(IJNR). 2010;5(17):14-22. (In Persian).
- 5. Shahrjerdi SH, Shavandi N, Golpayegani M, Sheikh Hasani R. Effects of strenuous and stamina exercises on blood glucose control, quality of life and mental health of women with type two diabetes mellitus. Iranian Journal of Diabetes and Lipid Disorders. 2010;9(1):35-44. (In Persian).
- 6. Black JM, Matassarin-Jacobs E. Medical-surgical nursing: clinical management for continuity of care. 5th ed. Philadelphia: Saunders; 1997;273-301.
- 7. McDonald PE, Tilley BC, Havstad SL. Nurses' perceptions: issues that arise in caring for patients with diabetes. J Adv Nurs. 1999;30(2):425-30.
- 8. Borzou SR, Salavati M, Safari M, Hadadinejad Sh, Zandieh M, Torkaman B. Quality of life in type II diabetic patients referred to Sina Hospital, Hamadan. Zahdan Journal of Research in Medical Sciences. 2011;13(4):43-46.(In Persian)..

- Mata Cases M, RosetGamisans M, BadiaLlach X, AntoñanzasVillar F, RagelAlcázar J. Effect of type-2 diabetes mellitus on the quality of life of patients treated at primary care consultations in Spain. AtenPrimaria. 2003;31(8):493-9.
- 10. Khamseh ME, Monavari A, Malek M, Shafiee G, Baradaran H. Health- related quality of life in patients with type 1 diabetes. Iranian Journal of Endocrinology and Metabolism. 2011;13(3):249-55. (In Persian).
- 11. Bradley C, de Pablos-Velasco P, Parhofer KG, Eschwege E, Gonder-Frederick L, Simon D. Panorama: a European study to evaluate quality of life and treatment satisfaction in patients with type-2 diabetes mellitus--study design. Prim Care Diabetes 2011;5:231-9.
- Lengacher C, Barta M, Jacobsen P, Kip K, Shelton M, Budhrani P, et al. Feasibility of a Mindfulness-Based Stress Reduction Program for Early-Stage Breast Cancer Survivors. J Holist Nurs. 2011;29(1):107-17.
- Hasanvandi S, Valizadeh M, Mehrabizadeh M. Effect of group metacognitive therapy on depression symptom and rumination. Journal of Fundamentals of Mental Health 2013;15(57):432-42.
- 14. Bohlmeijera E, Prengera R, Taala E, Cuijpers P. The effects of mindfulness-based stress reduction therapy on mental health of adults with a chronic medical disease: A meta-analysis, Journal of Psychosomatic Research, 2010;68:539-44.
- 15. Kabat-Zinn, J.Mindfulness-based interventions in context: past, present, and future. American Psychological Association. 2003;10(2):144-6.
- Kabat-Zinn J. Full Catastrophy Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness. New York, Delacorte, 1990.
- 17. Abbott RA, Whear R, Rodgers LR, Bethel A, Thompson Coon J, Kuyken W, Stein K, Dickens C. Effectiveness of mindfulness-based stress reduction and mindfulness based cognitive therapy in vascular disease: a systematic review and meta-analysis of randomised controlled trials. J Psychosom Res 2014;76:341-51.
- 18. Faude-Lang V, Hartmann M, Schmidt EM, Humpert P, Nawroth P, Herzog W. Acceptance- and mindfulness-based group intervention in advanced type 2 diabetes patients: therapeutic concept and practical experiences. PsychotherPsychosom Med Psychol 2010;60:185-9.
- Rosenzweig S, Reibel DK, Greeson JM, Edman JS, Jasser SA, McMerty KD, Goldstein BJ. Mindfulness-based stress reduction is associated with improved glycemic control in type 2 diabetes mellitus: a pilot study. AlternTher Health Med, 2007;13:36-8.

- Lengacher C, Barta M, Jacobsen P, Kip K, Shelton M, Budhrani P, et al. Feasibility of a Mindfulness-Based Stress Reduction Program for Early-Stage Breast Cancer Survivors. J Holist Nurs. 2011;29(1):107-17.
- 21. Ware JE Jr, Gandek B, Kosinski M, et al. The equivalence of SF-36 summary health scores estimated using standard and country-specific algorithms in 10 countries: results from the IQOLA Project. International Quality of Life Assessment. J ClinEpidemiol 1998;51:1167–1170.
- 22. Montazeri A, Goshtasebi A, Vahdaninia M, Gandek B. The Short Form Health Survey (SF-36): translation and validation study of the Iranian version. Quality of life research: an international journal of quality of life aspects of treatment, care and rehabilitation. 2005;14(3):875-82.
- 23. Rahmani S, Talepasand S, Ghanbary-Motlagh A. Comparison of Effectiveness of the Metacognition Treatment and the Mindfulness-Based Stress Reduction Treatment on Global and Specific Life Quality of Women with Breast Cancer. Iran J Cancer Prev. 2014;7(4):184-96.
- 24. Minor HG, Carlson LE, Mackenzie MJ, Zernicke K, Jones L: Evaluation of a mindfulness-based stress reduction (MBSR) program for caregivers of children with chronic conditions. Soc Work Health Care, 2006;43:91-109.
- 25. Pradhan EK, Baumgarten M, Langenberg P, Handwerger B, Gilpin AK, Magyari T, Berman BM: Effect of Mindfulness-Based Stress Reduction in rheumatoid arthritis patients. Arthritis Rheum2007; 57:1134-42.
- 26. Vazirinejad R, Sajadi M, Maghool N. A historical cohort study assessing the effect of diabetes on the quality of life of patients. Pejouhesh. 2010;34(1):35-40. (In Persian).
- Carmody J, Bear R, Relationships between mindfulness practice and levels of mindfulness, and psychological symptoms and well-being in a mindfulness based stress reduction program. J Behav Med. 2008;31:23-33.
- 28. Pradhan EK, Baumgarten M, Langenberg P, Handwerger B, Gilpin AK, Magyari T, Berman BM: Effect of Mindfulness-Based Stress Reduction in rheumatoid arthritis patients. Arthritis Rheum2007;57:1134-42.
- 29. Bierhaus A, Nawroth PP. Multiple levels of regulation determine the role of the receptor for AGE (RAGE) as common soil in inflammation, immune responses and diabetes mellitus and its complications. Diabetologia 2009;52:2251-63.
- Hartmann M, Kopf S, Kircher C, Faude-Lang V, Djuric Z, Augstein F, et al. Sustained Effects of a Mindfulness-Based Stress-Reduction Intervention in Type 2Diabetic Patients Intervention in Type 2 Diabetic Patients. Diabetes Care, 2012;35(5):945-7.