

Title: Effects of Mindfulness Based Stress Reduction intervention on relocation stress, depression and glycemic control in Type 2 diabetes

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Purpose: To evaluate the effects of a Mindfulness Based Stress Reduction (MBSR) for improving relocation stress, depression and glycemic control in type 2 diabetes elderly in long term care facilities.
Methods: A randomized controlled trial was conducted in six long term care facilities. A sample of the total 126 diabetes elderly participants who newly relocated to long term care facilities within one year was recruited. Six long term care facilities were randomly assigned into either the intervention group (3 institutions, n=64) or the control group(3 institutions, n=62). Control group received routine diabetes nursing care. Intervention group received a Mindfulness Based Stress Reduction program activity. A group of 10-15 participates per once was implemented once per week for a total 9 weeks of the 90 minutes MBSR as the intervention in the experimental group. The depression (DASS-21), Modified Chinese Version Relocation Appraisal Scale (MC-RAS) questionnaires and HbA1C were used to measure outcomes.
Results: An 97% (62/64) intervention retention rate was achieved. Relative to controls, the intervention group reported lower HbA1c levels (F=15.71, p< 0.01; OR = 0.42, 95% CI: 0.25 to 0.71), better depression (DASS-21) scores (c^2 = 16.56, p< 0.01; OR = 0.30, 95% CI: 0.16 to 0.54), and lower relocation stress (MC-RAS) scores (c^2 = 7.99, p< 0.01; OR = 0.44, 95% CI: 0.24 to 0.80) from baseline to 9 weeks follow-up.
Conclusion: The MBSR intervention significantly improved depression, relocation stress and reduced diabetes risk in HbA1c levels. The results suggest that diabetes educators were proficient in specific intervention program design.

Biography

Shu-Ming Chen has completed his PhD in 1998 from Griffith University and working hard on diabetes nursing care research. She is the assistant professor of nursing, working in Fooyin University of nursing school. She has published more than 25 papers in reputed journals and more than 54 papers in international conferences (Up to 100 words)

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