

# World Congress on **Breast Cancer**

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## Mindfulness-based stress reduction for women diagnosed with breast Cancer

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**Background:** Breast cancer diagnosis and therapy are mostly experienced as a severe and lifethreatening situation that may affect patients' quality of life (QoL) with psychological distress and symptoms such as sleep disorders, depression and anxiety. Mindfulness-based stress reduction (MBSR) is a method to reduce stress by practicing awareness.

**Aims:** To evaluate the efficacy and safety of MBSR for women diagnosed with breast cancer.

**Methods:** We searched Cochrane Central Register of Controlled Trials and MEDLINE (1950 to 03/2015) as well as conference proceedings for randomized controlled trials (RCTs). We included RCTs comparing MBSR in addition to standard care with standard care only in patients with breast cancer. Two review authors independently screened search results, extracted data and assessed the quality of trials.

**Results:** We included eight RCTs involving 1093 patients. The majority of patients suffered from early stage breast cancer, some trials recruited patients during treatment, some thereafter. Neither survival nor adverse events were reported. However, there is a significant increase in quality of life and quality of sleep and reduced stress in patients practicing MBSR.

**Conclusion:** Additional MBSR is a promising method in breast cancer patients to reduce stress and improve quality of life and quality of sleep. This work was partially funded by Grant Number R24 AT001293 from the National Center for Complementary and Alternative Medicine (NCCAM). The contents of this systematic review are solely the responsibility of the authors and do not necessarily represent the official views of the NCCAM or the National Institutes of Health.

### Biography

Dr Skoetz is a computer scientist and a medical doctor. From 1989 to 1993 she worked as a computer scientist, thereafter she studied medicine and received her medical degree in 2002. She worked as a project manager in a university-based contract research organization and conducted clinical trials. In January 2008 she became Managing Editor of the Cochrane Haematological Malignancies Group, based at the University of Cologne, since 2010 Co-ordinating Editor. She is involved in teaching concepts on evidence-based medicine and led numerous workshops. One of her main goals is the transfer to clinical practice by participating actively in guideline development.

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