



Mindfulness-based practice to enhance sleep quality in patients with depression and chronic fatigue syndrome



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UNSW HREC Approval # HC15184

Why are we doing this study?

This study aims to assess the impact of three weeks of daily practice of a mindfulness-based relaxation activity (individually selected for each participant to generate the best bodily response) on improving sleep quality and wellbeing in patients with depression or chronic fatigue syndrome. The findings from this study may help researchers to better understand the factors contributing to, as well as ways to improve, poor sleep quality and everyday functioning in depression and chronic fatigue syndrome.

Who can participate?

You are eligible to participate in this study if you:

- are between 18 and 65 years of age;
- have been diagnosed with depression or chronic fatigue syndrome;
- have no other significant illness, such as heart conditions, uncontrolled diabetes, chronic infections, psychotic disorders, or primary sleep disorders;
- have no significant hearing impairment;
- are not pregnant;
- are not taking any regular medications (other than anti-depressants, or oral contraceptive pill), including beta-blockers/anti-hypertensives, corticosteroids, anti-convulsives, benzodiazepines, major analgesics, or other centrally active drugs

What is involved?

If you agree to participate in this study, you will be asked to:

- Complete eight questionnaires concerning your physical and psychological health and symptoms, the kind of person you are, and some of the stressors in your life. This will take approximately 30 minutes.
- Have your heart rate and breathing monitored during a 10-minute rest period, and throughout the presentation of three distinct mindfulness-based activities (10 minutes each).
- Wear a portable heart rate monitor overnight in your own home (as shown in the picture to the right). We will organise a courier to collect the device from you on the following day at no cost to you.
- In your own home, practise your allocated mindfulness-based activity for 3 weeks (every day for at least 10 minutes before bedtime) and keep a diary of your sleep, activity and symptoms during this period.
- Return to our lab after 3 weeks for re-assessment, which involves a briefer version of the initial assessment, which will take approximately 45 minutes. We will also ask you to wear the portable heart rate monitor overnight in your own home.



Where will the assessments be carried out?

All assessments will be done at the Department of Human Behaviour (Psychiatry) at Level 1, 30 Botany Street, UNSW, Randwick.

Are there any risks?

All assessments are non-invasive, however you may feel that some of the questions we ask are stressful or upsetting, or you may feel anxious about performing some of the mindfulness-based activities. If you do not wish to answer a question, or to continue any task, you may skip it or you may stop immediately. If you become upset or distressed as a result of your participation in the study, the research team will be able to arrange for counselling or other appropriate support free of charge. There is a small risk of developing a rash from wearing the heart rate monitor, however this is highly unlikely.

Are there costs associated with the study?

You will not incur any costs as a result of your involvement in this study. To cover your travel expenses, you will be reimbursed \$40 as a cash payment (\$20 per visit on two occasions).

How can I learn about the outcome of this research?

If you provide us with an email or postal address, we will send you a one-page summary of our findings at the conclusion of the study.

How can I sign up for this study?

After reading this information, you may wish to discuss the study in more detail. Your decision of whether or not to participate will not affect your treatment or relationship with UNSW, the Black Dog Institute or the Lifestyle Clinic. You may also withdraw from the study at any time without having to provide a reason.

ANY INFORMATION OBTAINED IN CONNECTION WITH THIS RESEARCH STUDY
THAT CAN IDENTIFY YOU WILL BE KEPT STRICTLY CONFIDENTIAL
(EXCEPT AS REQUIRED BY LAW)

**If you have further questions,
please contact:**

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