

## Breathworks Research



[breathworks-mindfulness.co.uk](http://breathworks-mindfulness.co.uk)

## Overview of Presentation

- *Qualitative* - Part of a PhD by Natasha Doran
- *Quantitative* - questionnaires pre and post
- *Our own questionnaire* – trying to measure the inner process

# Qualitative Study

## Exploring Self Management Approaches to Living With Back Pain

La Danaide Auguste Rodin 1889



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## Full title of study

- 'Journeys through healthcare: A qualitative study exploring perceptions and experiences of health-seeking for chronic back pain in the north-west of England'.
- PhD funded by the MRC at School of Primary Care, Manchester, UK

## Study Aim

- To look at the processes of adjustment to living with long-term pain and explore how exposure to mindfulness-based techniques relates to participants perceptions and management of their pain

## Methods:

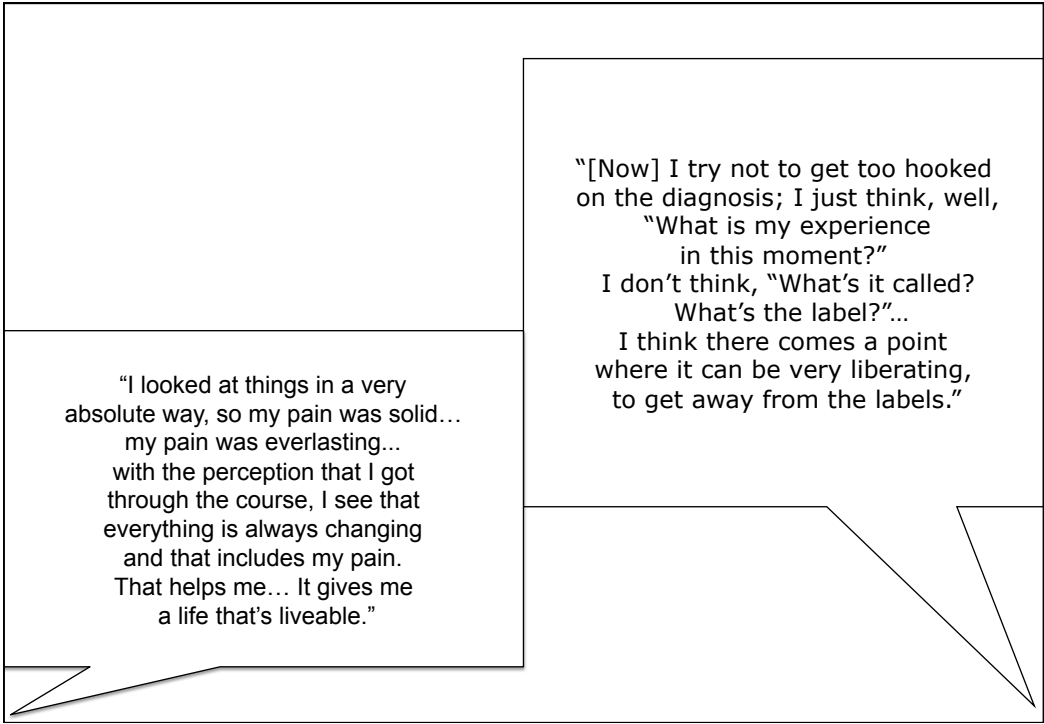
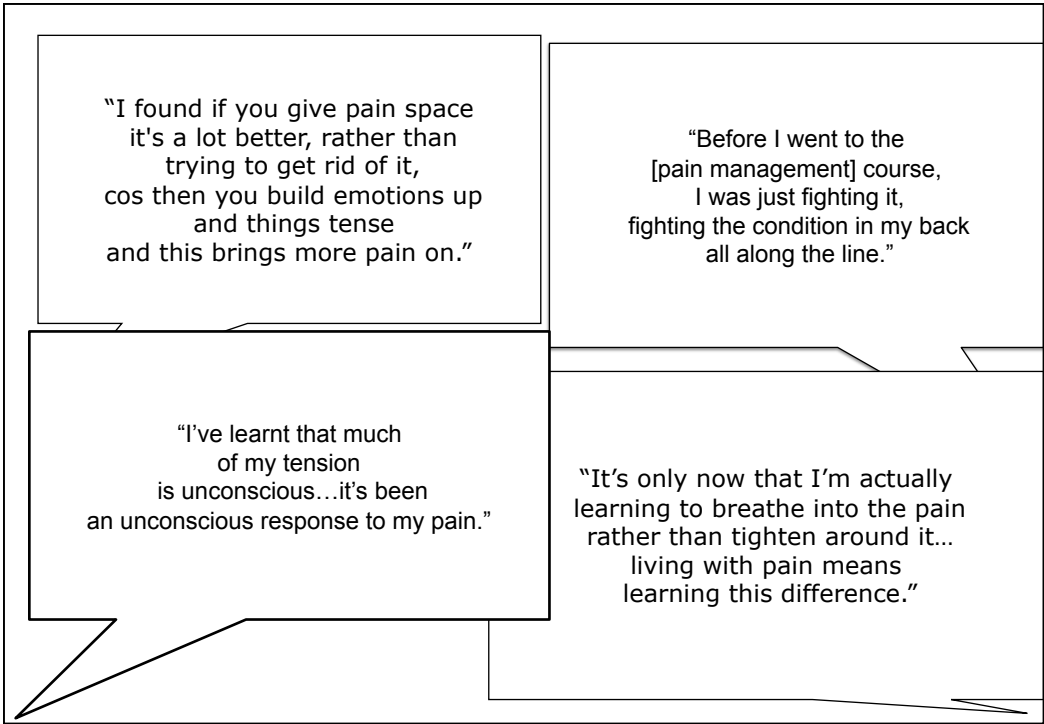
Semi-structured interviews  
Biographical time line  
Participant Observation  
Informal Group Discussions

## Fieldwork Settings:

- Manchester -  
Breathworks Self  
Management in Pain Group  
programmes.
- Liverpool -  
Whiston hospital -  
Spinal unit.

## Breathworks sample

- 25 volunteer participants in total
- 16 volunteers through Breathworks
  - 11 Female
  - 5 Male
- Age 33 – 66 Years
- Back pain diagnoses ( prolapsed disc, arthritis, spondylitis)
- Duration of symptoms 4 – 28 years
- 9 on incapacity benefit



## Breathworks Self-Management in Pain Group Programme

- Self-management techniques:
- Key tools: Meditation & Body Scan, Relaxation, Mindful Movement, Diary keeping, Pacing, Working with Thoughts & Emotions.
- Key concepts: 'Moment by Moment Awareness', Breathing into the pain, Learning to 'Respond' rather than 'React' to pain.
- Awareness of pain/tension distinction  
Awareness of pain/suffering distinction

## Results

- All reported far more acceptance of pain – rather than fearing/blocking pain, looking at ways to '*move through it*' and '*live with it*'
- Participants reported a shift in their self perception away from over identification with their illness identity.
- Despite some reported increase in pain over time, all reported increased quality of life.

## Concluding Remarks

- This qualitative study shows the benefits of using mindfulness-based approaches for managing persistent pain.
- Initial interviews were conducted 4 years before end of study – showing that benefits have been sustained over time (including managing flare ups).

## Acknowledgements:

- MRC
- University of Manchester
- All volunteer participants who kindly agreed to be part of this study
- Breathworks



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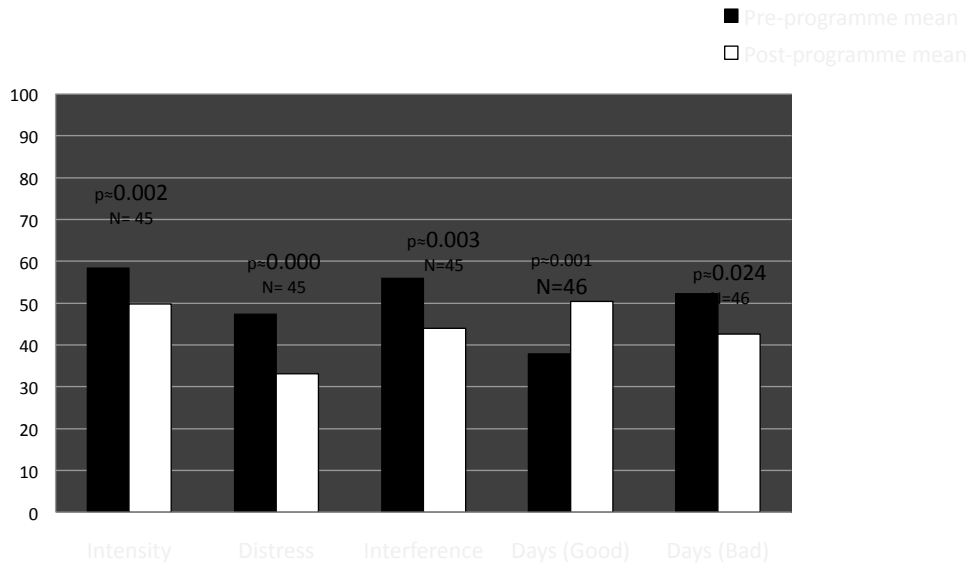
# Quantitative Study

## Questionnaires pre and post

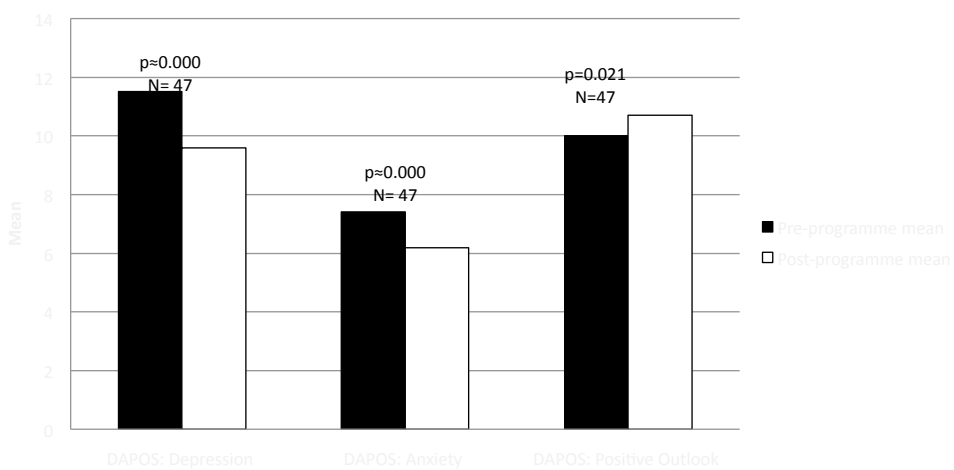
- 13 – 97 cases
- *Pain experience – Pain Scale*
- *Depression, anxiety & positive outlook - DAPOS*
- *Confidence in activity despite pain – PSEQ*
- *Mindfulness – Freiburg Mindfulness Questionnaire*
- *Rumination, magnification & helplessness - PCS*
- *Activity engagement & pain willingness - CPAQ*
- *Quality of life - SF-36*
- *Self-compassion questionnaire*



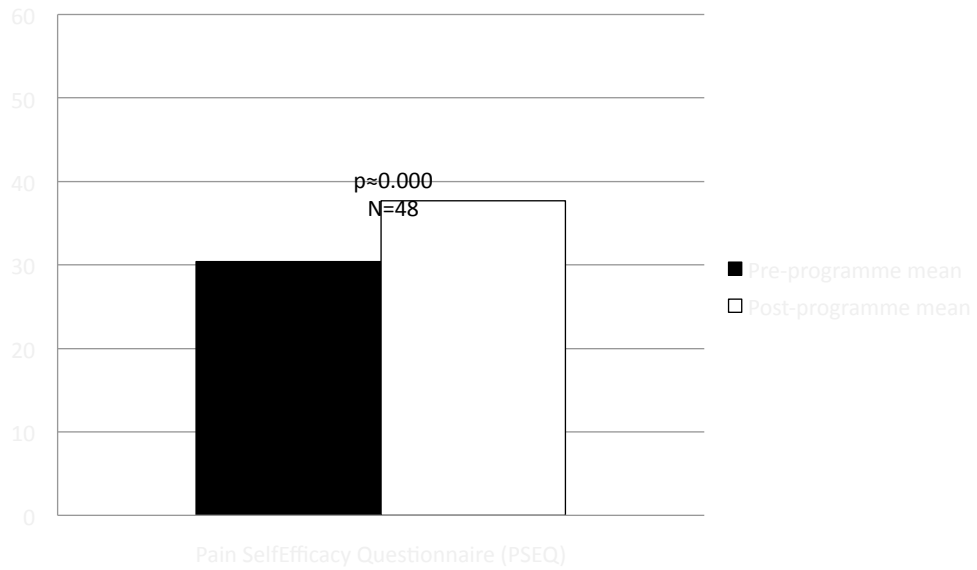
## Pain Questionnaire



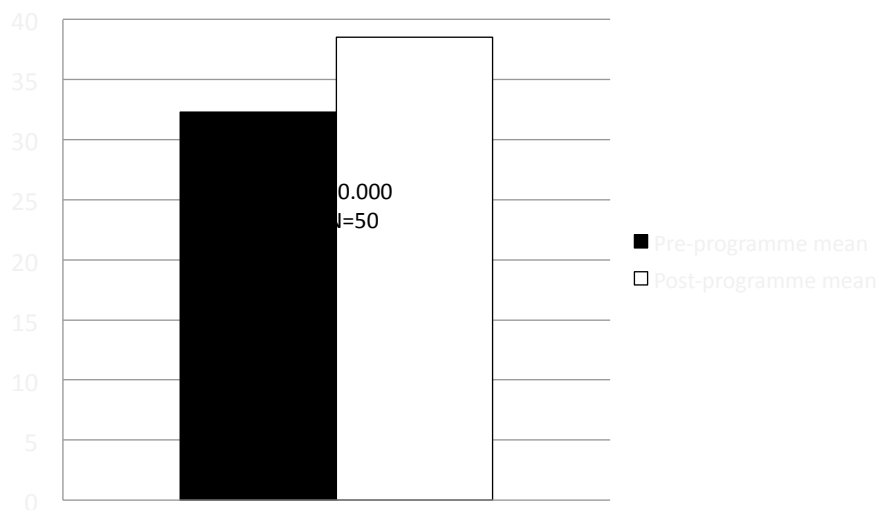
## Depression, Anxiety and Positive Outlook



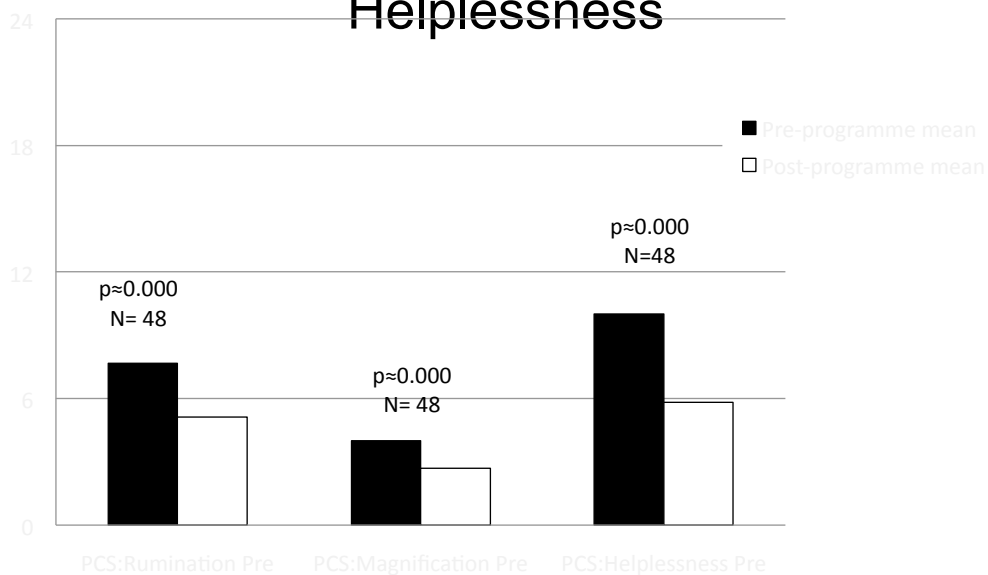
## Pain Self Efficacy Questionnaire



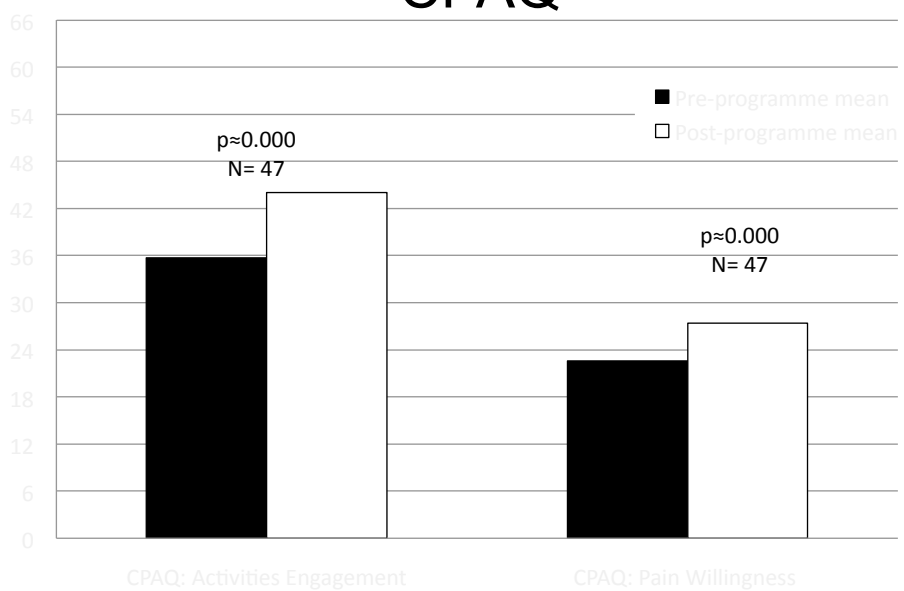
## Freiburg Mindfulness Scale



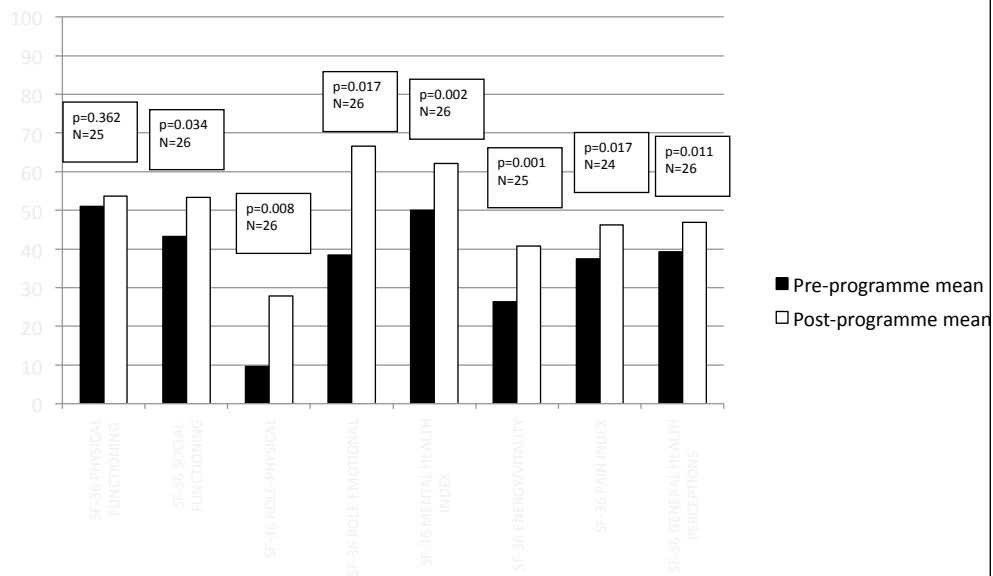
## PCS: Rumination, Magnification and Helplessness



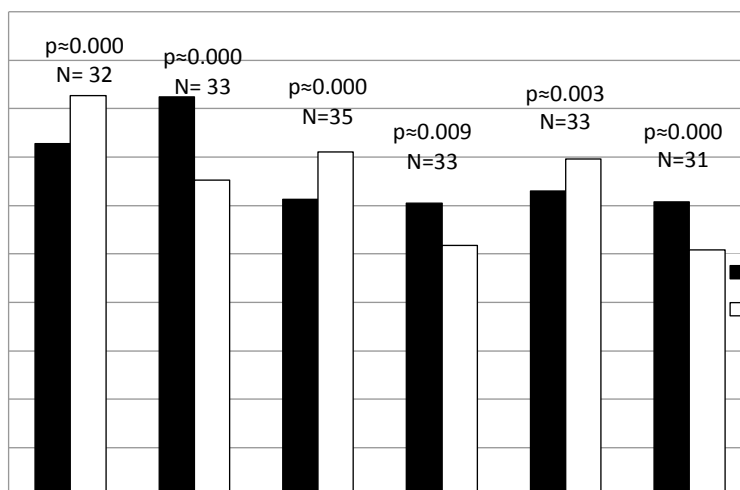
## CPAQ



## Quality of Life: SF-36 scales



## Self Compassion Questionnaire



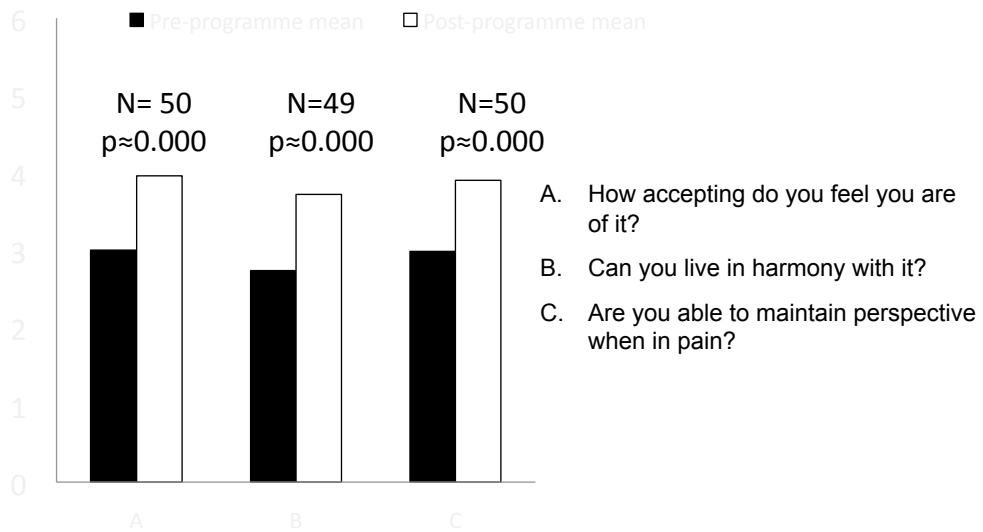
## Breathworks questionnaire

We have also been developing our own questions looking at areas most sensitive to process and change

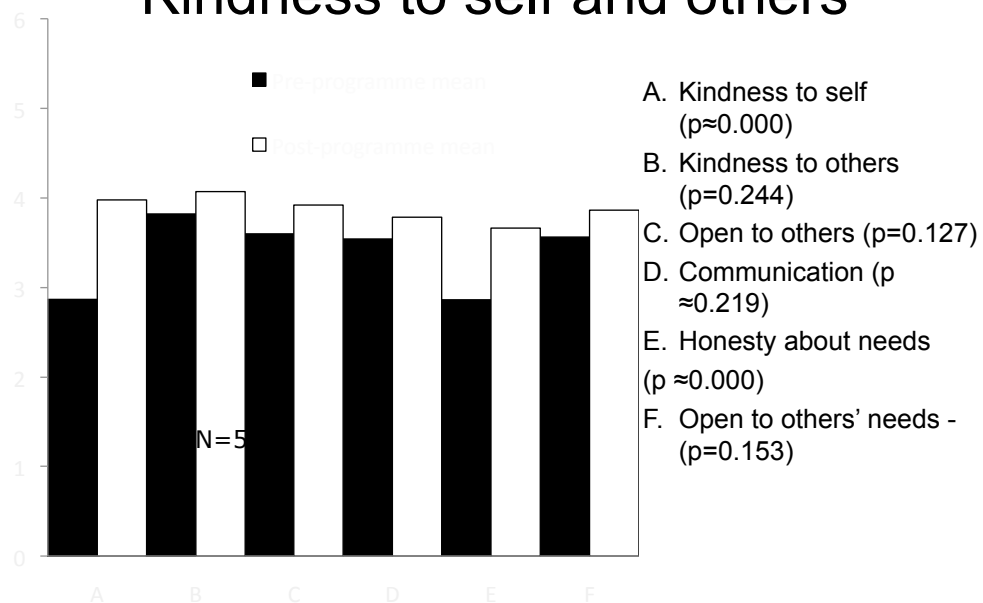
## Breathworks questionnaire

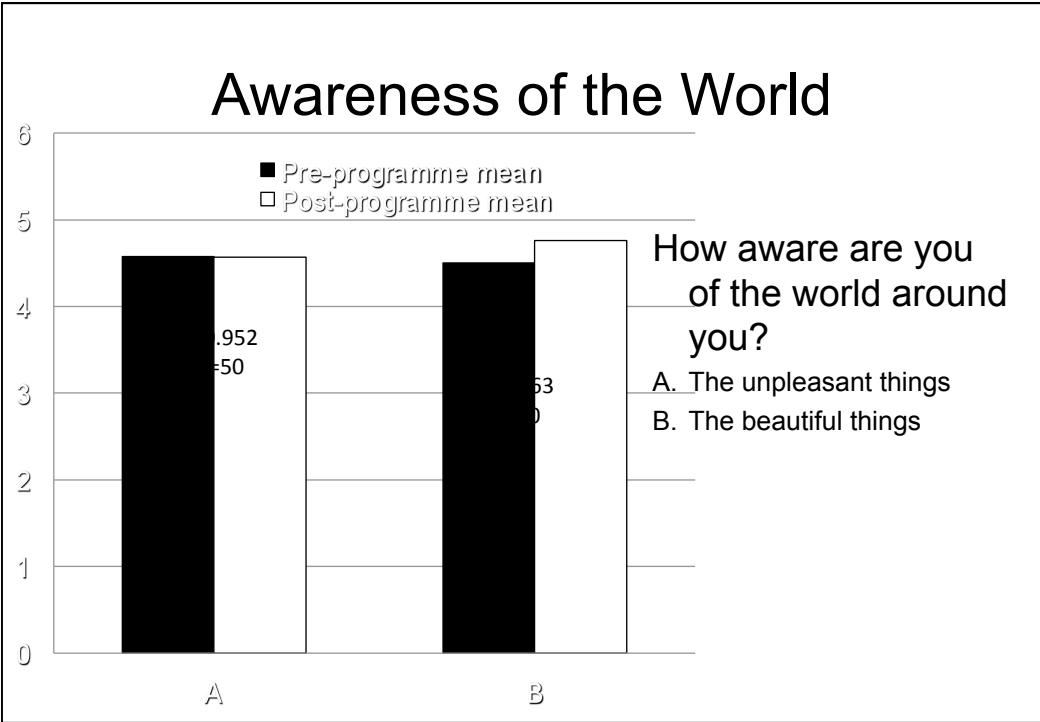
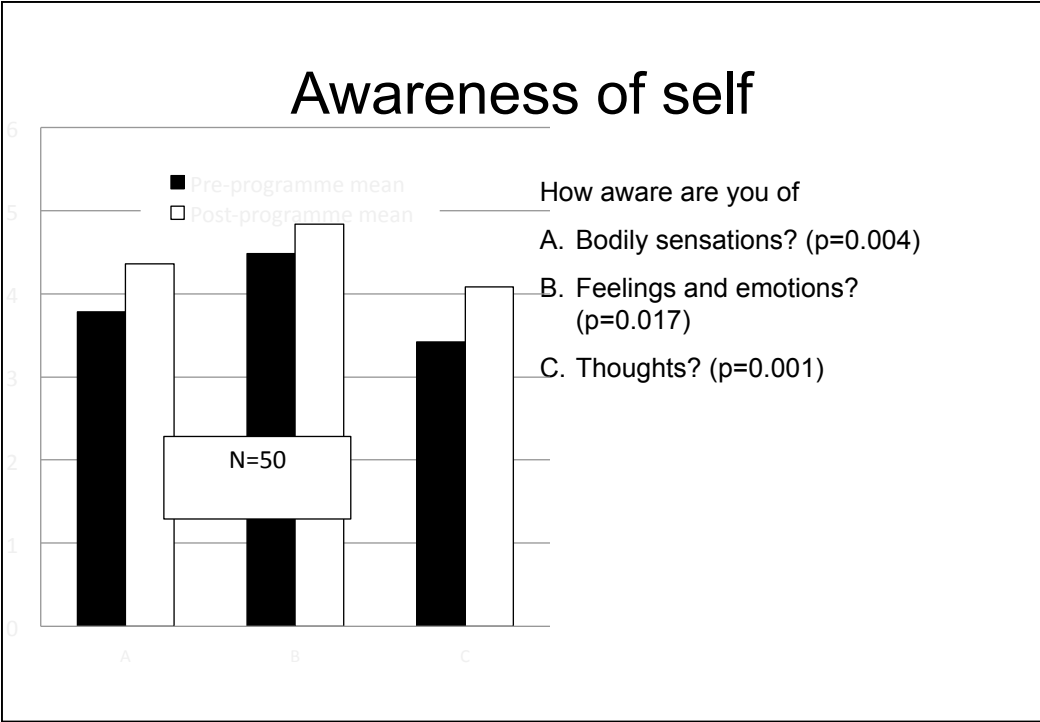


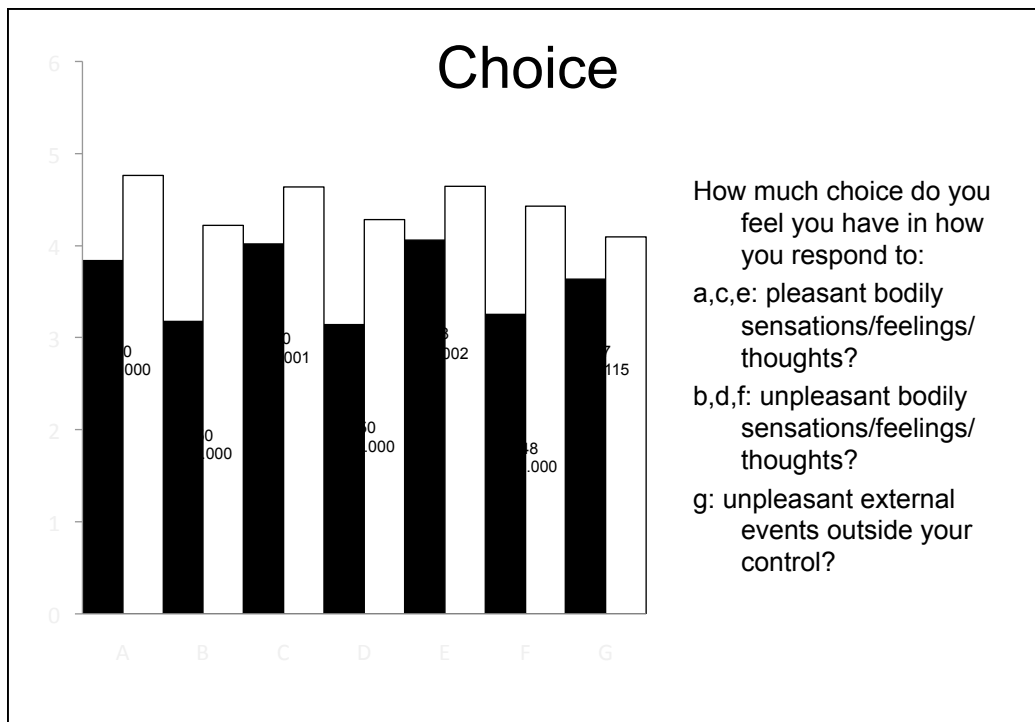
## Living with a Painful Body



## Kindness to self and others







- ### Summary of Breathworks questionnaire
- Greater acceptance of pain, and ability to maintain perspective
  - Increased sense of kindness to self and others
  - Increased awareness of the beautiful
  - Greater sense of choice in response to unpleasant physical sensations, feelings and thoughts



## Thank you to everyone who has helped us with our research

Elaine Weatherley-Jones, PhD  
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Hayley Morris  
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