**Contact Information**

All inquiries for information regarding the study are welcome.

Our study line and e-mail account are open for your questions. Health care providers may also encourage patients to contact the study director for more information.

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**Journeys to Wellness:**

_A Kidney Transplant Candidate Study_

**Call or e-mail TODAY!**

National Institutes of Health
Study P01 DK 13083, PROJECT 4: N1
You are invited to participate in a research study for people waiting for a kidney transplant.

This study will compare a mind-body approach, called Mindfulness Based Stress Reduction (tMBSR), to a support group for kidney transplant candidates. Eligible participants will be randomly assigned, such as by a coin-flip, to either tMBSR or the support group. t stands for telephone. Both interventions will be conducted mostly by teleconference.

**BACKGROUND INFORMATION**

MBSR is an 8-week program, led by an instructor. Participants learn mindfulness meditation techniques and gentle yoga exercises such as stretching. In this study the standard MBSR course will be delivered mostly by phone.

The comparison group in this study is a kidney candidate support group. Support group participants will have a chance to interact with other kidney transplant candidates and a trained facilitator who will emphasize communication skills.

**WHO CAN PARTICIPATE?**

✓ Kidney transplant candidates listed with the United Network for Organ Sharing (UNOS) or accepted by the University of Minnesota Transplant program, and who have not received a previous transplant.

✓ Age 18 or older.

✓ Able to speak and read English

✓ Willing to be randomly assigned (such as by a coin flip) to the MBSR program or to a transplant candidate support group.

✓ Reachable by telephone and able to use the phone for 6 weekly teleconference calls.

✓ Able to attend 2 in-person sessions with other study participants.

✓ Willing to complete the study questionnaires, do the at-home sleep assessment and provide saliva samples.

✓ Must be receiving standard pre-transplant medical care.

If you are interested in participating, you will meet with a study staff member to learn more about the study, complete the informed consent process, and complete a brief interview about your health and well-being.

Participants randomly assigned to MBSR will attend a 1 day workshop to learn about MBSR, followed by 6 weekly telephone MBSR classes. In week 8, the group will meet for a 1 day retreat. Between classes, participants are asked to practice the meditation and yoga techniques assigned by the instructor.

Participants assigned to the support group will attend an in-person group meeting, followed by 6 weekly telephone support group calls. In week 8, the group will meet for a farewell gathering.

All participants will complete study questionnaires at the beginning of the study, at 8 weeks and 6 months. All participants will wear a sleep monitor (similar to a wristwatch) for up to 2 weeks at baseline and follow-up, and will provide small saliva samples to measure cortisol, an indicator of stress. Those who receive a transplant before the study ends will complete additional surveys at 2 and 6 months after surgery.