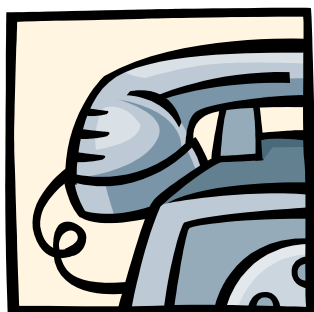




For more information and to find out if you qualify for this paid study, contact us!

Office: (608) 265 5678
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Fax: (608) 263 5813

Jennifer Wiegel
Study Coordinator



Who is conducting the study?

Aleksandra Zgierska, MD, PhD
Principal Investigator
Assistant Professor
UW School of Medicine & Public Health, Department of Family Medicine;
(608) 265 5678

Collaborating Treatment Centers:

NewStart Outpatient Clinic*
(608) 417-8144

UW Health Gateway Recovery
(608) 278-8200

Connections Counseling
(608) 221-1500

Mental Health Center of Dane County
(608) 280-2700

W.S. Middleton Memorial Veterans Hospital (608) 280-7073

Tellurian Ucan Inc.
(608) 222-7311

Lutheran Social Services
(608) 277-0610

OceanHawk Counseling
(608) 873-7838

** Meriter neither recommends nor discourages participation in this research*

Mindfulness

Meditation

for

Health



Aleksandra Zgierska, MD, PhD
UW Dept of Family Medicine

About the study:

Alcohol dependence is the most serious alcohol use disorder that affects about 8 million US adults. It can be treated, but alcohol relapse prevention remains a challenge.

In this NIH-funded study, UW-Madison researchers are testing whether mindfulness meditation is an effective treatment for alcohol relapse prevention. Results of this study may help alcohol dependent persons in the future.

What is “Mindfulness Meditation”?

- gentle mental process (“mind training”) used for centuries to help focus attention;
- can help cope with unpleasant experiences (e.g., thoughts, emotions, pain);
- effective for many conditions (e.g., anxiety, depression, stress, chronic pain);
- preliminary research shows it may be effective for alcohol, tobacco and drug use problems.

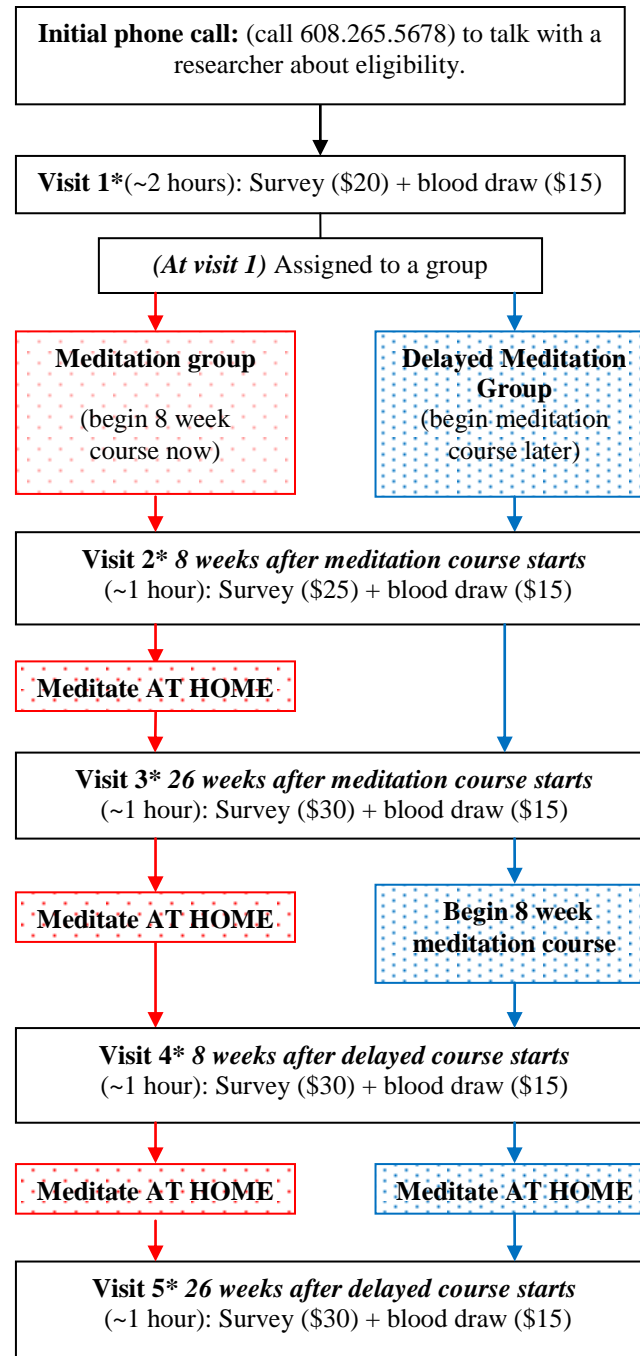
How does the study work?

- In this study, participants will learn how to practice meditation during an 8-week course, guided by an experienced instructor.
- The goal of this training is to improve one’s ability to focus “in the present moment” and cope in a healthy way with common challenges during recovery.
- Meditation techniques will be taught with participants comfortably sitting (e.g., in a chair), lying down, walking or stretching.



Study Activities Diagram:

8-week meditation course &
5 follow-up meetings



Transportation (bus passes or cab rides) may be available.

What does my participation involve?

- 8-week meditation course (2-hour session per week) either at the beginning of the study (Meditation Group) or after completing a 26-week follow-up (Delayed Meditation Group); *location TBA*.
- 5 follow-up visits, *scheduled at your convenience, at the University Hospital to:
 - Fill out surveys
 - Have a blood sample drawn
 - Note: Visit time for visits 2-5 can be shortened by 30 minutes by mailing the surveys to you in advance or collecting them over the phone.
- Meditation at home (once trained in meditation)

What does the meditation course cover?

Session 1: basics of meditation: how to be more aware of each moment;

Session 2: importance of meditation, and how to make it a part of everyday life;

Session 3: focus on the breath & sitting meditation techniques;

Sessions 4&5: focus on the effects of craving on the mind and how meditation can help;

Session 6: meditation and coping with craving;

Session 7: meditation as a coping strategy to prevent relapse;

Session 8: “review session:” how to maintain life balance using meditation.

How can I get into the study?

You may be eligible if you:

- Are 18 years old or older,
- Have alcohol dependence,
- Are (or have recently been) treated for alcohol dependence in an outpatient program (completed at least 2 sessions per week x 2 weeks prior to study enrollment),
- Have been sober for up to 14 weeks.