PP-11: Effects of a meditation-based psychotherapeutic intervention on psychological distress and perceived health-related quality of life of stage IV and V chronic kidney disease patients: a randomised controlled trial protocol

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Introduction: Meditation is empirically supported as a sustainable and non-invasive mind-body therapy in illness contexts. The proposed randomised controlled trial (RCT) intends to explore whether a meditation-based psychotherapeutic intervention (MBPI) could alleviate psychological distress (PD) and enhance perceived health-related quality of life (pHRQOL) in a sample of Sri Lankan patients diagnosed with stages IV and V chronic kidney disease (CKD).

Methods: A repeated-measures, open RCT will be performed. Fifty-six CKD patients who are in stage IV/V of the illness, who have not undergone renal-replacement therapy and are between the ages 18-65 years will participate in an eight-week MBPI compared to an active control group (CG; n=56), who will participate in a parallel series of illness-related education sessions. The proposed MBPI will consist of eight 1.5 hourly sessions where the 1st and the 8th session will be conducted onsite while 2nd - 7th sessions will be conducted online and will require a 30-40 home-based daily individual practice of meditation between sessions. Participants will be recruited from renal care clinics at the National Hospital of Sri Lanka, Colombo (NHSL) using purposive sampling and will be grouped using block randomization. To avoid contamination bias and influence on the CG, the participants of the experimental group will be instructed not to share any information related to the MBPI with others during the study. All participants will complete validated psychometric measures to evaluate primary outcomes (i.e. PD and pHRQOL) and secondary outcomes (i.e. mindfulness, self-compassion, coping, psychological resilience) during three-time points: before, immediately after, and three months after the completion of the intervention. The study will be conducted in the Clinical Medicine Academic and Research Centre premises at the NHSL. Outcomes between groups will be compared by adhering to standard principles for RCTs.

Keywords: meditation-based psychotherapeutic intervention, psychological distress, health-related quality of life, chronic kidney disease

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