

EFFECTIVENESS OF A MINDFULNESS INTERVENTION COMPARED TO PHYSICAL EXERCISE IN FIBROMYALGIA PATIENTS

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INTRODUCTION

Fibromyalgia (FM) is a highly disabling chronic condition characterized by widespread musculoskeletal pain, fatigue and sleep problems along with other symptoms such as anxiety, stress and mood disorders (Serra et al., 2021). It is a complex disorder that affects about 2% of the general population in Spain and between 0.2% and 7% worldwide (Gaya et al., 2020). Among the non-pharmacological techniques, physical exercise stands out for its scientific evidence (Rafael et al., 2016) as well as Mindfulness (Pérez-Aranda et al., 2017).

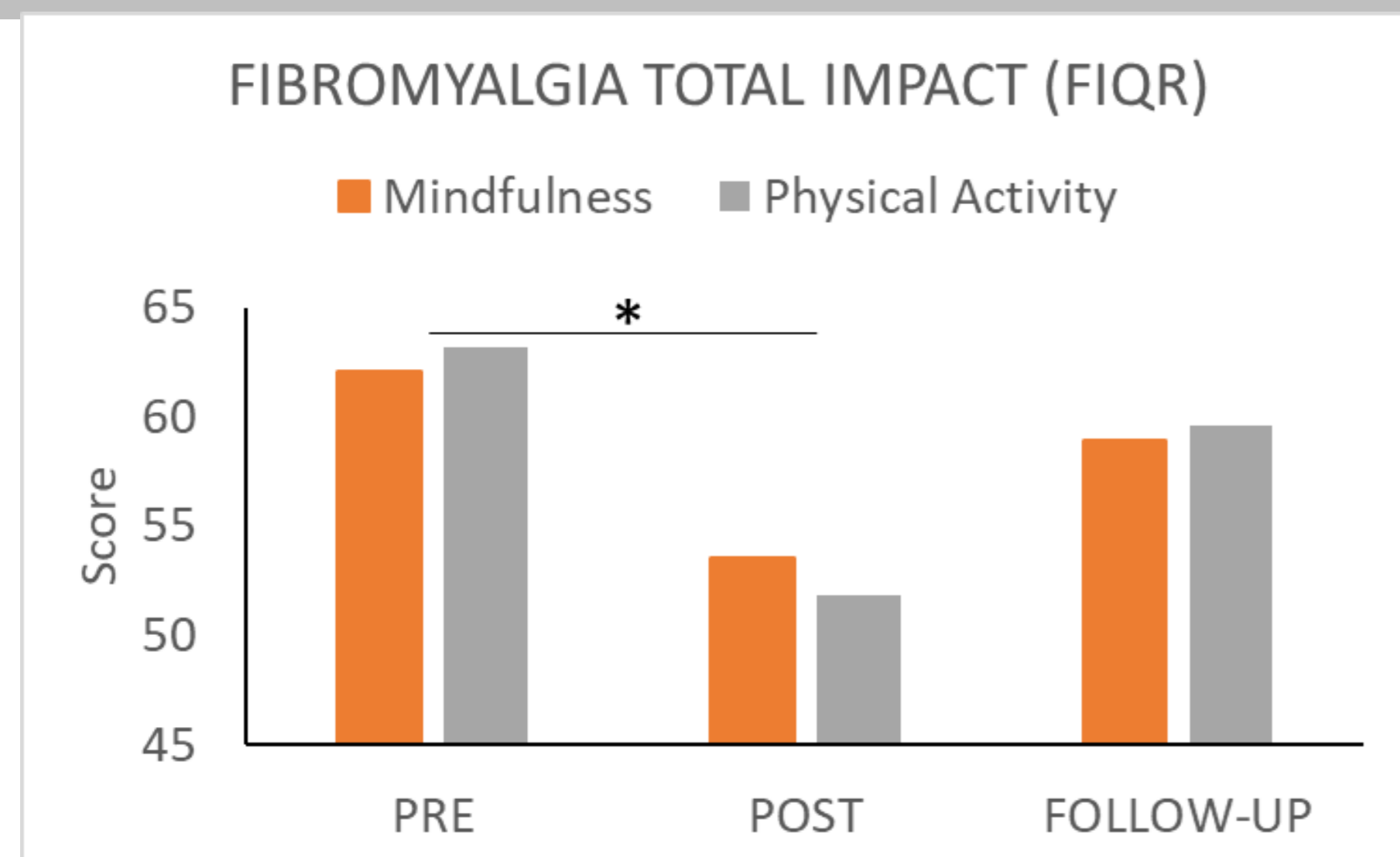
OBJECTIVE

Compare a Mindfulness intervention with the most recommended non-pharmacological intervention such as physical exercise in a sample of fibromyalgia patients.

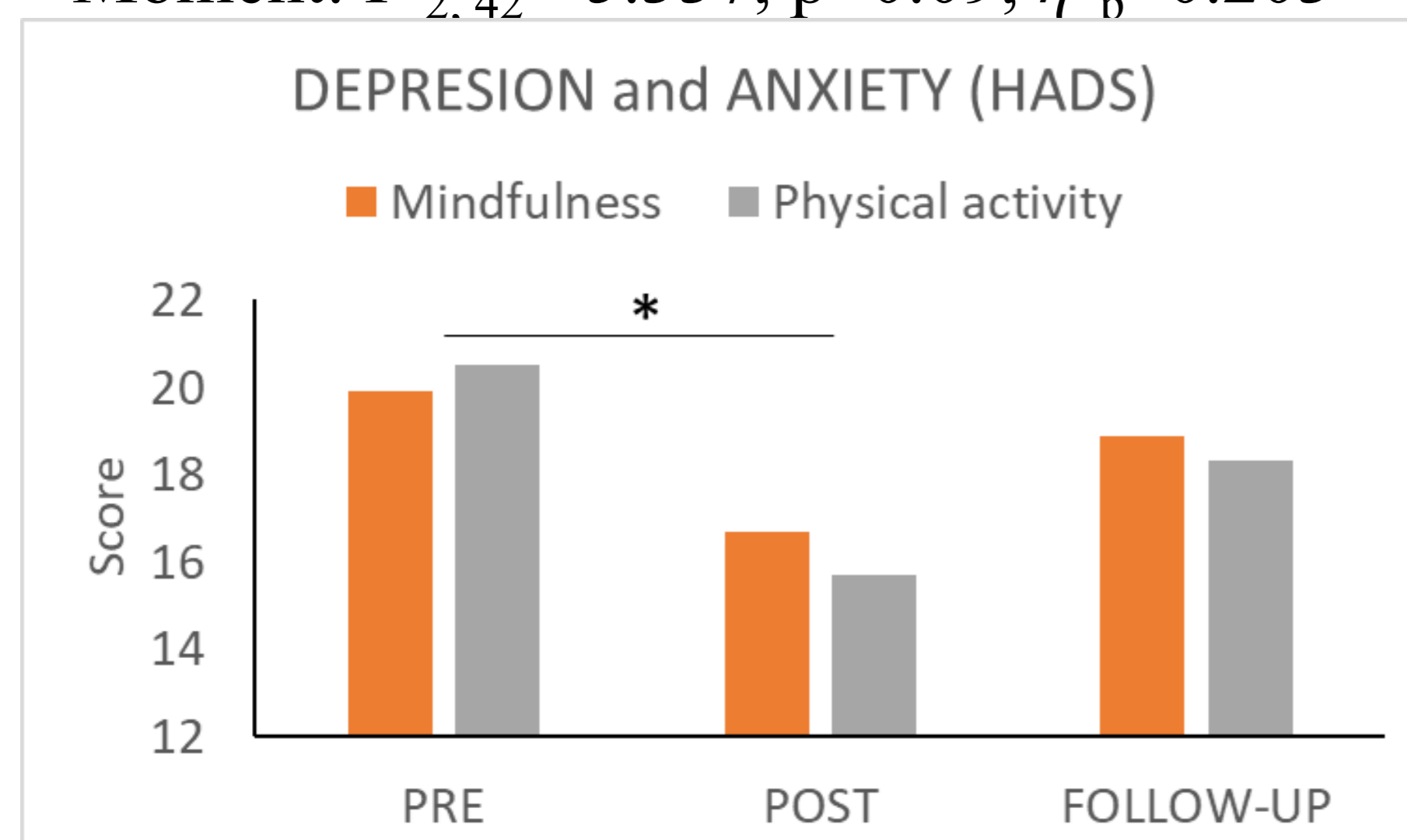
MATERIALS AND METHODS

23 women diagnosed with fibromyalgia, 11 assigned to the Mindfulness intervention program (age=58.27±3.91), and 12 who formed the control group (CG) of supervised physical exercise (age=53.17±2.54). The program lasted one month, with a two sessions per week frequency. We assessed (a) fibromyalgia impact (FIQR), (b) anxiety and stress (HADS), (c) perceived pain, (d) acceptance and action (AAQII), (e) self-compassion and (f) 5 facets of Mindfulness; measures were taken before the beginning of the program, at the end and at 5 months (follow-up).

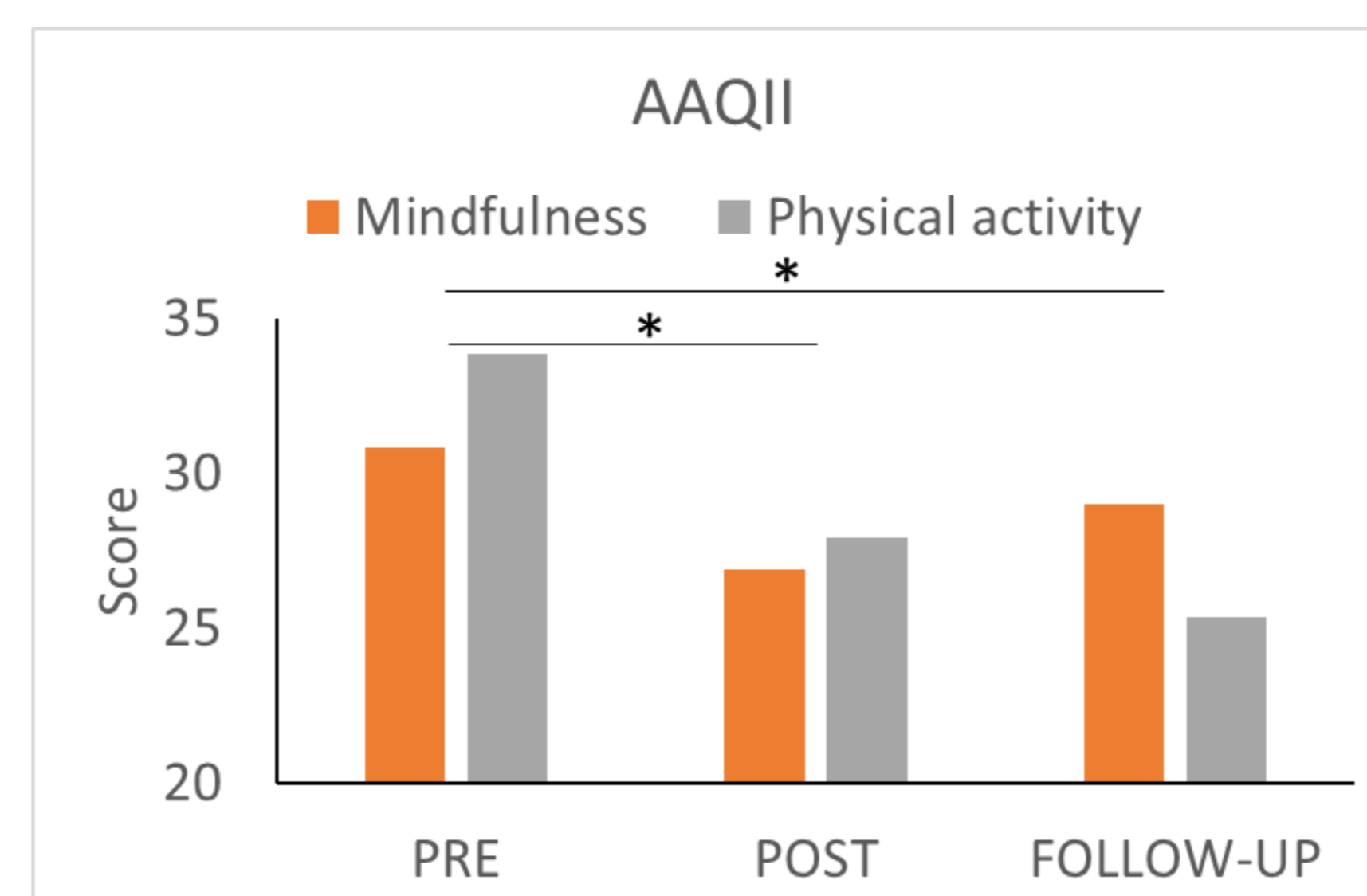
RESULTS



Moment: $F_{2,42} = 5.337, p < 0.09, \eta^2_p = 0.203$



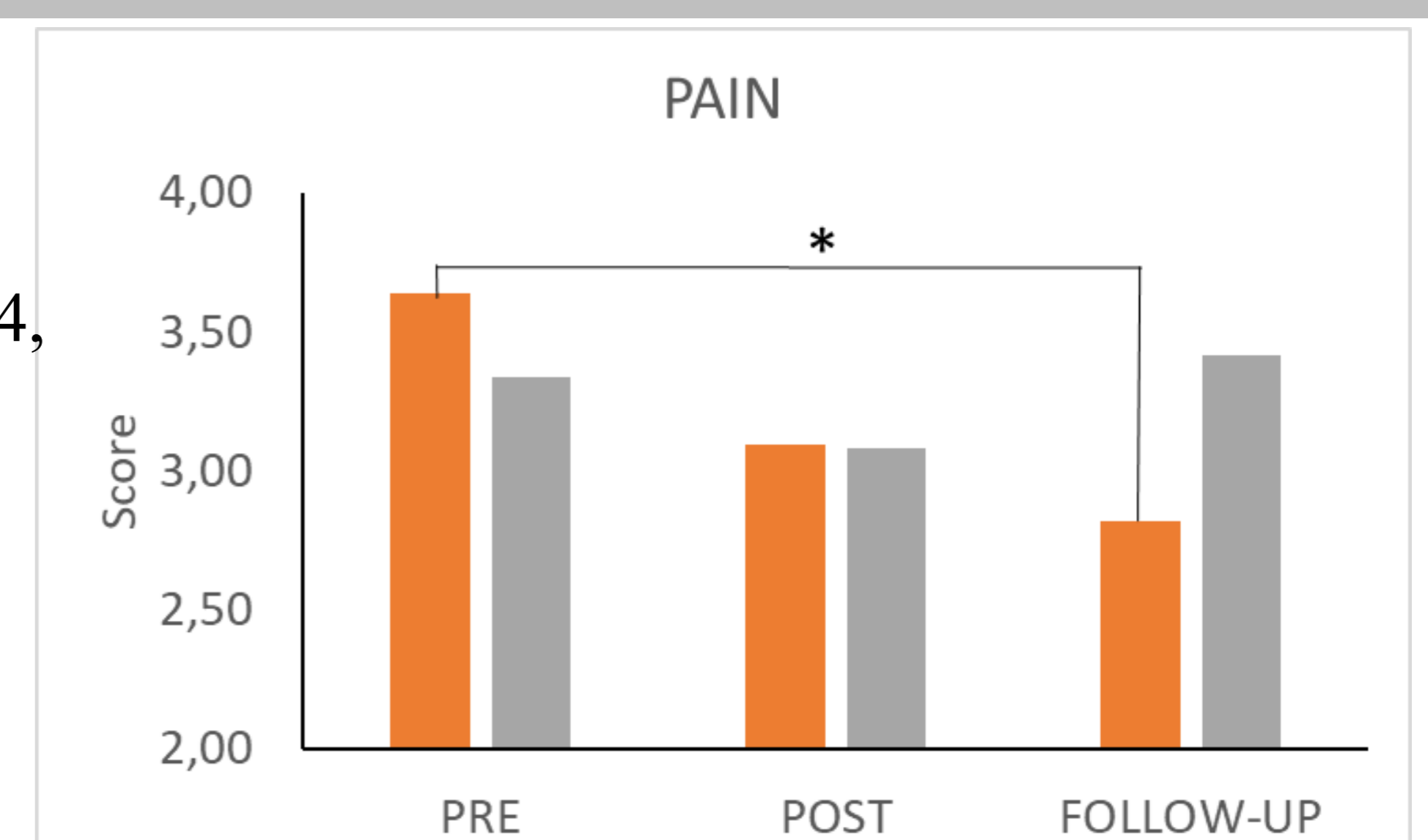
Moment: $F_{2,42} = 5.504, p < 0.008, \eta^2_p = 0.234$



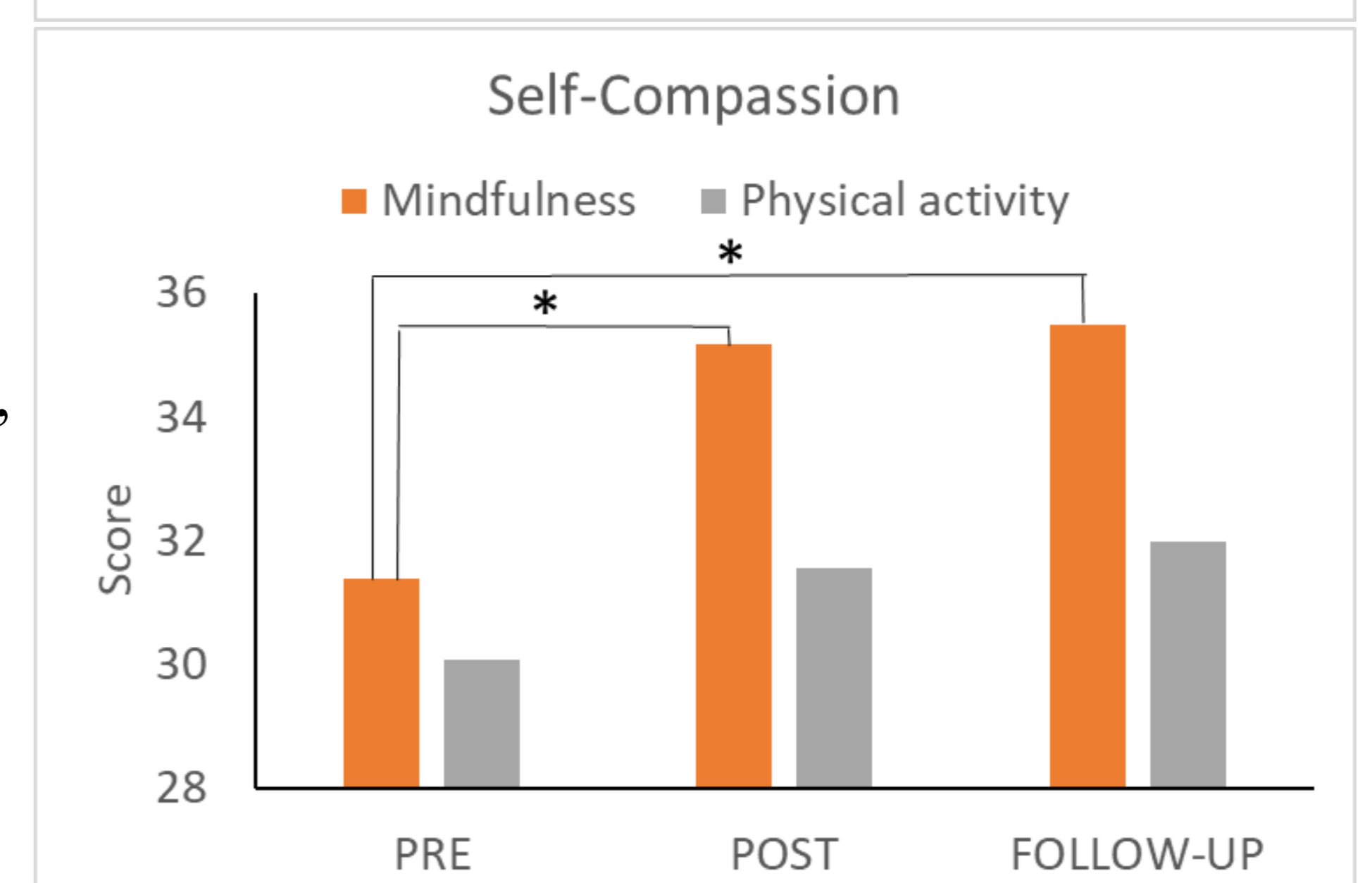
Moment: $F_{2,42} = 7.20, p < 0.003, \eta^2_p = 0.27$

* $p < 0.05$

Interaction:
 $F_{2,42} = 3.604,$
 $p < 0.03,$
 $\eta^2_p = 0.137$



Interaction:
 $F_{2,36} = 11.90,$
 $p < 0.001,$
 $\eta^2_p = 0.398$



CONCLUSIONS

The Mindfulness program has been as effective as the physical exercise program in the symptomatology of fibromyalgia, depression and anxiety. Moreover, only in the Mindfulness group have been a decrease in pain and an increase in self-compassion, maintaining these changes during follow-up.

REFERENCES

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- Serra, M., et al. (2021) Efficacy of the FIBROWALK Multicomponent Program Moved to a Virtual Setting for Patients with Fibromyalgia during the COVID-19 Pandemic: A Proof-of-Concept RCT Performed Alongside the State of Alarm in Spain. *International Journal of Environmental Research and Public Health*, 18, 10300.