

# Mindfulness intervention de-stresses cancer survivors

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measures were not maintained, although reductions in cancer-related distress were still observed.

"A brief, mindfulness-based intervention demonstrated preliminary short-term efficacy in reducing stress, behavioral symptoms, and proinflammatory signaling in younger [breast cancer survivors](#)," the authors write.

**More information:** [Abstract](#)  
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(HealthDay)—A brief mindfulness-based intervention has a positive short-term effect on psychological and behavioral measures as well as proinflammatory signal markers in younger breast cancer survivors, according to a study published online Dec. 23 in *Cancer*.

Julienne E. Bower, Ph.D., from the University of California in Los Angeles, and colleagues randomized women diagnosed with early-stage breast cancer (?50 years of age) who had completed [cancer treatment](#) to a six-week Mindful Awareness Practices (MAPS) intervention group (39 patients) or to a wait-list control group (32 patients). Questionnaires, completed before and after the intervention, assessed the primary outcomes of stress and [depressive symptoms](#) as well as physical symptoms, cancer-related distress, and positive outcomes. Genomic and circulating markers of inflammation were evaluated from blood samples.

The researchers found that the MAPS intervention led to reductions in perceived stress ( $P = 0.004$ ), depressive symptoms ( $P = 0.094$ ), proinflammatory gene expression ( $P = 0.009$ ), and inflammatory signaling ( $P = 0.001$ ). Secondary outcomes of reduced fatigue, sleep disturbance, and vasomotor symptoms, as well as increased peace, meaning, and positive affect were seen ( $P$  behavioral

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