



ONLINE MINDFULNESS-BASED STRESS REDUCTION (MBSR) FOR PEDIATRIC IBD

WHAT ARE THE GOALS OF THIS STUDY?

IBD is a tough disease and can affect many aspects of your life. Sometimes, it can add stress that may affect your physical symptoms of pain and stool habits. In this study, we want to know if practicing mindfulness via an online MBSR course taught by a trained teacher can help with your IBD. Specifically, we want to understand if an online MBSR course is doable, liked, and what effects it may have on quality of life and symptoms of IBD.

WHO CAN BE PART OF THE STUDY?

Patients with an established diagnosis of IBD and between the ages of 12 and 19.

WHAT WILL PARTICIPANTS BE ASKED TO DO?

You will participate in 8 weekly MBSR group classes online, you will answer a series of questionnaires and submit stool samples 3 times over the course of the study, and you will participate in 1 focus group to assess your experience in the study. You will be compensated for your participation.

WHAT ARE THE BENEFITS?

Although we can't promise that you will receive any direct benefit from the MBSR program, as a result of your participation you may feel improvements in your symptoms and your quality of life living with IBD. We hope that the knowledge gained from this study may help future children with IBD.

WHO DO I CONTACT?

To refer a potential participant, please email:

ibdmindfulness@chop.edu

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