

**Title of Intervention:** Stress Reduction Intervention for Congestive Heart Failure

**Intervention Strategies:** Group Education, Individual Education

**Purpose of the Intervention:** To reduce risk for heart failure through meditation

**Population:** African Americans at least 55 years old with congestive heart failure

**Setting:** University of Pennsylvania health care system; health care facility-based, home-based

**Partners:** None mentioned

**Intervention Description:**

- Group Education: The meditation program consisted of a 7-day training course. Participants met daily for one and a half hours. Refresher meetings were held biweekly for the first three months and monthly for the last three months. Participants were taught how to perform transcendental meditation (TM). TM is a simple mental technique that is practiced for 15-20 minutes twice daily while sitting comfortably with eyes closed.
- Individual Education: The meditation program included a personal interview and a personal instruction session. Participants were asked to keep daily dairies of their intervention compliance.

**Theory:** None mentioned

**Resources Required:**

- Staff/Volunteers: Meditation instructor
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space for meditation sessions
- Budget: Not mentioned
- Intervention: Activity diaries
- Evaluation: Questionnaire, instruments to conduct blood samples, access to hospital database

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Short Form-36 and Minnesota Living with Heart Failure Questionnaire (LHFQ) to assess quality of life
  - Six-minute walk test to measure functional capacity
  - Quality of Well-Being survey (QWB-SA) to assess general health status
  - CES-D survey to assess depression
  - Blood samples to assess levels of brain natriuretic peptide and cortisol in the system
  - Access to hospital records to track heart failure related events

**Outcomes:**

- Short term Impact: The meditation group had significant improvement on the 6-minute walk test indicating better physical functioning. The meditation group had significant improvement in social function general depression.
- Long Term Impact: Over the six-month follow-up period, the meditation group had fewer hospitalizations and fewer congestive heart failure-related events than the control group.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Jayadevappa, R., J. C. Johnson, et al. (2007). "Effectiveness of transcendental meditation on functional capacity and quality of life of African Americans with congestive heart failure: a randomized control study." *Ethn Dis* 17(1): 72-7.