

Mindfulness for Recurrent Abdominal Pain in Adolescents Study

The specific **inclusion criteria** are as follows:

- 1) Between the ages of **13 to 18 years**
- 2) Have been experiencing stomach pain at least **once weekly** for at least **2 months**
- 3) Ability to speak, read and write in English

Exclusion criteria are as follows:

- 1) Must not have a diagnosed chronic illness associated with stomach pain (e.g., Crohn's ulcerative colitis, pancreatitis, diabetes, epilepsy, celiac sprue, and lactose intolerance)
- 2) No major surgery in the past year
- 3) Not taking an antihypertensive or benzodiazepine
- 4) Not diagnosed with a developmental disorder
- 5) No evidence of acute psychiatric instability (e.g., school refusal, substance abuse or dependence, prior suicide attempts or active suicidal ideation)

Intervention:

- **8 week** mindfulness-based group (10-15 teens) behavioral intervention (**1.5 hr after school**)
- *Based on a group mindfulness intervention that has been shown to be effective in adults with chronic pain, IBS, and other chronic medical conditions*
- Group educational/experiential format – not a psychotherapy group
- Aimed at improving mindfulness-based coping skills

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