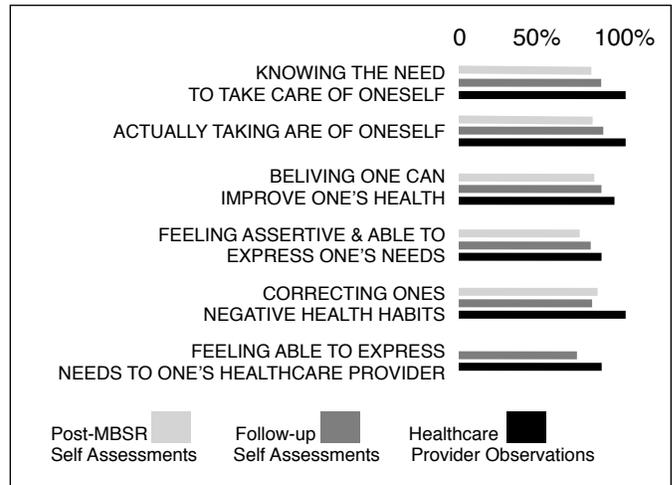
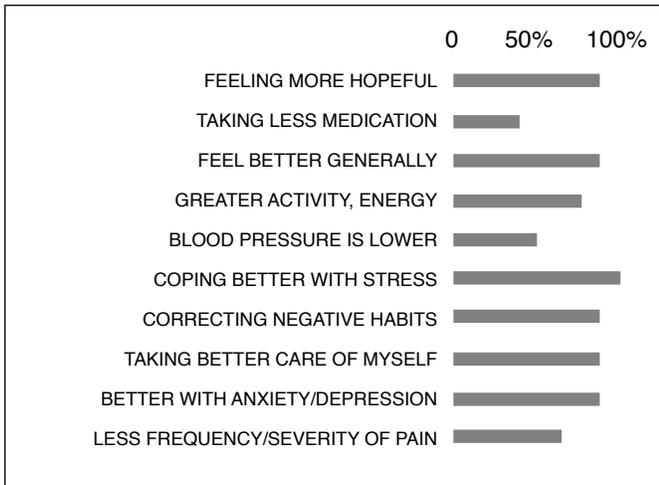


Addendum: Graphical Summaries

Graphical summaries of the data in the tables of Rogers, Christopher, Sunbay-Bilgen; Mindfulness, Self-Care, and Participatory Medicine: A Community's Clinical Evidence. *Journal of Participatory Medicine*, February 2013.



MBSR Participants' responses on a post-program self-assessment (FQ) ¹¹ as a percentage of the number of such responses for each experience. (n=137). From the data in Table 1.

MBSR participant self-assessment and healthcare provider observations in self-care surveys about the consequences of the program. Compilation of data from Tables 2 and 7.

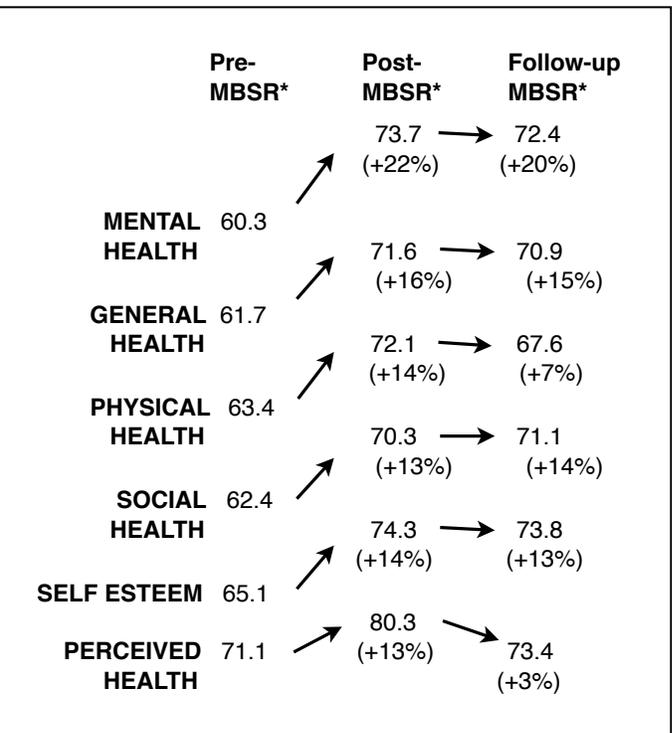
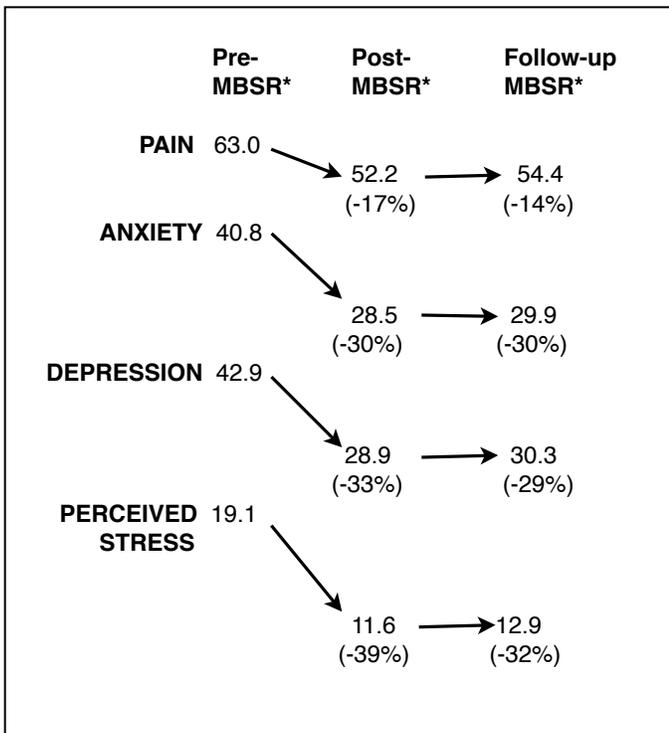
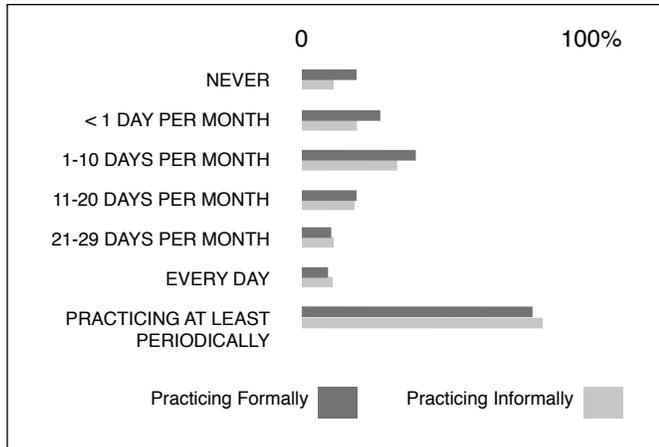
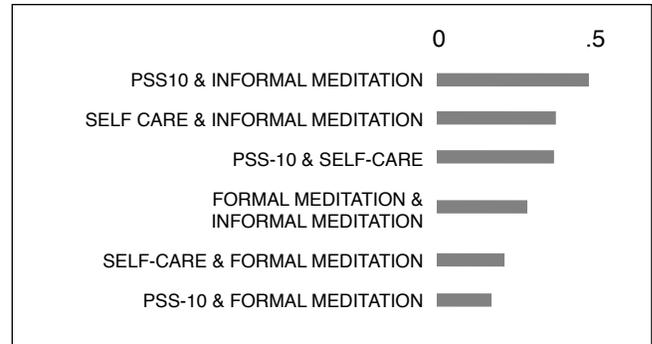


Table Graphics illustrating statistically significant and enduring changes in health status score testing from pre-MBSR through follow-up testing up to 4 years later (n=94) in Table 4. *All scores are DUKE Health Profile subscores with the exception of PERCEIVED STRESS which is the PSS-10.



Percentage of participants continuing formal and informal meditation practice at long term follow-up up to 4 years after the MBSR program from Table 5.



Size of correlations between participants' modes of meditation practice and the stress (PSS-10) and self-care (MSCI) indices at long-term follow-up after the MBSR program from Table 6.

- "Mindfulness practice teaches my patients to dare to take their health and lives seriously. Carving out time to look within without judgment or agenda helps us all distinguish between the pain and loss that is an irreducible part of being human from the pain we volunteer for by living anywhere but the present, driven by the imperatives of our cultural programming." - MD, Psychiatrist, referring physician
- "I find that those of my patients who participated in the MBSR course had better awareness and attitude toward their symptoms. In their own personal ways, this positive internal shift of attention helped them gain new understanding of their symptoms (i.e., pain, anxiety, etc.) and even helped them in times of more severe symptomatology. In some cases, this skill has helped them become less dependent on pharmacologic therapy and more willing to adopt other self-care methods." - MD, Internist, referring physician
- "I find that my clients who participated in mindfulness training perceive their bodily sensations in a more healthy way. They have a much enhanced ability to distinguish between the "good" pain of therapeutic movement, and the "bad" pain of illness or injury. This enhances their ability to tolerate and participate fully in treatment, without the increased pain that tension and anxiety provoke." - Physical Therapist, referring clinician
- "Overall, I am calmer with my clients and sharing what I have learned with them is helping them to change their views of depression, anxiety, and other mental health challenges." - LCSW, MBSR graduate and referring clinician
- "The body aches and discomforts that the medical doctors couldn't even explain, much less fix, MBSR has alleviated." - MBSR graduate, public school teacher
- "I had just finished chemotherapy when the class began. Several months later I realized what an impact MBSR had made on my life. I was using so many of the principles as I went about my day to day experiences. I was accepting the limitations of my body and the frustrations. Rather than becoming sad and depressed, I was living in the moment. My job was stressful, but now I had ways to cope." - cancer survivor, MBSR graduate

Selected comments from referring clinicians and MBSR participants from Tables 1 & 2 of Rogers, et. al. Mindfulness in Participatory Medicine: Context and Relevance. [Journal of Participatory Medicine Vol. 5, February 14, 2013](#).