

# The Effect of Mindfulness on Vascular Inflammation in Stable Coronary Disease

NCT04505865

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Massachusetts General Hospital
Enrollment	36 participants

## Key Eligibility Criteria

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### Inclusion (9)

- Must admit to feeling stressed and/or have PSS score  $\geq 13$  (moderate stress)
- Must be willing to complete stress reduction course and imaging sessions with  $\leq 3$  missed appointments in last year
- Known clinical cardiovascular disease with prior atherosclerotic myocardial infarction, percutaneous intervention or bypass surgery  $\geq 6$  months before entry, or severe coronary calcifications on computed tomography or coronary calcium score  $\geq 400$
- Stable symptoms without symptomatic heart failure or arrhythmia or planned revascularization
- Maximally tolerated and stable medical regimen for 90 days that does not include a high intensity statin for clinical reasons
- ... and 4 more (see full listing online)

### Locations (1 total)

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Massachusetts General Hospital, Boston, Massachusetts, United States