

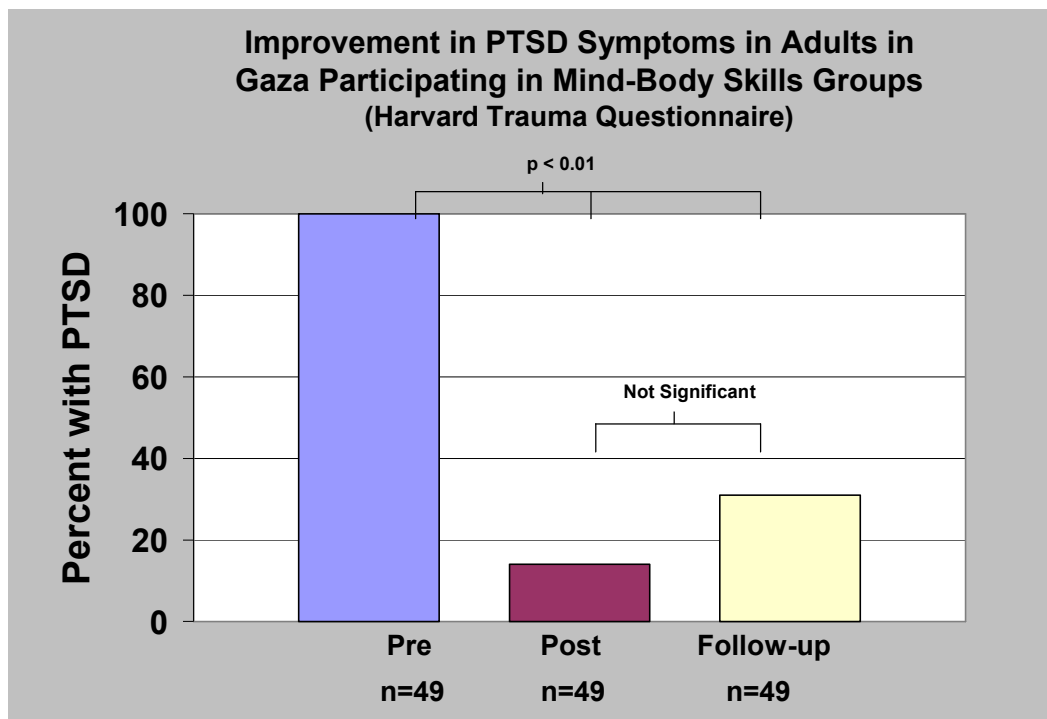
The Center for

Mind-Body Medicine[®]

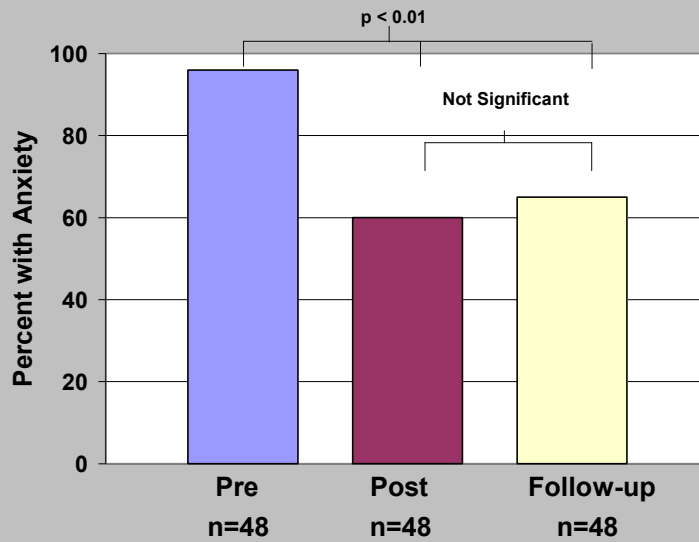
Science. Training. Community. Outreach.

The Effect of Mind-Body Skills Groups on PTSD, Depression, Anxiety, and Quality of Life in Adults in Gaza

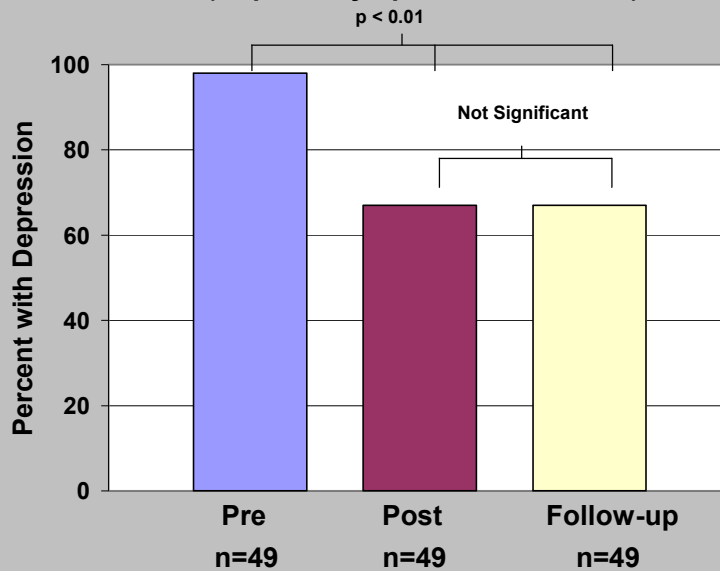
In 2007 and 2008, 499 adults in Gaza participated in Mind-Body Skills Groups run by 30 CMBM-trained health professionals. There were 298 women (60%) and 201 men (40%), aged 18-60. Prior to participation in the program, 18% of the adults (89) had symptoms which qualified them as having PTSD according to the Harvard Trauma Questionnaire. Forty-nine of these (24 women and 24 men, aged 18-49) were available for a 10 month follow-up. In those having qualifying PTSD symptoms prior to participating in the mind-body skills groups, there was significant improvement in all measures following the mind-body skills groups. PTSD symptoms decreased 68%, anxiety symptoms decreased 38%, and depression symptoms decreased 32%. There was also a significant improvement in quality of life scores. Improvement was maintained for all measures at 10 month follow-up.



Improvement in Anxiety Symptoms in Adults in Gaza Participating in Mind-Body Skills Groups (Hopkins Symptom Checklist-25)



Improvement in Depression Symptoms in Adults in Gaza Participating in Mind-Body Skills Groups (Hopkins Symptom Checklist-25)



Improvement in Overall Quality of Life in Adults in Gaza Participating in Mind-Body Skills Groups

