

Results: The evidence reflected acupuncture as having a positive effect for chronic pain, headache, and migraine, while the evidence reflected a potential positive effect for a number of other indications including dysmenorrhea, cancer pain, insomnia, smoking cessation, postoperative nausea and vomiting, depression, and schizophrenia treatment. Despite a substantial number of research studies, judging from published systematic reviews there is unclear evidence for acupuncture's effectiveness on back and neck pain, postoperative pain, fibromyalgia, cancer-treatment associated adverse events, irritable bowel syndrome, rhinitis, blood pressure, menopausal symptoms, and opiate addiction.

Conclusion: This effort provides only a broad overview of the existing evidence base. More detailed, definitive answers can be obtained only by conducting individual systematic reviews for each clinical indication. The therapeutic effectiveness of acupuncture is unclear and further research is needed regarding a substantial number of specific clinical indications related to wellness and mental health indications.

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P02.144 LB

A Randomized Trial Comparing a Brief Meditation Retreat to a Vacation: Effects on Daily Well-Being

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Purpose: Research on brief meditation retreats shows psychological benefits. Most studies utilize at-home control groups, immersed in work and life. A major criticism is the extent to which the benefits result from meditation or from being away from their typical lives and relaxing elsewhere - "the vacation effect". Here, we examined changes in daily wellbeing and stressful experiences during a 5-day resort stay in a group of non-meditators randomized to attend meditation and yoga training or to relax at the resort.

Methods: We randomized 66 eligible women, aged 31 to 60, with no meditation experience into a resort control or a meditation retreat group (The Chopra Center), staying at the same location, given the same diet, had blood draws on Day 1 and 5 of the study, and had lectures on health (resort) or meditation, yoga, awareness and self-reflection (retreat). Nightly, end-of day diaries were completed and assessed affect, stressful event occurrence and reactivity. Stressful events were objectively rated for severity. Paired t-tests comparing day 1 to 5 within groups were calculated to examine the differences in changes between the first and last day for positive and negative affect, stressor severity appraisal, control, and rumination.

Results: Positive affect significantly increased and negative affect decreased the first to last day of the study in the retreat group, but not in the control group. Both groups felt less 'stressed' by the day's most significant stressor at the end (p 's < .001), and this is despite no change in rater-coded severity. Only retreat women reported significantly greater control over the stressor (p = .01), and all participants reported decreased rumination from first to last day, with more pronounced changes in retreatants (p 's < .001).

Conclusion: These findings suggest benefits to retreat over vacation in promoting a more resilient response to daily stressors and positive affect.

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The Effectiveness of an Energy-Based Healing Modality to Improve Medical, Psychosocial, and Spiritual Outcomes: Survey Development and Pilot-testing

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Purpose: This project develops and pilot-tests a survey using practitioners of an energy-healing modality, Brennan Healing Science (BHS; Brennan, 1993), to determine which medical, psychosocial, and spiritual outcomes are beneficially impacted. This survey was sent to 40 BHS faculty/practitioners (9.9 ± 6.3 years of experience), and will be administered to hundreds of others worldwide, as a preliminary step to determine which conditions may be amenable to energy-healing and to investigation via controlled experiments.

Methods: This self-report survey comprises symptom checklists and free-response prompts for qualitative case study descriptions. Widely-used physical symptom checklists (Brim et al., 2004; Pennebaker, 1982) were adapted to measure 39 physical symptoms. Checklists of 43 psychosocial symptoms/stressors, and 17 spiritual/other experiences (e.g. improved relationships, self-esteem, and spiritual awareness) were developed through consultation with BHS faculty and a psychiatrist. A 4-point Likert scale measured changes in medical, psychosocial, and spiritual/other outcomes. Checklists assessed which BHS techniques were utilized by healers. Free-response prompts assessed noteworthy aspects of each case. Survey refinement followed two interactive pilot-tests with BHS faculty/practitioners.

Results: Results represent 48 clients treated for $17(\pm 15)$ sessions by 17 healers (44% response rate). Healers reported that an average of 25.4% of physical symptoms improved completely; 13% did not improve. Arthritis/back/neck pain, thyroid conditions, and insomnia improved at least somewhat; BHS did not impact stroke, ulcers, or varicose veins. An average of 27.8% of psychosocial symptoms/stressors improved completely; 3.5 % did not improve. In all cases, anxiety/stress, guilt, and anger improved at least somewhat; disordered eating was modestly impacted. An average of 35.2% of spiritual/other outcomes improved completely; 6.8% did not improve. In all cases, peacefulness, self-awareness/acceptance, and insight/perspective improved at least somewhat.

Conclusion: Spiritual factors improved most in response to BHS, followed by psychosocial symptoms/stressors (e.g. anxiety/stress), and physical symptoms (e.g. pain). Online survey administration will be used to extend these preliminary results.

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Pilot Study of the Efficacy of Pulse Stimulation Treatment (PSTIM™) for Chemotherapy-Induced Peripheral Neuropathy: A Retrospective Chart Review

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Purpose: Peripheral neuropathy is a common problem that can occur during chemotherapy treatment, resulting in pain, numbness, and reduced function. One promising yet understudied integrative care therapy that may offer pain relief for patients is