This pilot study evaluated the effectiveness of mindfulness meditation (MM) for managing chronic pain in U.S. military veterans and their families. The intervention, Insight India Relaxation Technique (iRest), is a guided meditation developed by Richard Miller, PhD, and is used clinically at VHA medical centers nationwide. Developed by Dr. Richard Miller, iRest promotes deep relaxation throughout the body and brain, reducing stress, anxiety, and depression.

Methods

All decreases in pain intensity for the case group were of minimal (20.2% F (p=.041; Table 2). Visual Analog Scale (VAS), Brief Pain Inventory (BPI) and Defense and Veterans Pain Rating Scale (DVPRS) were used to measure pain intensity. These scales assess pain intensity by having patients draw a mark on a 10 cm line, with 0 representing no pain and 10 representing worst pain imaginable. The VAS is a single-item assessment tool that measures pain intensity.