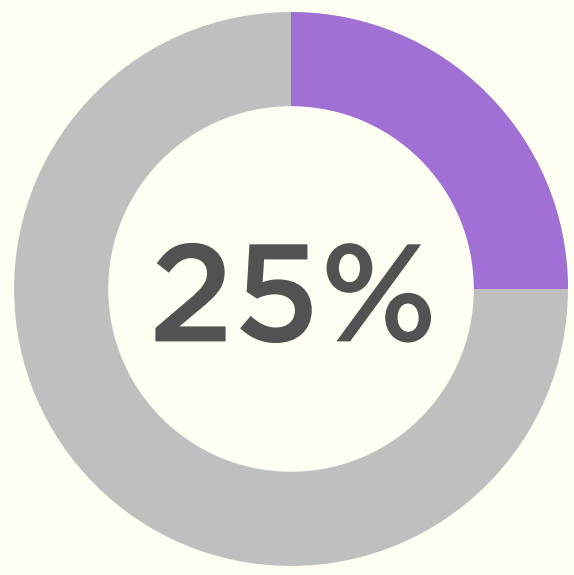
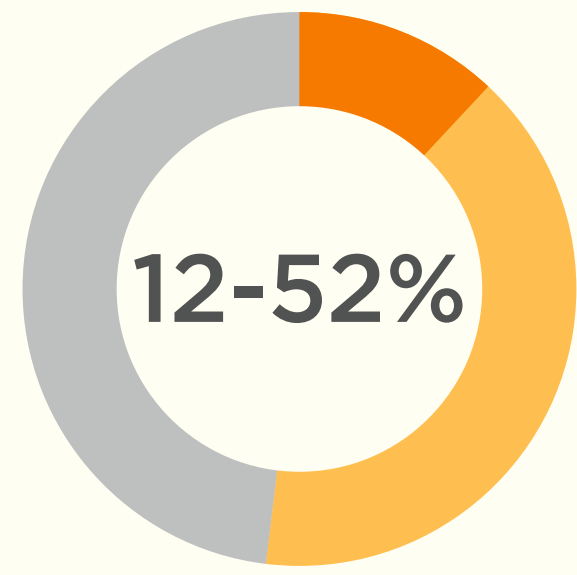


Can CMR Help Patients with Kidney Disease?

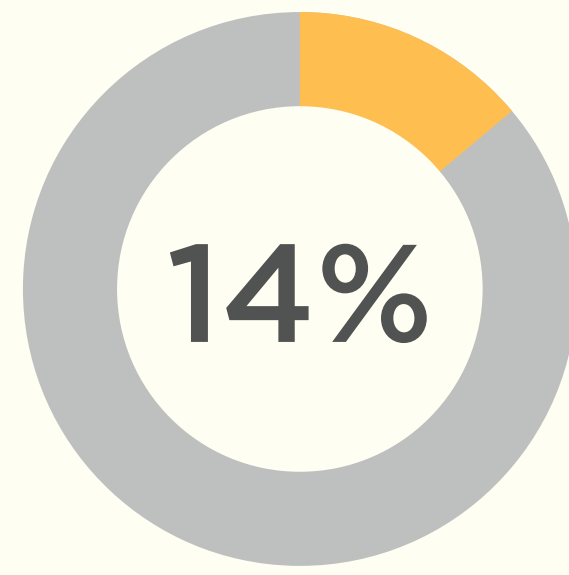
Patients living with kidney disease experience **psychological symptoms**.



of patients experience **depression**



of patients experience **anxiety**



of renal units have **no dedicated psychosocial staff**

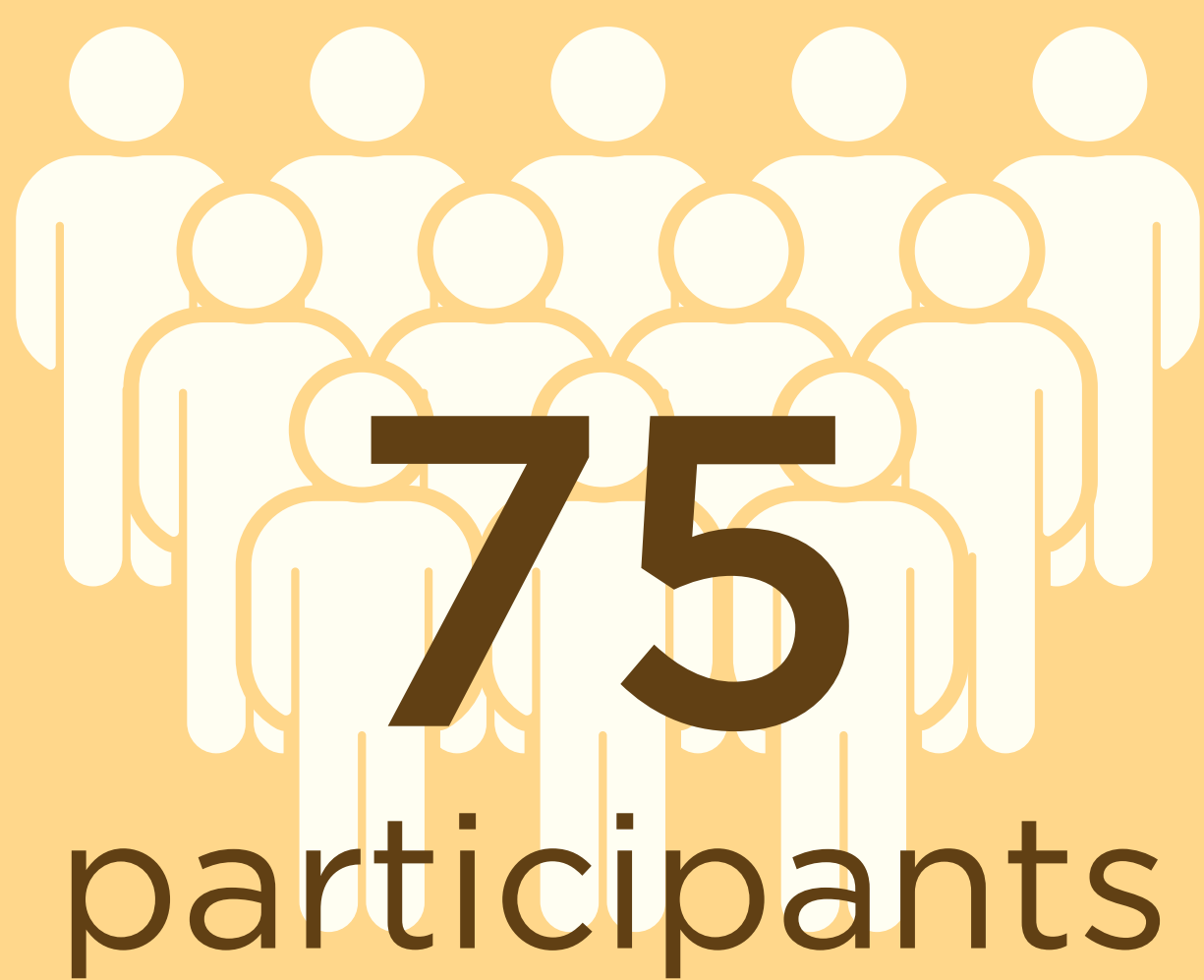
Compassionate Mindful Resilience (CMR)

is a programme used to manage psychological symptoms.



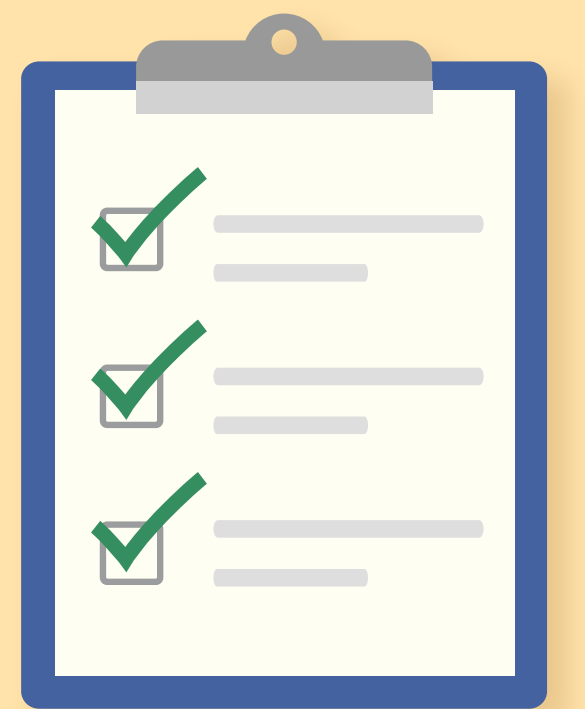
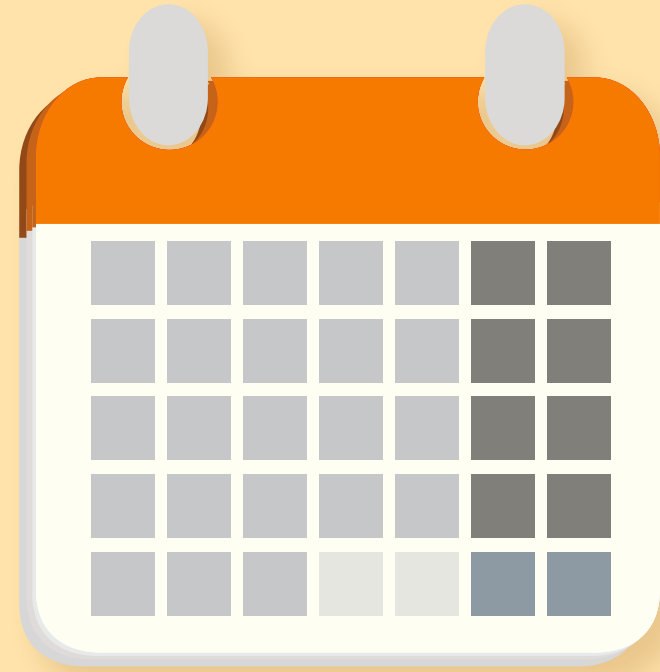
The COSMIC Study

aimed to explore the effectiveness of a CMR programme for patients with kidney disease.



with stage 4 & 5 kidney disease or who have received a **kidney transplant**.

Participants attended four online two-hour sessions over four consecutive weeks...



...and completed questionnaires before and after the programme, and three months later.

Results

↓ anxiety
↓ depression



↑ self-compassion
↑ resilience
↑ mental wellbeing
↑ ability to be mindful
↑ ability to be self-aware

The results of the COSMIC study may provide rationale for the roll-out of **effective psychological support** for patients living with kidney disease.

Find out more at:



<https://bit.ly/3QQaOBk>

