Mindfulness:
Practice and results of a clinical trial in women’s health

Learning Objectives

1. Learn about a clinical trial evaluating mindfulness versus cognitive behaviour therapy for provoked vestibulodynia
2. Learn about a social media knowledge translation campaign designed to disseminate the research to women
3. Be exposed to some of the mindfulness skills participants in the trial practiced

“The BC Women’s Research Rounds is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada”