

PRESS RELEASE UNDER EMBARGO: 10 May 2019

Dennis Anheyer has been awarded the prestigious ISCMR Scientific Article Prize in Traditional, Complementary, Alternative and Integrative Medicine, 2018-2019

Toronto, CA, May 2019— ISCMR, the leading international organization for researchers in traditional, complementary, alternative, and integrative medicine and health (TCAIM) has awarded its 2019 Scientific Article Prize to researcher Dennis Anheyer, University of Duisburg-Essen, Germany. The paper, entitled “Mindfulness-based stress reduction for treating low back pain: a systematic review and meta-analysis,” was published in the *Annals of Internal Medicine*. (<https://doi:10.7326/M16-1997>)



Anheyer and colleagues reviewed seven randomized controlled trials involving 864 patients with low back that compared mindfulness-based stress reduction with usual care or an active comparator and assessed pain intensity or pain-related disability. The authors concluded that “Mindfulness-based stress reduction may be associated with short-term effects on pain intensity and physical functioning”.

The ISCMR Scientific Article Prize, established in 2014, is an annual award for the best scientific article in the field of traditional, complementary, alternative, and integrative medicine and health. It is made possible through the generous support of the Canadian Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine. The award was granted on behalf of ISCMR by the organization’s Chair of the Article Prize Selection Committee, Associate Professor Jennifer Hunter. Hunter, who led a team that reviewed submissions, commented on the selection: “The ISCMR Scientific Article Prize Selection Committee was faced with a difficult decision this year. Anheyer’s paper was chosen based on its methodological quality and the need for more non-pharmacological pain management options that can be used for self-management.”

The award includes a \$5,000 CDN cash prize and coverage of all expenses for ISCMR’s annual research meeting.

The Awarded Paper: Anheyer, D., Haller, H., Barth, J., Lauche, R., Dobos, G., & Cramer, H. (2017). Mindfulness-based stress reduction for treating low back pain: a systematic review and meta-analysis. *Annals of internal medicine*, 166(11), 799-807. <http://doi:10.7326/M16-1997>

The Committee also named two runners-up:

Ijaz N, Rioux J, Elder C, Weeks J (2019). Whole Systems Research Methods in Health Care: A Scoping Review. *J Altern Complement Med*. 2019 Mar;25(S1):S21-S51. <http://doi:10.1089/acm.2018.0499>

Papathanassoglou E, Hadjibalassi M, Lambrinou E, Papastavrou E, Paikousis L, Kyprianou T. (2018) Effects of an Integrative Nursing Intervention on Pain in Critically Ill Patients: A Pilot Clinical Trial. *American Journal of Critical Care*.27(3):172-185. <http://doi:10.4037/ajcc2018271>

About Dennis Anheyer

Dennis Anheyer is a research fellow at the Department of Internal and Integrative Medicine, Faculty of Medicine, University of Duisburg-Essen. He currently works on his PhD thesis on mind body medicine for

headaches in children and adolescents. His main research interests are integrative pediatrics, health psychology, research methodology and statistics.

About ISCMR: ISCMR is an international multidisciplinary scientific organization established to foster the development and dissemination of new knowledge regarding whole person healing and whole systems healthcare research, including all traditional, holistic, alternative, complementary and integrative forms of medicine (TCAIM). It provides a platform for knowledge and information exchange of TCAIM research to enhance international communication and collaboration. <http://iscmr.org>

@ISCMR_Official tweet:

Dennis Anheyer @MedEssen @unidue awarded Scientific Article Prize 2018-19 @ISCMR_Official for systematic review of #Mindfulness based stress reduction for short-term lower back pain. #ComplementaryMedicine #IntegrativeMedicine <https://doi: 10.7326/M16-1997>

ISCMR Facebook post:

Congratulations to [Dennis Anheyer](#) who was awarded the ISCMR Scientific Article Prize 2018-19 for high quality complementary medicine research: **Mindfulness-based stress reduction for treating low back pain: a systematic review and meta-analysis.** <https://doi: 10.7326/M16-1997>