#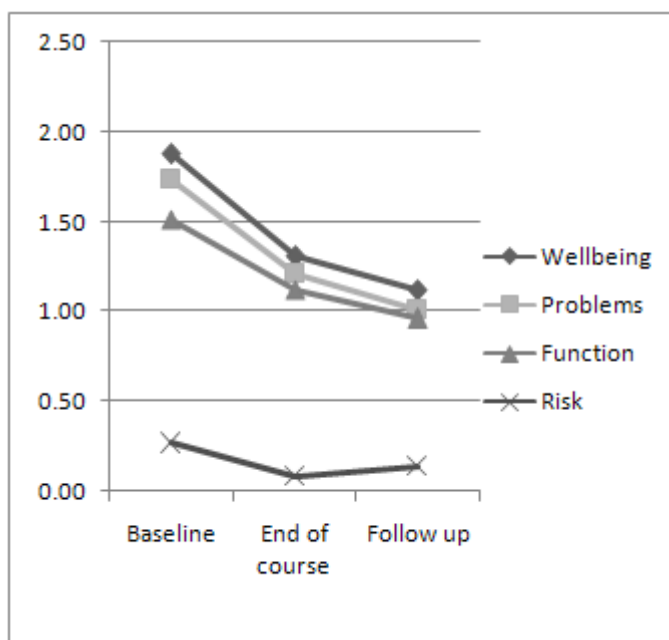 Change in the moving bodymind: Quantitative results from a pilot study on the use of the bodymind approach (BMA) to psychotherapeutic groupwork with patients with medically unexplained symptoms (MUS)

Helen Payne and David Stott

Table 1. Change from baseline to follow up for major outcomes

Major outcomes	n pairs	Change baseline to follow up			
		mean (95% CI)	SD	sign.	Effect size
CORE-OM					
Wellbeing	17	-0.76 (-1.15, -0.38)	0.75	0.001	0.72
Problems	17	-0.70 (-1.13, -0.26)	0.84	0.004	0.65
Function	17	-0.54 (-0.93, -0.14)	0.77	0.011	0.58
Risk	17	-0.15 (-0.38, 0.09)	0.46	0.204	0.31
All non-risk	17	-0.64 (-1.03, -0.25)	0.75	0.003	0.66
All items	17	-0.56 (-0.90, -0.21)	0.66	0.003	0.66
MYMOP					
Symptom 1	17	-1.7 (-2.6, -0.8)	1.8	0.001	0.71
Activity	17	-2.1 (-3.4, -0.9)	2.5	0.003	0.66
Wellbeing	18	-1.7 (-2.6, -0.8)	1.8	0.001	0.71
Symptom 2	13	-1.8 (-3.2, -0.5)	2.1	0.012	0.67

Figure 1: CORE-OM mean scores for subscales baseline to follow-up

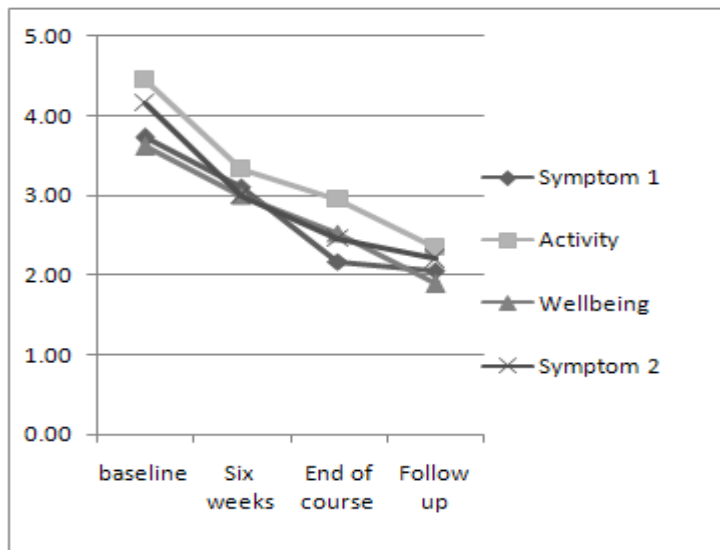**Table 2 Changes in severity level from baseline to follow up in CORE-OM**

Severity at baseline	Severity at follow up			
	Healthy or Low level *<1.0*	Mild or Moderate *1.0 - <2.0*	Moderately severe or Severe *2.0 or over*	Total
Healthy or Low level	5	1	0	6
Mild or Moderately severe	3	3	0	6
Moderately severe or Severe	2	2	1	5
Total	10	6	1	17

Table 3: CORE-OM and MYMOP subscales: correlation at baseline (n = 18)

SCALES		CORE-OM			MYMOP		
		Problems	Function	Risk	Symptom 1	Activity	Wellbeing
CORE-OM	Wellbeing	0.858 ***	0.821 ***	0.713 ***	0.289	0.342	0.415
	Problems		0.809 ***	0.597 **	0.272	0.415	0.621 **
	Function			0.701 ***	0.192	0.216	0.337
	Risk				0.208	0.437	0.326
MYMOP	Symptom 1					0.342	0.286
	Activity						0.092

Sign: ***<0.001; **<0.01; * <0.05.

Figure 2: MYMOP mean scores for each element from baseline to follow up

Table 4: Correlation within/between CORE-OM and MYMOP subscales: change in score from baseline to follow up

SCALES		CORE-OM			MYMOP		
		Problems[1]	Function[1]	Risk[1]	Symptom 1[2]	Activity[2]	Wellbeing[1]
CORE-OM	Wellbeing	0.723 **	0.677 **	0.617 **	0.292	0.443	0.481 *
	Problems		0.916 ***	0.463 *	0.392	0.350	0.071 **
	Function			0.549 *	0.370	0.265	0.475
	Risk				-0.030	0.319	0.217
MYMOP	Symptom 1					0.332	0.367
	Activity						0.437

Sign: ***<0.001; **<0.01; * <0.05. Notes: 1 (n = 17) ; 2 (n = 16)