

# Efficacy of the Mobile Mindfulness Coach.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON21480

### Source

NTR

### Health condition

Relapse of depression.

## Sponsors and support

**Primary sponsor:** University of Amsterdam, Faculty of Social and Behavioral Sciences, Department of Psychology, Clinical Psychology Unit

**Source(s) of monetary or material Support:** The study is a collaboration between the above sponsor and Stichting VIT Gezondheidszorg, who provided partical financial support (10.000,- euro).

## Intervention

## Outcome measures

### Primary outcome

Level of self-reported mindfulness (FFMQ)

### Secondary outcome

Levels of self-reported depression (CES-D) and quality of life (WHOQOL-BREF)

## Study description

### Background summary

This randomized controlled trial investigates the efficacy of a 5-week mindfulness intervention administered through mobile phone or tablet, in preventing the return of depressive symptoms in previously depressed individuals.

### Study objective

Participants who are offered the experimental intervention (i.e., mindfulness app) report more mindfulness, less depression, and better quality of life than participants in the waitinglist control condition at posttest (i.e., after 8 weeks).

### Study design

baseline, posttest (8 weeks), follow-up (3 and 6 months, in experimental condition only).

### Intervention

A 5-week mindfulness program which can be followed on a mobile phone or tablet

## Contacts

### Public

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### Scientific

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## Eligibility criteria

### Inclusion criteria

Having had a depression in the past 5 years; willing to provide informed consent; sufficient fluency in Dutch to complete research procedures.

### Exclusion criteria

No access to iOS or Android smartphone or tablet; current depression.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	16-04-2014
Enrollment:	200
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	15-04-2014
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL4385
NTR-old	NTR4516
Other	: 2014-CP-3411

## Study results

### Summary results

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