Mindfulness training in older patients with cognitive complaints [Dutch: Mindfulnesstraining voor oudere patiënten met geheugenklachten]

No registrations found.

Ethical review	Not applicable
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22445

Source
Nationaal Trial Register

Health condition

Mild cognitive impairment; cognitive complaints; memory complaints
[MCI; Cognitieve klachten; geheugenklachten]

Sponsors and support

Primary sponsor: Academisch Ziekenhuis Maastricht
Source(s) of monetary or material Support: Academisch Ziekenhuis Maastricht

Intervention

Outcome measures

Primary outcome

Feasibility of delivering a generic MBSR training to patients who visit a memory clinic with cognitive complaints, and who show no clinical signs of a cognitive disorder

Secondary outcome

- To determine the bottlenecks in the delivery of MBSR training in combination with empirical research in this target population

- To determine preliminary evidence of health and cognition related indicators that may be sensitive to the MBSR training

Study description

Background summary

Rationale: Cognitive complaints of older individuals are often related to worries and concerns related to the ageing process and the associated change in cognitive functioning. Mindfulness-based interventions have been applied successfully to different clinical and non-clinical populations to relieve the burden of stress and ruminative thinking and to improve coping strategies in the context of physical and mental disease.

Objective: Is Mindfulness-based Stress Reduction (MBSR) feasible and effective in older persons with mild cognitive complaints?

Study design: Observational pilot study

Study population: N=10-12 patients of the Maastricht Memory Clinic in the age between 50 and 75 years; no diagnosis of cognitive disorder; no significant psychiatric comorbidity

Intervention (if applicable): Standard 8-week program of MBSR, comprising of 8 weekly group meetings of 2,5h and one silent retreat of 6h.
Main study parameters/endpoints: In this feasibility study, participants are interviewed after 8 weeks about their experiences during the training and how the training may be adjusted to fit the requirements for this target population even more in the future. Furthermore, the group effects of the training are evaluated by means of short questionnaires measuring life quality, mental health (perceived stress, anxiety and depressive symptoms), levels of mindfulness and self-compassion, and perceived burden of cognitive complaints, administered at baseline, 9 and 13 weeks. Feasibility of online cognitive assessment is tested at baseline and 9 weeks.

Nature and extent of the burden and risks associated with participation, benefit and group relatedness: MBSR training is nowadays widely available and can be safely followed without prior medical screening. Expectation of personal benefit from the training is realistic when the program is followed conscientiously, but cannot be guaranteed beforehand. Apart from the personal effort invested in participation and homework assignments, no adverse effects are to be expected.

Study objective

Delivery of a generic MBSR training to patients who visit a memory clinic with cognitive complaints, and who show no clinical signs of a cognitive disorder, is feasible.

Study design

Week 0: interview, screening and assessment

Week 1-8: training

Week 9:assessment and interview

Week 13: 4-week follow-up assessment

Intervention

Custom 8-week Mindfulness-based Stress Reduction (MBSR)

Contacts

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Eligibility criteria

Inclusion criteria

- Age between 50 and 75 years

- Existing complaints about at least one, or more aspects of cognitive functioning

- Expressed personal interest in participation in the training program

- Patients receive no further treatment for their complaint and will not revisit the memory clinic for a follow-up assessment for a period of at least 6 months

- Able to communicate in the Dutch language

- Availability on at least 7 of 8 (fixed) session dates

- Agreement to participate in homework assignments

- Home access to PC with internet connection (cognitive tests)

- Signed informed consent

Exclusion criteria

- Clinical evidence of psychiatric comorbidity, or any psychotropic drug usage on a daily basis, which could interfere with participation in the group sessions and homework assignments

- Patients who receive (or will receive in a period of 4 months) medical treatment or psychological intervention of any kind for their cognitive condition

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-10-2014
Enrollment:	12
Type:	Actual

Ethics review

Not applicable

Application type:	Not applicable

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	NL4590
NTR-old	NTR4749
Other	NL49941.068.14 CCMO : METC 142043.3/ab

Study results

Summary results

Boxtel, M. P. J., & Speckens, A. (2014). Mindfulness, cognitieve functies en “succesvol ouder worden.” Tijdschrift Voor Gerontologie en Geriatrie, 45, 137–143. doi:10.1007/s12439-013-0055-z