

# Het effect van mindfulnessstraining (MBSR) op lichaamsbewustzijn en emotieverwerking

No registrations found.

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

## Summary

### ID

NL-OMON22826

### Source

NTR

### Brief title

MEPBA

### Health condition

Mindfulness, emotional processing, body awareness, emotieverwerking, lichaamsbewustzijn

## Sponsors and support

**Primary sponsor:** University of Amsterdam, dept. of Clinical Psychology

**Source(s) of monetary or material Support:** University of Amsterdam, dept. of Clinical Psychology

## Intervention

## Outcome measures

### Primary outcome

emotional processing, body awareness, trait mindfulness

## Secondary outcome

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## Study description

### Background summary

Mindfulness based stress reduction training (MBSR) has been shown to have several benefits for health and wellbeing. In the current study we analyse whether an 8-week MBSR training in healthy subjects affects their emotional processing style, and whether this is mediated by increased body awareness (as a more direct result of MBSR). Central variables are measured before and after MBSR, and analyses will focus on T0 to T1 changes in central variables, and the relationship between the changes in these variables.

### Study objective

MBSR influences (1) emotional processing and (2) body awareness. The effect of MBSR on emotional processing is (3) mediated by body awareness.

### Study design

1-7 days before intervention (t)); 1-7 days after intervention (T1)

### Intervention

MBSR, 8 week training

## Contacts

### Public

Tim Schoenmakers  
Amsterdam  
The Netherlands

### Scientific

Tim Schoenmakers  
Amsterdam  
The Netherlands

## Eligibility criteria

### Inclusion criteria

- A minimum age of 16 years old
- Sufficient Dutch language proficiency for understanding the informed consent and filling out the questionnaires
- In possession of a smart phone
- Has attended more than 50 percent of the meetings of the MBSR intervention

## 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:	Recruiting
Start date (anticipated):	11-07-2018
Enrollment:	75
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	18-07-2018
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 NL7179

NTR-old NTR7370

Other Ethics review board, FMG, University of Amsterdam : 2018-CP-9070

## Study results

### Summary results

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