

Efficacy of the Mobile Mindfulness Coach.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON24331

Source

NTR

Health condition

Mindfulness, mental health, quality of life, self-actualization, e-mental health.

Sponsors and support

Primary sponsor: University of Amsterdam (UvA), Department of Clinical Psychology

Source(s) of monetary or material Support: University of Amsterdam (UvA), Department of Clinical Psychology; Stichting VIT Gezondheidszorg

Intervention

Outcome measures

Primary outcome

Level of self-reported mindfulness (FFMQ)

Secondary outcome

Mental health symptoms (GHQ-12), quality of life (WHOQOL-BREF), self-actualization (SISA)

Study description

Background summary

This randomized controlled trial investigates the efficacy of a 5-week mindfulness intervention administered through mobile phone or tablet, in improving mindfulness, mental health, quality of life, and self-actualization.

Study objective

Participants who are offered the experimental intervention (i.e., mindfulness app) report more mindfulness, less mental health problems, better quality of life, and greater self-actualization than participants in the waiting list control condition at posttest (i.e., after 8 weeks). These changes are maintained at follow-up (i.e., 12 weeks after posttest) in the experimental condition.

Study design

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

Intervention

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

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

Willing to provide informed consent; sufficient fluency in Dutch to complete research procedures.

Exclusion criteria

No access to iOs or Android smartphone or tablet.

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:	Recruiting
Start date (anticipated):	26-11-2014
Enrollment:	400
Type:	Anticipated

Ethics review

Positive opinion	
Date:	21-01-2015
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	NL4899
NTR-old	NTR5001
Other	: 2014-CP-3411-B

Study results