

# The effectiveness of 'Mindful with your baby'

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON25447

### Source

Nationaal Trial Register

### Brief title

TBA

### Health condition

Not applicable

## Sponsors and support

**Primary sponsor:** UvA minds

**Source(s) of monetary or material Support:** MindMore Foundation

## Intervention

## Outcome measures

### Primary outcome

Parental stress

### Secondary outcome

Maternal mental problems, mindfulness, mindful parenting, sensitivity, mind-mindedness,

self-efficacy, partner relationship, bonding, en infant regulation.

## Study description

### Background summary

The effectiveness of the intervention Mindful with your baby, a mindful parenting training for mothers with a baby offered in both clinical and non-clinical settings, will be studied. Mindful with your baby is a training for mothers who experience stress in motherhood. The study has 5 measurement occasions an outcome measures include both parental and baby outcomes, and outcomes regarding the observed parent-child interaction.

### Study objective

Mindful with your baby is effective in decreasing parental stress.

### Study design

waitlist, pretest, posttest, 8-week follow-up and long-term follow-up (8 to 12 months after the training)

### Intervention

Mindful with your baby, a mindful parenting intervention.

## Contacts

### Public

UvA minds  
Eva Potharst

0617698305

### Scientific

UvA minds  
Eva Potharst

0617698305

## Eligibility criteria

### Inclusion criteria

Mothers with a baby aged 0 to 18 mothers who experience stress in motherhood

### Exclusion criteria

Current psychosis, current severe depression, current severe PTSS, current drug abuse

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-03-2017
Enrollment:	80
Type:	Anticipated

### IPD sharing statement

**Plan to share IPD:** No

## 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 NL7785

Other Ethical committee of the University of Amsterdam : 2017-CDE-7946

## Study results

### Summary results

Effectiveness of Mindful with your baby in a clinical and non-clinical setting.