Mindfulness and attention.

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON26398

Source
NTR

Brief title
N/A

Health condition

Gezonde mensen, Aandacht, Elektrostimulatie

Sponsors and support

Primary sponsor: University of Twente
Source(s) of monetary or material Support: University of Twente

Intervention

Outcome measures

Primary outcome

Main study parameters are behavioral results like Reaction Time (RT) and accuracy on the experimental tasks, the measures derived from the EEG (N1, P3), and ratings on the VAS-scale.

Secondary outcome

N/A

Study description

Background summary

The objective of the current study is to investigate the effect of mindfulness training on attention shifting in a pain setting. This question will be tested in an experimental design. Measuring the modulating effects of attention on the processing of short electrocutaneous painful and non-painful stimuli by comparing the patterns in brain activity en subjective measurements during different conditions of attention. Outcomes of the study will be used to further investigate mindfulness training in chronic pain patients.

Study objective

We expect that after a 8-week mindfulness course participants are better able to (re)orient their attention in a pain setting.

Study design

Participants engage in a 8-week mindfulness training and have to take part in two EEG sessions. Half of the participants will be measures right before the mindfulness training and right after the mindfulness training. The other half of the participants will be measures right after the mindfulness training and 8 weeks after the mindfulness training.

Intervention

Half of the participants will first take part in the EEG experiments (group 1). Next all participants receive a mindfulness intervention for 8 weeks (group 1 and 2). Next, all participants will take part in the EEG experiments (group 1 and 2). Finally, after 8 weeks half of the participants will take part in the EEG experiments (group 2). This design makes it possible to distinguish between the effect of mindfulness, the effect of practice and the effect of mindfulness after several weeks.

The intervention we use is an Mindfulness-based stress reduction (MBSR) training. MBSR is a group program that focuses upon the progressive acquisition of mindful awareness, or mindfulness. MBSR comprises a series of exercises designed to give participants experiences of mindfulness (Kabat-Zinn, 1994). MBSR is a structured 8 week group program with usually groups between 10-40 participants. Single week sessions last 2.5 hours. Since mindfulness is predicated upon regular and repeated practice, participants enter upon enrolling into a commitment to carry out daily 20-45-min homework assignments. The training asks great discipline and commitment of participants. The formal exercises which will be presented are the body-scan, sitting mindfulness meditation, Hatha-yoga exercises and meditative walking (Hulsbergen, 2009). The formal exercises serve to become increasingly

present in each moment in everyday life. Also informal exercises are included in the training, which serve to develop attentiveness in daily activities. At the start and at the end of the mindfulness-training participants are presented The Five Facet Mindfulness Questionnaire Short Form(FFMQ-SF) to assess different aspects of mindfulness.

Contacts

Public
Postbus 217
Elian Kleine, de
Enschede 7500 AE
The Netherlands
+31 (0)53 4893304
Scientific
Postbus 217
Elian Kleine, de
Enschede 7500 AE
The Netherlands
+31 (0)53 4893304

Eligibility criteria

Inclusion criteria

Participants are aged between 18 and 65 years old, with no previous experience with mindfulness.

Exclusion criteria

1. The consumption of drugs or alcohol in the 24 hours before the start of the experiment;

2. Coffee consumption 1 hour before the start of the experiment;

3. Smoking 1 hour before the start of the experiment;

4. Mental or physical disorder;

5. Physical (pain) complaints;

6. Poor visual capacity.

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-10-2011
Enrollment:	36
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

ID: 35338
Bron: ToetsingOnline
Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL2898
NTR-old	NTR3044
CCMO	NL37791.044.11
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON35338

Study results

Summary results
N/A