

# Effects of mindfulness training on mental health and well-being of employees (i.c. teachers in secondary vocational schools).

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-OMON27649

### Source

NTR

### Health condition

Mindfulness-Based Stress Reduction (MBSR), mental health, employee well-being, stress, effect-evaluation, process-evaluation.

Mindfulness training, mentale gezondheid, werkbeleving, welzijn, stress, werkplezier, effectevaluatie, procesevaluatie

## Sponsors and support

**Primary sponsor:** HAN University of Applied Sciences

**Source(s) of monetary or material Support:** NWO, Dutch Organization for Scientific Research (Den Haag, The Netherlands)

## Intervention

## Outcome measures

### Primary outcome

1 - Effects of mindfulness training on mental health and well-being of employees (i. ... 5-05-2025

Mindfulness

## **Secondary outcome**

Mental health

Work performance

Work perception

Personal resources

## **Study description**

### **Background summary**

An empirical study on short-term and long-term effects of mindfulness training, with or without an organizational health intervention, on mental health and work-related perceptions of teachers in secondary vocational schools (process- and effect-evaluation).

Purpose: to examine the short-term and long-term effects (immediately, 3 months and 9 months after the intervention) of mindfulness training.

### **Study design**

T0: immediately before the intervention

T1: immediately after the intervention

T2: 3 months after the intervention

T3; 9 months after the intervention

### **Intervention**

Two interventions:

Mindfulness training

Mindfulness training plus an organizational intervention

## Contacts

### Public

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## Eligibility criteria

### Inclusion criteria

Teachers in secondary vocational schools.

At least one year employed in secondary vocational schools for at least 2,5 days a week.

### Exclusion criteria

Followed a mindfulness course or stress reduction training in the past two years.

## Study design

### Design

Study type: Interventional

Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Placebo

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	12-09-2016
Enrollment:	140
Type:	Anticipated

## 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	NL5581
NTR-old	NTR5937
Other	NWO : 023.007.051

# Study results

## Summary results

Effects of Mindfulness Interventions on the Mental Health of Employees: a Systematic Review

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Submitted!