

# Mindfulness based cognitive therapy (MBCT) for chonic depression

No registrations found.

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

## Summary

### ID

NL-OMON27713

### Source

NTR

### Brief title

DeMeTer (Depressie Mindfulness en Therapieresistentie)

### Health condition

Chronic depression  
Major depressive disorder  
Mindfulness  
Mindfulness Based Cognitive Therapy

## Sponsors and support

**Primary sponsor:** Pro Persona

Radboud University Medical Center

**Source(s) of monetary or material Support:** Fonds Psychische Gezondheid

Pro Persona

Radboud University Medical Center

## Intervention

## Outcome measures

### Primary outcome

Depressive symptoms: Inventory of Depression Symptomatology (IDS)

### **Secondary outcome**

-Rumination (Ruminative Response Scale, RRS)

-Mindfulness Skills (Five Facet Mindfulness Questionnaire, FFMQ)

-Self Compassion (Self Compassion Scale, SCC)

-Quality of Life (WHO-QOL)

-Current depressive episode according to DSM-IV criteria (psychiatric interview)

(-Positive and Negative Affect (Positive and Negative Affect Scale, Panas)) (not a secondary outcome but used in an additional study).

## **Study description**

### **Background summary**

-

### **Study objective**

-

### **Study design**

All primary and secondary outcome measures are measured at all time points.

Intervention group:

1. baseline
2. end of treatment (after completing MBCT)
3. follow-up at 3 months
4. follow-up at 6 months

Waitlist group:

1. baseline
2. end of control period (8-12 weeks after baseline)
3. end of treatment (after completing MBCT)
4. follow-up at 3 months
5. follow-up at 6 months

## **Intervention**

Intervention:

Mindfulness Based Cognitive Therapy (MBCT)

Waitlist group:

Treatment as usual (TAU)

## **Contacts**

### **Public**

Radboud Centrum voor Mindfulness<br>  
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Huispostnummer: 966  
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The Netherlands  
0031 24-3686456

### **Scientific**

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# Eligibility criteria

## Inclusion criteria

- Patients with a major depressive disorder (according to DSM-IV) with a duration of one year or longer. Patients have responded insufficiently (IDS > 21, moderate depression) to antidepressant medication and a psychotherapy protocol (cognitive behavioural therapy or interpersonal therapy).

- Age: > 18 years

## Exclusion criteria

-bipolar disorder

-any primary psychotic disorder

-current alcohol or drug misuse

-recent Electro Convulsive Therapy

-clinically relevant neurological or somatic illness

-insufficient knowledge of the Dutch language

-earlier treatment with MBCT

# Study design

## Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial

**Control:** N/A , unknown

## Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	07-01-2013
Enrollment:	94
Type:	Actual

## IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Positive opinion	
Date:	14-10-2014
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 37200  
Bron: ToetsingOnline  
Titel:

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

No registrations found.

### In other registers

Register	ID
NTR-new	NL4414
NTR-old	NTR4843
CCMO	NL41357.091.12
OMON	NL-OMON37200

## Study results

**Summary results**

Cladder-Micus MB, Speckens AEM, Vrijzen JN, T Donders AR, Becker ES, Spijker J. Mindfulness-based cognitive therapy for patients with chronic, treatment-resistant depression: A pragmatic randomized controlled trial. *Depress Anxiety*. 2018 Aug 8. <br><br>

<https://www.ncbi.nlm.nih.gov/pubmed/30088834>