Mindfulness-based cognitive therapy for treatment-resistant anxiety: a longterm follow-up.

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Ethical review	Approved WMO
Status	Pending
Health condition type	Anxiety disorders and symptoms
Study type	Observational non invasive

Summary

ID

NL-OMON31974

Source
ToetsingOnline

Brief title
MBCT for anxiety: a follow-up.

Condition

- Anxiety disorders and symptoms

Synonym
anxiety complaints, anxiety disorders

Research involving
Human

Sponsors and support

Primary sponsor: Parnassia (Den Haag)
Source(s) of monetary or material Support: Geen geldstroom: onderzoek wordt niet gefinancierd

Intervention

Keyword: Anxiety disorders, Longterm follow-up, Mindfulness-based cognitive therapy

Outcome measures

Primary outcome

The participants shall be asked to fill in four questionnaires:

1. The *Symptom Checklist 90* (SCL-90):

The questionnaire measures the amount of physical and psychological complaints

the person had during the past week (90 items).

2. The *Positive Outcome Scale* (PUL):

The questionnaire measures the positive, on ability to bear related

characteristic features of the participants (10 items).

3. The *Mindful Attention Awareness Scale* (MAAS):

The questionnaire measures the amount of attention and concentration/amount of

mindfulness of the participants (15 items).

4. Additional questions are formulated regarding current medicine use, current

treatment, life events, psychological complaints, physical complaints, the

effectiveness of MBCT and the current use of MBCT-techniques (10 items).

Secondary outcome

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Study description

Background summary

Mindfulness Based Cognitive Therapy (MBCT) is developed by Segal, Williams and Teasdale and based on Buddhist principles. Mindfulness is de concept of

focusing your attention consciously towards something, in which you stay in the present time and don*t judge about what you perceive. In MBCT clients learn to accept their negative thoughts and emotions. The therapy form consists of 8 weekly meetings with training programs such as meditation and breathing exercises. Research concluded that MBCT is an effective treatment for relapse prevention in depression. Uncontrolled researches showed that MBCT is effective for clients who don*t are don*t fully respond to usual treatments (cognitive behavioral therapy and/or medication). This is the reason why MBCT is offered to (treatment-resistant) anxiety clients at the department of anxiety disorders (PsyQ) since 2006.

Study objective

Recently performed uncontrolled research suggested that MBCT is an effective treatment for anxiety disorders on short-term, but the long-term effects aren*t investigated yet. This study wants to examine this question by comparing a group of clients who have received MBCT with a group of clients who haven*t received this treatment. With this research we hope to deliver a contribution to the amount of *evidence-based* treatments that are offered at PsyQ.

Study design

In order to perform this research, two groups shall be compared: a group of clients who have received that MBCT-treatment 1,5 years ago (after the usual treatments) and a control group in which the clients only received that usual treatments (and not the MBCT). The control group will be matched to the MBCT-group on the following factors: DSM-IV diagnosis, SCL-90 score, age, gender and treatment history. All participants are currently in an after-care group at PsyQ, anxiety disorders. Both groups will be asked to fill in four questionnaires (one visit of approximately 30 minutes). These questionnaires will be compared with questionnaires that were filled in earlier (after treatment disclosure at PsyQ).

Study burden and risks

There will be no risks for the participants in this research.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

1. Diagnosed with an anxiety disorder.
2. Having received treatment for this disorder at PsyQ.
3. Fluency in the Dutch language.

Exclusion criteria

1. Currently receiving active treatment (for the same anxiety complaint that was treated at PsyQ). Medication is allowed.

Study design

Design

Study type:	Observational non invasive
Intervention model:	Other

Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Treatment

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-03-2008
Enrollment:	38
Type:	Anticipated

Medical products/devices used

Registration:	No

Ethics review

Approved WMO

Date:	25-06-2008
Application type:	First submission
Review commission:	METIGG: Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg (Utrecht)

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
CCMO	NL21834.097.08