

Mindfulness and attention

Published: 06-12-2011

Last updated: 15-05-2024

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. Outcomes of the study will be used to further investigate...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON35338

Source

ToetsingOnline

Brief title

Mindfulness

Condition

- Other condition

Synonym

nvt

Health condition

nvt

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Twente

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: Attention, EEG, Mindfulness, Pain

Outcome measures

Primary outcome

Main study parameters are the measures derived from the EEG (N1, P3).

Secondary outcome

Secundaire study parameters are ratings on the VAS-schale, and ratings on the handedness inventory, Five Facet Mindfulness Questionnaire, and the Thayer mood scales, and behavioral results like Reaction Time (RT) and accuracy on the experimental tasks,

Study description

Background summary

Chronic pain is one of the major public health problems. Until now, the effectiveness of psychological treatments in the rehabilitation of chronic pain patients was limited (e.g., Eccleston et al., 2009). Promising are behavioral treatments based on mindfulness and acceptance (Veehof et al., in press; Wicksell et al., 2008). The central idea in mindfulness is a change of attentional processes and strategies by learning to attend to stimuli in a more neutral non-judgmental way. We propose to study the effects of a promising mindfulness-based intervention on healthy people in randomized controlled trials. Our primary focus is on the processing of electrocutaneous nociceptive stimuli. If it can be shown that mindfulness based treatment is effective in reducing pain intensity, evaluated by using both behavioral and neuroimaging measures, this would be an important step in the challenge for developing effective treatments of chronic pain.

Study objective

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. Outcomes of the study will be used to further

investigate mindfulness training in chronic pain patients.

Study design

Half of the participants will first take part in the EEG experiments (group 1). Next all participants receive a mindfulness training (mindfulness based stress reduction (MBSR) training) 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).

Intervention

Mindfulness-training

Study burden and risks

Participants engage in a 8-week mindfulness course and have to take part in two EEG sessions. During the EEG sessions participants perform attention-related tasks and they receive nociceptive stimuli.

Contacts

Public

Universiteit Twente

Drienerlolaan 5
7522 NB Enschede
NL

Scientific

Universiteit Twente

Drienerlolaan 5
7522 NB Enschede
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

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

Exclusion criteria

- The consumption of drugs or alcohol in the 24 hours before the start of the experiment
- Coffee consumption 1 hour before the start of the experiment
- Smoking 1 hour before the start of the experiment
- Mental or physical disorder
- Physical (pain) complaints
- Poor visual capacity

Study design

Design

Study type:	Interventional
Intervention model:	Other
Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Other

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	10-01-2012
Enrollment:	36
Type:	Actual

Ethics review

Approved WMO

Date: 06-12-2011

Application type: First submission

Review commission: METC Twente (Enschede)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 26398

Source: NTR

Title:

In other registers

Register	ID
Other	10265 (kandidaatnummer)
CCMO	NL37791.044.11
OMON	NL-OMON26398