

Pilot study into the feasibility and effects of Mindfulness-based Stress Reduction (MBSR) in older patients with cognitive complaints

Published: 23-10-2014

Last updated: 21-04-2024

Is Mindfulness-based Stress Reduction (MBSR) feasible in older patients with mild cognitive complaints?

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Cognitive and attention disorders and disturbances
Study type	Interventional

Summary

ID

NL-OMON42269

Source

ToetsingOnline

Brief title

Mindfulness training in older patients with cognitive complaints

Condition

- Cognitive and attention disorders and disturbances

Synonym

memory complaints

Research involving

Human

Sponsors and support

Primary sponsor: Medisch Universitair Ziekenhuis Maastricht

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

Intervention

Keyword: cognition, memory, mindfulness, training

Outcome measures

Primary outcome

In this feasibility study, participants are interviewed after 8 weeks about their experiences during the training and how the training may be adjusted to fit the requirements for this target population even more in the future.

Secondary outcome

Furthermore, the group effects of the training are explored by means of short questionnaires measuring life quality, mental health (perceived stress, anxiety and depressive symptoms), levels of mindfulness and self-compassion, and perceived burden of cognitive complaints, administered at baseline, 9 and 13 weeks. Feasibility of online cognitive assessment is tested at baseline and 9 weeks.

Study description

Background summary

Cognitive complaints of older individuals are often related to worries and concerns related to the ageing process and the associated change in cognitive functioning. Mindfulness-based interventions have been applied successfully to different clinical and non-clinical populations to relieve the burden of stress and ruminative thinking and to improve coping strategies in the context of physical and mental disease.

Study objective

Is Mindfulness-based Stress Reduction (MBSR) feasible in older patients with mild cognitive complaints?

Study design

Pilot intervention study

Intervention

8-week MBSR training.

Study burden and risks

MBSR training is nowadays widely available and can be safely followed without prior medical screening. Expectation of personal benefit from the training is realistic when the program is followed conscientiously, but cannot be guaranteed beforehand. Apart from the personal effort invested in participation and homework assignments, no adverse effects are to be expected.

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

- * Age between 45 and 85 years
- * Existing complaints about at least one, or more aspects of cognitive functioning
- * Expressed personal interest in participation in the training program
- * Clinical treatment for their complaint is not required or possible
- * Patients will not revisit the memory clinic for a follow-up assessment for a period of at least 6 months
- * Signed informed consent

Exclusion criteria

- * Psychiatric comorbidity
- * Medical or psychological treatment of the cognitive complaint

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Health services research

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 06-02-2015

Enrollment: 24

Type: Actual

Ethics review

Approved WMO

Date: 23-10-2014

Application type: First submission

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

Approved WMO

Date: 13-07-2015

Application type: Amendment

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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	NL49941.068.14

Study results

Results posted: 21-04-2016

First publication

21-04-2016