

Interns InSight Study: The effect of mindfulness training on the wellbeing and functioning of medical interns.

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Based on current literature we hypothesize that mindfulness based stress reduction training reduces psychological distress and improves 'positive mental health' in medical interns. Possibly MBSR can prevent psychological distress in the...

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20142

Bron

Nationaal Trial Register

Verkorte titel

IISS

Aandoening

psychological distress positive mental health medical students medical interns

Ondersteuning

Primaire sponsor: University Medical Center St. Radboud

Overige ondersteuning: University Medical Center St. Radboud

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome measure is the score of the interns on the Brief Symptom Inventory which measures the amount of psychological distress experienced by the students. This validated questionnaire is a shortened version of the Symptom Checklist (SCL-90). It exists of 53 items divided over 9 symptom dimensions like depression, anxiety and somatization. From the total score a General Severity Index is calculated, which is a commonly used and validated outcome measure in studies.

Toelichting onderzoek

Achtergrond van het onderzoek

The Interns InSight Study is a randomized controlled trial in which the effects of mindfulness training on psychological distress, wellbeing and professionalism of medical interns during their internships are measured. Medical students starting their internships in the Radboud University Nijmegen are asked to participate.

Doel van het onderzoek

Based on current literature we hypothesize that mindfulness based stress reduction training reduces psychological distress and improves 'positive mental health' in medical interns. Possibly MBSR can prevent psychological distress in the future.

Onderzoeksopzet

Questionnaires will be filled in at baseline and after 8 weeks (after intervention). Follow-up measures will be at 7, 12, 15 and 20 months.

Onderzoeksproduct en/of interventie

Intervention:

Mindfulness training (mindfulness based stress reduction), consists of 8 weekly sessions of 2,5 hours in which students take part in meditation, yoga and cognitive therapy exercises. Homework takes about 30 minutes per day. Students share their experience with the group members and the trainer. The training is adapted to discuss topics which are relevant in medical training.

Control:

The control group follows the curriculum as usual (normal internships).

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Medical interns (male and female) of 18 years and older starting their clinical practice in the Radboud University Nijmegen.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Students younger than 18 years old;
2. Students with insufficient understanding of the Dutch language;
3. Students who have prior experience with a mindfulness based stress reduction training;
4. Students who do not agree in being contacted by the coordinating researcher if there is concern about the amount of psychological distress of the student.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	22-02-2011
Aantal proefpersonen:	150
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	09-02-2011
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2617
NTR-old	NTR2745
CCMO	NL33969.091.10

Resultaten

Samenvatting resultaten

N/A