

Predictors of effects of a mindfulness based psychological treatment on psychological well-being in cardiac rehabilitation patients.

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

Samenvatting

ID

NL-OMON20355

Bron

NTR

Verkorte titel

MindfulHeart II

Aandoening

coronary artery disease; emotional problems (anxiety and depression);

Ondersteuning

Primaire sponsor: Tilburg University

St. Catharina Hospital Eindhoven

Overige ondersteuning: Tilburg University

St. Catharina Hospital Eindhoven

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Psychological well-being (anxiety, depression, psychological stress).

Toelichting onderzoek

Achtergrond van het onderzoek

This study investigates predictors of effects on psychological well-being and quality of life of a mindfulness based intervention in cardiac rehabilitation patients.

It is hypothesized that the mindfulness based intervention will be associated with a reduction in psychological symptoms and increase in quality of life. In addition, it is hypothesized that patients scoring high on psychological mindedness at baseline will show larger benefits compared to those low in psychological mindedness.

Doel van het onderzoek

It is hypothesized that the mindfulness based intervention will be associated with a reduction in psychological symptoms and increase in quality of life. In addition, it is hypothesized that patients scoring high on psychological mindedness at baseline will show larger benefits compared to those low in psychological mindedness. No effects of attention deficits or hyperactivity are anticipated.

Onderzoeksopzet

T1: Before intervention. All variables will be measured: anxiety and depression (Hospital Anxiety and Depression Scale), stress (Perceived Stress Scale), Quality of Life (QLMI), self-esteem (Rosenberg Self-Esteem Scale), psychological mindedness (BIPM), symptoms of ADHD.

Also at T2 (after the intervention) and T3 (one year after the intervention) all these questionnaires will be completed.

Onderzoeksproduct en/of interventie

Mindfulness-based stress reduction versus treatment as usual (TAU).

The applied mindfulness-based stress reduction is a group (6-8 patients) intervention, which

is loosely based on the Mindfulness-Based Stress Reduction (MBSR) program, as developed by Kabat-Zinn (1990). The adjusted program in this study is less intensive, including only three weekly 90 to 120 minutes meetings and an additional evaluation session two weeks later.

The treatment-as-usual (TAU) group consists of those cardiac rehabilitation patients who do not sign up for the intervention. They will be matched with the treatment group regarding age, sex, education, and level of baseline psychological well-being.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Participants in cardiac rehabilitation of St. Catharina Hospital Eindhoven;

2. Age between 18-80 years.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Severe psychiatric (e.g., suicidal ideation; psychoticism) or somatic (e.g., heart failure; cancer) comorbidity;
2. Insufficient mastery of Dutch.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-01-2011
Aantal proefpersonen:	128
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	27-04-2012
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 39938

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3266
NTR-old	NTR3419
CCMO	NL34522.060.11
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON39938

Resultaten

Samenvatting resultaten

N/A