

Mindfulness-apps as a means to maintain the practice and positive effects of mindfulness based stress reduction (MBSR) courses.

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(Experimental) participants who receive information about the availability and use of mindfulness-apps after an MBSR course: (1) report higher frequency of mindfulness practice, (2) report higher mindfulness, lower general psychopathology, and...

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

Samenvatting

ID

NL-OMON21097

Bron

NTR

Verkorte titel

-

Aandoening

Mindfulness, general psychopathology, general well-being.

Ondersteuning

Primaire sponsor: University of Amsterdam

Overige ondersteuning: University of Amsterdam

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Dispositional mindfulness (FFMQ)

Frequency of mindfulness practice

Toelichting onderzoek

Achtergrond van het onderzoek

Research shows that the practice of mindfulness has positive effects in a wide range of outcome domains. Mindfulness skills are usually acquired in group courses of 8 weekly two-hour sessions, with additional daily practice at home. This study among participants in such courses investigates if (1) increased mindfulness is associated with increased body awareness and more effective emotional processing, and (2) the use of mindfulness apps contributes to maintaining the positive effects of such courses. Participants complete questionnaires about mindfulness, mindfulness practice, general well-being, general psychopathology, body awareness, and emotional processing before, directly after, and 1 and 4 months after a mindfulness course. After the mindfulness course, participants will be randomly allocated to an experimental condition (in which they receive information and reminders about the use of mindfulness apps by e-mail) or to a control condition (without such e-mails).

Doel van het onderzoek

(Experimental) participants who receive information about the availability and use of mindfulness-apps after an MBSR course:

- (1) report higher frequency of mindfulness practice,
- (2) report higher mindfulness, lower general psychopathology, and higher general well-being,

compared to (control) participants who do not receive such information. Also:

- (3) changes in mindfulness, general psychopathology, and general well-being are mediated by more frequent mindfulness practice as a result of app use.

Onderzoeksopzet

T0: start MBSR course,

T1: completion MBSR course,

T2: 1 month after completion MBSR course,

T3: 4 months after completion MBSR course.

Onderzoeksproduct en/of interventie

Four weekly informative emails about the availability and use of mindfulness-apps.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- A minimum age of 16 years old,
- Sufficient Dutch language proficiency for understanding the informed consent and filling out the questionnaires,

- In possession of a smart phone,
- Has attended more than 50 percent of the meetings of the MBSR intervention.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	28-08-2018
Aantal proefpersonen:	164
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	23-08-2018
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	NL7332
NTR-old	NTR7548
Ander register	Ethics Review Board, Faculty of Social and Behavioral Sciences, University of Amsterdam : 2018-CP-9070

Resultaten