

Mindfulness training in older patients with cognitive complaints [Dutch: Mindfulnessstraining voor oudere patiënten met geheugenklachten]

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Delivery of a generic MBSR training to patients who visit a memory clinic with cognitive complaints, and who show no clinical signs of a cognitive disorder, is feasible.

Ethische beoordeling	Niet van toepassing
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON22445

Bron

Nationaal Trial Register

Aandoening

Mild cognitive impairment; cognitive complaints; memory complaints
[MCI; Cognitieve klachten; geheugenklachten]

Ondersteuning

Primaire sponsor: Academisch Ziekenhuis Maastricht

Overige ondersteuning: Academisch Ziekenhuis Maastricht

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Feasibility of delivering a generic MBSR training to patients who visit a memory clinic with

cognitive complaints, and who show no clinical signs of a cognitive disorder

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale: 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.

Objective: Is Mindfulness-based Stress Reduction (MBSR) feasible and effective in older persons with mild cognitive complaints?

Study design: Observational pilot study

Study population: N=10-12 patients of the Maastricht Memory Clinic in the age between 50 and 75 years; no diagnosis of cognitive disorder; no significant psychiatric comorbidity

Intervention (if applicable): Standard 8-week program of MBSR, comprising of 8 weekly group meetings of 2,5h and one silent retreat of 6h.

Main study parameters/endpoints: 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. Furthermore, the group effects of the training are evaluated 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.

Nature and extent of the burden and risks associated with participation, benefit and group relatedness: 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.

Doel van het onderzoek

Delivery of a generic MBSR training to patients who visit a memory clinic with cognitive complaints, and who show no clinical signs of a cognitive disorder, is feasible.

Onderzoeksopzet

Week 0: interview, screening and assessment

Week 1-8: training

Week 9: assessment and interview

Week 13: 4-week follow-up assessment

Onderzoeksproduct en/of interventie

Custom 8-week Mindfulness-based Stress Reduction (MBSR)

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Age between 50 and 75 years

- Existing complaints about at least one, or more aspects of cognitive functioning
- Expressed personal interest in participation in the training program
- Patients receive no further treatment for their complaint and will not revisit the memory clinic for a follow-up assessment for a period of at least 6 months
- Able to communicate in the Dutch language
- Availability on at least 7 of 8 (fixed) session dates
- Agreement to participate in homework assignments
- Home access to PC with internet connection (cognitive tests)
- Signed informed consent

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Clinical evidence of psychiatric comorbidity, or any psychotropic drug usage on a daily basis, which could interfere with participation in the group sessions and homework assignments
- Patients who receive (or will receive in a period of 4 months) medical treatment or psychological intervention of any kind for their cognitive condition

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	01-10-2014
Aantal proefpersonen:	12
Type:	Werkelijke startdatum

Ethische beoordeling

Niet van toepassing
Soort: Niet van toepassing

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	NL4590
NTR-old	NTR4749
Ander register	NL49941.068.14 CCMO : METC 142043.3/ab

Resultaten

Samenvatting resultaten

Boxtel, M. P. J., & Speckens, A. (2014). Mindfulness, cognitieve functies en “succesvol ouder worden.” Tijdschrift Voor Gerontologie en Geriatrie, 45, 137-143.
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