Does mindfulness heighten emotional resilience against depression? A study of gene-person-environment interactions.

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1. Mindfulness training can be used to modify the ability to experience positive emotions from everyday life situations assessed with ESM (reward experience); 2. Experimentally induced increases in reward experience in daily life will reduce...

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

Samenvatting

ID

NL-OMON23910

Bron
NTR

Verkorte titel
MindMaastricht

Aandoening

1. Depression;

2. relapse;

3. positive emotions;

4. reward experience;

5. rumination;

6. mindfulness;

7. gene-environment interaction;

8. resilience.

Ondersteuning

Primaire sponsor: Universiteit Maastricht
Overige ondersteuning: NWO, Universiteit Maastricht

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The increase in reward experience in daily life, whereby reward experience is conceptualised as the effect of small daily life positive events on positive mood state. The Experience Sampling Method (ESM) will be used to assess reward experience before and after the intervention. ESM is a structured diary, momentary assessment technique to study subjects in their daily life. Since ESM measurements are performed 10 times a day for 6 days, there will be a maximum of 60 measurements within each subject concerning effects of positive events on positive mood state in the flow of daily life.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale: The experience of positive emotions reduces daily life stress-sensitivity, an endophenotype for depression, but also attenuates the expression of genetic risk for depression. This research proposal, therefore, will focus on the changeability (plasticity) of the ability to experience positive emotions in response to daily life events (natural rewards), as a first step towards novel (preventive) interventions in depression

Objective:

1. Can the ability to experience reward in daily life be experimentally modified?;

2. How does experimental modification of reward impact on depressive symptomatology and can individual variation be traced to genetic variation.

Study design: An intervention study is used in which subjects are randomized to treatment as usual (TAU) or TAU + mindfulness-based cognitive therapy. Experience Sampling Method (ESM) is a structured diary, momentary assessment technique to study subjects in their daily life. Before and after the intervention subjects undergo a six-day period of ESM assessment. Subjects will be globally informed, but remain blind as to how ESM measures relate to testing the hypothesis.

Study population: A sample of 120 depression-remitted adult subjects with residual symptomatology (Ham-17>7) recruited from the community mental health centre in Maastricht (CMHC).

Intervention: The experimental group receives 8 weeks of mindfulness training by an experienced trainer in addition to their normal treatment, if any. Sessions are weekly (2,5 hours a session) and subjects receive daily homework exercises. The control group continues their normal treatment, if any.

Main study parameters/endpoints: The increase in reward experience in daily life, whereby reward experience is conceptualised as the effect of small daily life positive events on positive mood state. Since ESM measurements are performed 10 times a day for 6 days, there will be a maximum of 60 measurements within each subject concerning effects of positive events on positive mood state in the flow of daily life.

Doel van het onderzoek

1. Mindfulness training can be used to modify the ability to experience positive emotions from everyday life situations assessed with ESM (reward experience);

2. Experimentally induced increases in reward experience in daily life will reduce depressive symptoms in patients with residual symptomatology and will lead to reduced risk for future relapse;

3. Polymorphisms of genes related to the brain reward system are associated with reward experience in daily life and its modifiability.

Onderzoeksopzet

1. Premeasure: 6 days ESM;

2. postmeasure: after 8 weeks of mindfulness training/time control: 6 days ESM;

3. follow-ups are planned, but were not yet submitted to ethical committee:

4. Follow-up at 6 months;

5. Follow-up at 12 months.

Onderzoeksproduct en/of interventie

Mindfulness-based cognitive therapy vs. non-active control group. The experimental group receives 8 weeks of mindfulness training by an experienced trainer in addition to their normal treatment, if any. Sessions are weekly (2,5 hours a session) and subjects receive daily homework exercises. The control group continues their normal treatment, if any.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. At least one depressive episode in past;

2. Hamilton Depression Scale >7.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Current depressive episode;

2. Conditions that make working in a group impossible. (MBCT is given in a group of approximately 15 people).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-01-2008
Aantal proefpersonen:	120
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	05-10-2007
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	NL1051
NTR-old	NTR1084
Ander register	NWO : 916 76 147
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten
N/A