

# Are the short-term benefits of two brief mindfulness interventions sustained?

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
15/03/2018	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
27/03/2018	Completed	<input type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
26/03/2018	Mental and Behavioural Disorders	<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

100 healthy volunteers were randomly allocated to receive a 2 week online mindfulness intervention, consisting of daily 10 minute practice of either insight meditation or loving kindness meditation. All participants completed measures of anxiety, depression, stress and mindfulness stress before starting the intervention, immediately after the intervention and again at 1 month follow up. Whilst both interventions were effective in reducing anxiety, depression and stress and increasing mindfulness skills immediately post intervention, sustained effects were only evident for anxiety. Future research might usefully examine whether these effects continue over a longer follow up period.

## Background and study aims

We do not yet know whether the short term benefits of brief mindfulness practice is sustained, and whether there are any differences according to type of mindfulness practice undertaken. This study examines whether two different types of mindfulness interventions - using Insight and Loving Kindness meditations - result in sustained reductions in anxiety, depression and stress, and increases in mindfulness skills, in a nonclinical sample.

## Who can participate?

Healthy adults, aged 18-65, with no previous or current mental health diagnoses.

## What does the study involve?

Study participants were randomly allocated to receive a 2-week brief online mindfulness intervention, consisting of daily 10-minute practice of either Insight or Loving Kindness meditation.

## What are the possible benefits or risks of taking part?

Possible benefits include learning to practice mindfulness, and reductions in anxiety, depression and stress both immediately after the 2-week intervention and at 1 month after the intervention. There are no known risks of taking part.

## Where is the study run from?

The study is run from Royal Holloway, University of London.

When is the study starting and how long is it expected to run for?

The trial overall started on 01/01/2016, and recruitment for the trial started on 21/05/2016.

Recruitment finished in March 2017.

How long will the trial be recruiting participants for?

The trial will be recruiting participants for approximately 10 months. Royal Holloway, University of London is funding the study.

Who is the main contact?

Dr Lyn Ellett, Lyn.Ellett@rhul.ac.uk.

## Contact information

### Type(s)

Scientific

### Contact name

Dr Lyn Ellett

### Contact details

Department of Psychology

Royal Holloway, University of London,

Egham

Surrey

United Kingdom

TW20 0EX

01784 414049

Lyn.Ellett@rhul.ac.uk

## Additional identifiers

### Protocol serial number

Mind-01

## Study information

### Scientific Title

Are the short-term benefits of two brief mindfulness interventions sustained? A randomised controlled trial.

### Study objectives

Two brief online mindfulness interventions - involving insight meditation and loving kindness meditation - will result in sustained reductions in anxiety, depression and stress.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Royal Holloway, University of London Ethics Committee, 20/05/2016, REC project ID: 99

**Study design**

Single-centre researcher-blinded randomised trial.

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Anxiety, depression and stress

**Interventions**

Participants were randomly allocated to a 2-week online mindfulness intervention consisting of daily 10-minute practice of either Insight Meditation (n=50) or Loving Kindness Meditation (n=50).

**Intervention Type**

Behavioural

**Primary outcome(s)**

Anxiety, depression and stress were assessed using the Depression, Anxiety & Stress Scales questionnaire at baseline, post-intervention and at 1-month follow-up.

**Key secondary outcome(s)**

Mindfulness was assessed using the Five Facet Mindfulness Questionnaire at baseline, post-intervention and at 1-month follow-up.

**Completion date**

01/07/2017

## Eligibility

**Key inclusion criteria**

1. Aged 18-65 years

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

65 years

**Sex**

All

**Key exclusion criteria**

1. Previous or current mental illness diagnosis

**Date of first enrolment**

21/05/2016

**Date of final enrolment**

28/02/2017

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Royal Holloway, University of London

Egham Hill, Egham

Surrey

United Kingdom

TW20 0EX

## Sponsor information

**Organisation**

Royal Holloway, University of London

**ROR**

<https://ror.org/04g2vpn86>

## Funder(s)

**Funder type**

Not defined

**Funder Name**

Royal Holloway, University of London

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during the current study are available upon request from Dr Lyn Ellett (Lyn.Ellett@rhul.ac.uk).

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes