Cultivating a transcendent mindset to improve mental health

| Submission date | Recruitment status | [X] Prospectively registered |
|------------------------------|----------------------------------|---|
| 16/03/2024 | No longer recruiting | ∐ Protocol |
| Registration date 25/03/2024 | Overall study status Completed | Statistical analysis plan |
| | | Results |
| Last Edited | Condition category | Individual participant data |
| 25/03/2024 | Mental and Behavioural Disorders | Record updated in last year |

Plain English summary of protocol

Background and study aims

As research on self-transcendent emotions in psychology has progressed, it has become evident that these emotional states offer significant benefits for individual mental health.

This research delves into the physiological effects observed when individuals experience these emotions. Self-transcendent emotions encapsulate a range of feelings aimed at fostering a positive emotional and mental state where attention shifts from the self to the surroundings and beyond. This shift resembles a heightened awareness, providing a broader perspective on existence. Conversely, stress often induces tunnel vision and narrow focus. Studies indicate that self-transcendent emotions prompt a parasympathetic response in the nervous system, enhancing present moment awareness and promoting greater social engagement with the environment.

There appears to be a natural connection between these positive emotions and overall well-being, prompting this study to further explore by implementing a structured program and assessing its impact on the targeted group.

The research question posits whether individuals can cultivate self-transcendent emotions through specific techniques designed to enhance awareness and induce calmness. Additionally, the study aims to determine if these techniques effectively reduce stress, anxiety, and depression.

Who can participate?

Participants aged 18-65 years from the adult psychiatric clinic in Örnsköldsvik, Sweden.

What does the study involve?

Twenty participants will undergo a 12-week program. Another twenty participants will access the program remotely through the 1177 digital platform, a tool in healthcare for remote self-help training, catering to those unable or unwilling to attend in-person sessions.

The program involves a structured regimen of simple circulatory movements, breathwork, awareness practices, and guided imagery exercises targeting specific self-transcendent

emotions, such as compassion, gratitude, joy, and awe. Evaluations will occur through a series of survey questions administered four times throughout the program: at the outset, at weeks 5 and 9, and upon completion.

What are the possible benefits and risks of participating? Benefits include equipping participants with tools to enhance well-being, potentially augmenting other treatment modalities. Additionally, offering the program remotely accommodates individuals averse to hospital attendance, thereby improving accessibility to treatments.

Where is the study run from? Adult psychiatry Örnsköldsvik (Sweden)

When is the study starting and how long is it expected to run for? August 2023 to December 2024

Who is funding the study? Adult psychiatry Örnsköldsvik (Sweden)

Who is the main contact? Christina Andersson, christina.andersson@rvn.se

Contact information

Type(s)

Public, Scientific, Principal investigator

Contact name

Dr Christina Andersson

ORCID ID

https://orcid.org/0000-0001-9076-0406

Contact details

Strömsön 153 Örnsköldsvik Sweden 89196 +46 702750898 christina.andersson@rvn.se

Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

Study information

Scientific Title

Cultivating a transcendent mindset to reduce mental ill-health. A pilot study in adult psychiatric patient.

Study objectives

Cultivating a transcendent mindset to reduce mental ill-health on adult psychiatric patients. Reducing signs of mental ill-health such as stress and anxiety as well as increasing levels of self transcendence emotions through observation/awareness practices, techniques that will help balance the nervous system and mental exercises involving compassion, joy, gratitude and awe.

Ethics approval required

Ethics approval required

Ethics approval(s)

submitted 09/01/2024, Swedish Ethical Review Authority (Box 2110, Uppsala, 75002, Sweden; +46 10-475 08 00; registrator@etikprovning.se), ref: 202400108-01

Study design

Interventional non randomized

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Reducing mental ill-health in adult psychiatric patients

Interventions

The study has a within group design. The patients will follow a digitally delivered, 12 week program and the intervention will be given in a group format and also individually, so some patients can follow the program at home.

The programs contain a regular routine of simple circulatory movements, breathwork combined with awareness practices and guided imagery exercises addressing a few specific self-transcendent emotions, in this case compassion, gratitude, joy and awe.

Intervention Type

Behavioural

Primary outcome(s)

Measured at baseline, at 8 weeks (half-time) and at the end at 12 weeks:

- 1. Dispositional Positive Emotion Scale, DPES
- 2. The Gratitude Questionnaire Six Item Form (GQ-6)
- 3. The Self-compassion Scale (SCS)

- 4. Hospital anxiety and depression scale (HAD-S)
- 5. The Montgomery-Åsberg Depression Rating Scale (MADRS)
- 6. Single item stress question (SISQ)
- 7. The Difficulties in Emotion Regulation Scale (DERS-16)
- 8. The functions of self-criticizing/attacking scale (FSCS)
- 9. Shirom-Melamed Burnout Questionnaire

Key secondary outcome(s))

There are no secondary outcome measures

Completion date

01/12/2024

Eligibility

Key inclusion criteria

- 1. PTSD
- 2. ADHD
- 3. Bipolar
- 4. Depression
- 5. Anxiety
- 6. Autism
- 7. Burn-out, (symptoms associated with burnout include emotional exhaustion, depersonalization, impaired personal accomplishment, difficulty concentrating, impaired memory, irritability, fatigue, and cognitive problems)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Key exclusion criteria

- 1. Acute suicidal
- 2. Difficulties understanding Swedish language

Date of first enrolment

26/03/2024

Date of final enrolment 30/04/2024

Locations

Countries of recruitment Sweden

Study participating centre Adult Psychiatry Service Storgatan 62 Örnsköldsvik Sweden

Sponsor information

Organisation

89134

Adult Psychiatry Örnsköldsvik

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Adult psychiatry Örnsköldsvik

Results and Publications

Individual participant data (IPD) sharing plan

The dataset generated during and/or analysed during the current study will be available upon request from christina andersson email: christina.andersson@rvn.se

IPD sharing plan summary

Available on request

Study outputs

Output type Details

Date created Date added Peer reviewed? Patient-facing?

Participant information sheet