

# Can we use a mindfulness-based intervention for people in mental health recovery?

<b>Submission date</b> 06/05/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 09/05/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 10/05/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

In the mental health recovery journey, people encounter challenges every day. Mindfulness and self-compassion training has been shown to enhance holistic well-being. Mindfulness-based interventions (MBIs) consist of secular trainings in mindfulness and self-compassion. The current study aimed to apply the concept and practice of mindfulness and self-compassion to mental health recovery in Hong Kong. Based on this aim, a pre-pilot mixed-methods randomised controlled trial (RCT) was adopted, before the pilot and the main RCTs, to provide detailed information for subsequent development of a tailored MBI to facilitate personal recovery among people with mental illness. The MBI (Remind 1.0) in the current pre-pilot RCT is one of the MBI in the MBI series known as the Remind Programme.

### Who can participate?

Adults over 18 years, diagnosed with mental illness

### What does the study involve?

Participants were randomly allocated into either the MBI or treatment-as-usual group. MBI consisted of 8 weekly 2.5 hour sessions, while treatment-as-usual consisted of treatment that was deemed as necessary by health professionals/themselves.

Participants from both groups were assessed before and after the intervention, as well as one month after the intervention. The assessment included quantitative approach to evaluate personal recovery, mindfulness, self-compassion, resilience, mood and quality of life, and qualitative approach was used to explore the experiences and perceptions of MBI participants. The pre-pilot study ran for 6 months, excluding publication and dissemination of study results.

### What are the possible benefits and risks of participating?

Before giving informed consent, participants were informed that emotional discomfort might arise in MBI practices as those practices could increase emotional awareness. Participants were encouraged to notify the facilitator of any concerns or difficulties, and referral services would be provided when necessary. All participants had to complete all the assessments to receive HK\$50 supermarket cash coupon and the 1-month follow-up assessment to receive another HK\$100 supermarket cash coupon.

Where is the study run from?  
Hong Kong Baptist University

When is the study starting and how long is it expected to run for?  
December 2019 to June 2020

Who is funding the study?  
Investigator initiated and funded

Who is the main contact?  
Dr Daphne Cheng, daphnecheng@hkbu.edu.hk

## Contact information

**Type(s)**  
Principal Investigator

**Contact name**  
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## Additional identifiers

**EudraCT/CTIS number**  
Nil known

**IRAS number**

**ClinicalTrials.gov number**  
Nil known

**Secondary identifying numbers**  
Nil known

## Study information

**Scientific Title**

A randomised controlled pre-pilot trial of a mindfulness-based intervention (The Remind programme 1.0) improving personal recovery outcomes among people with mental illness compared to inactive treatment-as-usual controls

### **Study objectives**

The current pre-pilot study was a preliminary mixed-methods, exploratory study for the subsequent development and implementation of a novel, tailored mindfulness-based intervention (MBI) to facilitate personal recovery among people with mental illness, for further examination of the feasibility and acceptability in the pilot and main trial. As there was limited detailed information regarding the application of MBI to facilitate personal recovery among people with mental illness, the current pre-pilot study was set out to initially assess an MBI with combined components from contemporary MBI protocols (i.e., MBCT and MSC) that were most relevant to the mental health settings.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved 24/12/2019, Hong Kong Baptist University Research Ethics Committee (Research Office, Hong Kong Baptist University, Kowloon Tong, Kowloon, Hong Kong; +852 3411 7400; hkbu\_rec@hkbu.edu.hk), ref: none available

### **Study design**

Single centre interventional single-blinded randomised controlled trial

### **Primary study design**

Interventional

### **Secondary study design**

Randomised parallel trial

### **Study setting(s)**

Community

### **Study type(s)**

Treatment

### **Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

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

Intervention to facilitate personal recovery in people with mental illness

### **Interventions**

Eligible participants were randomly allocated (1:1) into either the mindfulness-based intervention (MBI) or the treatment-as-usual (TAU) control group. The MBI consisted of 8-weekly 2.5 hours sessions, with weekly home assignments and follow-up calls from the facilitator

between sessions to keep track of each participant's progress. The concept and practice of mindfulness and self-compassion were covered in the MBI, with a slightly stronger focus on mindfulness in the first four sessions of the MBI.

The randomisation process was conducted with SPSS Syntax, stratified by age and gender. The randomisation process was administered by a third party (a research assistant) who was not involved in either the data collection or data analysis process.

## **Intervention Type**

Behavioural

## **Primary outcome measure**

1. Personal recovery: Recovery Assessment Scale (RAS) at baseline (pre-intervention), post-intervention, 1-month follow-up.
2. Trait mindfulness: the Kentucky Inventory of Mindfulness Skills (KIMS-17) at baseline (pre-intervention), post-intervention, 1-month follow-up.
3. Self-compassion: Self-compassion Scale (SCS) at baseline (pre-intervention), post-intervention, 1-month follow-up.
4. Resilience: Connor-Davidson Resilience Scale (CD-RISC) at baseline (pre-intervention), post-intervention, 1-month follow-up.
5. Qualitative semi-structured interviews were conducted at baseline (pre-intervention), post-intervention, 1-month follow-up.

## **Secondary outcome measures**

1. Positive and negative mood: Positive and Negative Affect Schedule (PANAS) at baseline (pre-intervention), post-intervention, 1-month follow-up.
2. Quality of life: The World Health Organization Quality of Life – BREF (WHOQOL-BREF) at baseline (pre-intervention), post-intervention, 1-month follow-up.

## **Overall study start date**

24/12/2019

## **Completion date**

06/06/2020

# **Eligibility**

## **Key inclusion criteria**

1. Aged 18 or above
2. Permanent Hong Kong residents
3. Diagnosed with mental illness with standardised diagnostic criteria (e.g. ICD-11 or DSM-5), for any length of illness
4. Capable of providing informed consent to participate in the trial
5. Able to understand Chinese languages
6. Recipient the community-based mental health service

## **Participant type(s)**

Patient

## **Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

24

**Total final enrolment**

20

**Key exclusion criteria**

1. A diagnosis of learning disability or major cognitive impairment arising from any underlying medical condition resulting in significant functional impairment
2. Primary diagnosis of substance abuse
3. In a mental state that precludes the possibility of engaging in the intervention (e.g. significant thought disorder)
4. Engagement in concurrent mindfulness training/intervention
5. Do not provide informed consent
6. Refused to be randomised

**Date of first enrolment**

28/02/2020

**Date of final enrolment**

28/03/2020

## **Locations**

**Countries of recruitment**

Hong Kong

**Study participating centre**

**Caritas Wellness Link**

1313, 1-17 Sai Lau Kok Rd

Grand City Plaza

Tsuen Wan

New territories

Hong Kong

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## **Sponsor information**

**Organisation**

Hong Kong Baptist University

**Sponsor details**

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**Sponsor type**

University/education

**Website**

<http://hkbu.edu.hk/eng/main/index.jsp>

**ROR**

<https://ror.org/0145fw131>

**Funder(s)****Funder type**

Other

**Funder Name**

Investigator initiated and funded

**Results and Publications****Publication and dissemination plan**

Planned publication in a moderate to high-impact peer-reviewed journal

**Intention to publish date**

06/06/2022

**Individual participant data (IPD) sharing plan**

Due to the sensitive and personal nature of this study, participants were assured that any research raw data would remain confidential and would not be openly accessed.

**IPD sharing plan summary**

Stored in non-publicly available repository, Not expected to be made available