

# Mindfulness in ovarian cancer

<b>Submission date</b> 05/12/2016	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 05/12/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 16/01/2018	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Ovarian cancer is a common form of cancer that often returns after treatment. Having cancer return can be traumatizing, causing mental distress. Mindfulness is a technique that aims patients live life in a present moment and could help patients with recurrent ovarian cancer. The aim of this study is to explore the feasibility of delivering a 6-week mindfulness based group support intervention to a cohort of ovarian cancer patients who have experienced disease recurrence.

### Who can participate?

Woman aged 18 and older who have a confirmed ovarian cancer.

### What does the study involve?

All participants receive a 6-week mindfulness-based intervention comprising a total of 8.5 contact hours. The programme has been specifically adapted and modified for cancer patients based around extensive qualitative research to ensure its applicability and acceptability and in this capacity it has been successfully trialled in a population of stage 4 breast cancer patients.

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

Not provided at time of registration.

### Where is the study run from?

Queen Alexandra Hospital (UK)

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

May 2016 to May 2017

### Who is funding the study?

National Institute for Health Research (UK)

### Who is the main contact?

Dr Sam Watts (Scientific)

s.watts@soton.ac.uk

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Sam Watts

**Contact details**

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**Additional identifiers****Protocol serial number**

32108

**Study information****Scientific Title**

A six-week programme of group mindfulness sessions to improve mental health and wellbeing in patients with recurrent ovarian cancer: a feasibility study

**Acronym**

MOVA

**Study objectives**

The aim of this study is to explore the feasibility of delivering a 6-week mindfulness based group support intervention to a cohort of ovarian cancer patients who have experienced disease recurrence.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Berkshire Research Ethics Committee, 30/08/2016, ref: 16/SC/0415

**Study design**

Non-randomised; Interventional; Design type: Treatment, Complementary Therapy, Psychological & Behavioural

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Specialty: Cancer, Primary sub-specialty: Gynaecological Cancers; UKCRC code/ Disease: Cancer/  
Malignant neoplasms of female genital organs

**Interventions**

All participants receive a 6-week mindfulness-based intervention comprising a total of 8.5 contact hours. The intervention has been specifically adapted and modified for cancer patients based around extensive qualitative research to ensure its applicability and acceptability and in this capacity it has been successfully trialled in a population of stage 4 breast cancer patients.

**Intervention Type**

Other

**Primary outcome(s)**

Feasibility outcomes:

1. Recruitment rate
2. Response rates
3. Number of patients completing the intervention
4. Number of patients completing the 6 month follow-up
5. Qualitative assessment of the intervention
6. Quantitative data analysis

**Key secondary outcome(s))**

1. Anxiety
2. Depression
3. Quality of life
4. Diurnal cortisol variations

**Completion date**

09/05/2017

**Eligibility****Key inclusion criteria**

1. Any confirmed recurrence of OvCa at any stage
2. Aged 18 years and above
3. Willing to participate and provide informed consent
4. Fluent English (questionnaires validated and interviews conducted in English)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Female

**Key exclusion criteria**

1. Additional cancer diagnoses
2. Any significant mental illness (i.e. overt psychosis, history of suicidal ideation) but not to include clinical depression and/or anxiety
3. Receiving any other psychological therapy

**Date of first enrolment**

09/11/2016

**Date of final enrolment**

01/02/2017

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Queen Alexandra Hospital**

Southwick Hill Road

Cosham

Portsmouth

United Kingdom

PO6 3LY

**Sponsor information****Organisation**

Portsmouth Hospitals NHS Trust

**ROR**

<https://ror.org/009fk3b63>

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

Government

**Funder Name**

National Institute for Health Research

**Alternative Name(s)**

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

## Results and Publications

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

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes