ISRCTN13468533 https://doi.org/10.1186/ISRCTN13468533

The effects of Compassionate Mind Training on perceived stress, anxiety and depression in university students

Submission date
12/11/2022

Recruitment status
No longer recruiting

Registration date
23/11/2022

Overall study status
Completed

Last Edited
23/11/2022

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
University students report elevated levels of stress, anxiety and depression. Hence, it is important to study interventions that target stress and promote well-being in this group. The current study aimed to evaluate the effects of a five-week Compassionate Mind Training compared with a five-week affect-focused training in university students on measures of stress, anxiety, depression and self-compassion.
Compassionate Mind Training and affect-focused training are both psychological programs aiming to promote mental health. Compassionate Mind Training focuses on developing self-compassion, whereas affect-focused training primarily entails psychoeducation on affects (the outward display of emotional state).

Who can participate?
Students at university (studying a minimum of 75% of full-time)

What does the study involve?
Participants are randomly allocated to receive 5 weeks of either Compassionate Mind Training (intervention) or affect-focused training (active control). Compassionate Mind Training is closely based on pre-existing Compassionate Mind Training programs widely used in the UK and US. The intervention consists of psychoeducation on compassion and related concepts, as well as applied practice with different exercises. The active control group consists of an affect-focused training program. The program is based on a pre-existing Swedish affect group intervention. The intervention involves psychoeducation on primary affects and applied practice with different exercises.

What are the possible benefits and risks of participating?
A possible benefit for the participants is that they will learn new strategies to deal with stress. A risk with participating in a psychological intervention that includes self-reflection is that it might stir up emotions that can feel overwhelming to some. The interventions were, however, delivered by psychologists (licensed/in training) that were able to provide support when needed.

Where is the study run from?
Uppsala University (Sweden)

When is the study starting and how long is it expected to run for?
June 2013 to November 2015

Who is funding the study?
Skandia Advisory Board Research and Health (Sweden)

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

Contact information

Type(s)
Scientific

Contact name
Miss Christina Andersson

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

Contact details
Strömsön 153
Arnäsvall
Sweden
891 96
+46 (0)702750898
christina.andersson@ki.se

Additional identifiers

Protocol serial number
1

Study information

Scientific Title
The effects of Compassionate Mind Training on perceived stress, anxiety and depression in university students – a randomized controlled trial

Study objectives
It is hypothesized that the Compassionate Mind Training would have beneficial effects on perceived stress, anxiety, depression and self-compassion post-intervention compared with the active control group.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 06/11/2013, The Swedish Ethical Review Authority (Etikprövningsmyndigheten, Box 2110, 750 02 Uppsala, Sweden; +46 (0)10 47508 00; registrator@etikprovning.se), ref: 2013/153231/3

Primary study design
Interventional

Study design
Single-centre randomized controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Stress in university students

Interventions
Participants are randomized in a 1:1 ratio using the online program random.org to receive 5 weeks of either Compassionate Mind Training (intervention) or affect-focused training (active control).

Compassionate Mind Training is closely based on pre-existing Compassionate Mind Training programs widely used in the UK and US. The intervention consists of psychoeducation on compassion and related concepts, as well as applied practice with different exercises. The active control group consists of an affect-focused training program. The program is based on a pre-existing Swedish affect group intervention. The intervention involves psychoeducation on primary affects and applied practice with different exercises.

Intervention Type
Behavioural

Primary outcome(s)
Perceived stress measured using the Perceived Stress Scale (PSS14) (pre-and post) at baseline and after 5 weeks

Key secondary outcome(s)
1. Anxiety and depression measured using the Hospital Anxiety and Depression Scale (HADS) (pre-and post) at baseline and after 5 weeks
2. Self-compassion measured by the Self-Compassion Short-Scale (SC-SF) (pre-and post) at baseline and after 5 weeks

Completion date
19/11/2015

Eligibility

Key inclusion criteria
Studying at a university (minimum 75% of full-time)

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
59

Key exclusion criteria
1. Not fluent in Swedish
2. Over 15 score on HADS

Date of first enrolment
16/09/2015

Date of final enrolment
01/10/2015

Locations

Countries of recruitment
Sweden

Study participating centre
Uppsala University
Blåsenhus, Psychology Department
Von Kraemers allé 1
Uppsala
Sweden
75105

Sponsor information

Organisation
Karolinska Institute

ROR
https://ror.org/056d84691

Funder(s)

Funder type
Industry

Funder Name
Skandia Advisory Board Research and Health

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated and analysed during the current study are available upon request from Christina Andersson (christina.andersson@ki.se).
The type of data that will be shared: all existing data e.g. on item level
Whether consent from participants was required and obtained: Yes, informed consent was obtained.
Comments on data anonymization. Each participant was given a number so the participants were coded.
Any ethical or legal restrictions: No

IPD sharing plan summary
Available on request