

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

<b>Submission date</b> 12/11/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/11/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/11/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

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## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**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](mailto:registrator@etikprovning.se)), ref: 2013 /153231/3

## **Study design**

Single-centre randomized controlled trial

## **Primary study design**

Interventional

## **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](http://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](mailto: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