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The effect of a centering meditation on resilience, mindfulness, stress, and hope among college students

Submission date
08/08/2021

Recruitment status
No longer recruiting

Registration date
14/08/2021

Overall study status
Completed

Last Edited
12/04/2022

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
This study aims to examine the effectiveness and dynamic mechanisms of centering meditation in relation to resilience, mindfulness, stress, spiritual transcendence, and hop over a span of time. This study consists of two primary aims: 1) to determine the effectiveness of centering prayer on increasing resilience, stress, mindfulness, and hope and 2) to examine the temporal dynamics of resilience and hope during a centering meditation intervention.

Who can participate?
Adults enrolled at least part time in undergraduate or graduate school

What does the study involve?
The study involves daily access to the internet. It includes completing bi-daily brief assessments and 3 comprehensive mental wellness assessments online at pre-specified times. Treatment group will be asked to practice a 10-minute meditation every morning and night. Participants enrolled in study completed three measurement procedures: a) one-time demographics questionnaire, b) a bi-daily brief hope assessment, and c) an assessment battery at three points in time. Each assessment was available through a link to Qualtrics, which emailed them the assessments to participants at predesignated times. Once participants enrolled in the study, they completed a demographics survey followed by an initial assessment battery. They subsequently received a battery of assessments that measured resilience, stress, spiritual transcendence, and mindfulness. Qualtrics resent this assessment battery again at the mid-point and final point of the study. If participants did not respond to an assessment, Qualtrics sent an e-mail reminder to complete the survey with a new link. Lastly, participants also received a link to a brief assessment of hope every morning and evening for the entirety of the study, culminating in a total 56 administrations of four weeks. Over a four-week period, each participant received an email reminder to meditate in the morning at 6 am and in the evening at 6 pm. After meditating, they completed a brief online assessment of hope via Qualtrics. At the same windows of time, participants in the control group received the same brief assessments of hope without the reminder to meditate

What are the possible benefits and risks of participating?
There are no known risks associated with this study. Participants will be simply asked to respond to several survey items and participate in a brief exercise.

Where is the study run from?
William & Mary College (USA)

When is the study starting and how long is it expected to run for?
August 2020 to October 2020

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Stephanie Dorais, sdorais@email.wm.edu

Contact information

Type(s)
Public

Contact name
Dr Stephanie Dorais

ORCID ID
https://orcid.org/0000-0002-0045-4278

Contact details
215 North Ave
Hillside
United States of America
07205
+1 (757) 932-0421
sdorais@kean.edu

Additional identifiers

Protocol serial number
EDIRC-2020-08-02-14426-sdorais

Study information

Scientific Title
Effects of Centering Prayer Meditation compared to waitlist control on Resilience, Mindfulness, Stress, and Hope among college students

Acronym
CPMRMSH

Study objectives

1. There will be a significant difference in resilience (as measured by the RSES) between a group of individuals who participate in a daily meditation and individuals from an intent-to-treat sample.
2. The fluctuations of hope (as measured by the SHS) will be non-stationary in the comparison group and they will stabilize and increase in trend in the treatment group.
3. Hope (as measured by the SHS) will serve as a significant explanatory variable and mediating variable in the trajectory of resilience over four weeks.
4. There will be a significant correlation between Centering Prayer and the constructs of mindfulness, spiritual transcendence, and stress.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 24/08/2020, William & Mary Institutional Review Board (200 Stadium Dr, Williamsburg, VA 23185, USA; +1 757 2213862; jastev@wm.edu), ref: EDIRC-2020-08-02-14426-sdorais

Primary study design
Interventional

Study design
Online single center interventional double-blind randomized controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Improvement of resilience, stress, mindfulness, and hope among college students

Interventions
Participants are randomized through Qualtrics randomized generator into treatment or waitlist control group. The treatment group participated in a centering prayer meditation at home every morning and evening for 10 minutes for 4 weeks. They report their adherence through bi-daily assessments emailed them to them twice a day.

Intervention Type
Behavioural

Primary outcome(s)
Resilience is measured using the Response to Stressful Experience Scale at baseline, 2 weeks, and 4 weeks.

Key secondary outcome(s)
1. Stress measured using Perceived Stress Scale at baseline, 2 weeks, and 4 weeks
2. Mindfulness measured using the Cognitive and Affective Mindfulness Scale- Revised at baseline, 2 weeks, and 4 weeks.
3. Spiritual Transcendence using the Spiritual Transcendence Scale at baseline, 2 weeks, and 4 weeks.
4. Hope using the State Hope Scale measured twice a day from baseline to Week 4.

Completion date

18/10/2020

Eligibility

Key inclusion criteria
1. Enrolled at least part time in college or graduate school
2. Over the age of 18 years

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
190

Key exclusion criteria
1. Individuals under the age of 18
2. Individuals not enrolled in an undergraduate or graduate program

Date of first enrolment
05/09/2020

Date of final enrolment
20/09/2020

Locations

Countries of recruitment
United States of America

Study participating centre
William and Mary
301 Monticello Ave
Williamsburg
United States of America
23188

Sponsor information

Organisation
William & Mary

ROR
https://ror.org/03hsf0573

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request. sdorais@kean.edu. The data will include SAS outputs only of statistical analysis. There are no ethical or legal restrictions applicable.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		21/10/2021	12/04/2022	Yes	No