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Are the short-term benefits of two brief mindfulness interventions sustained?

Submission date	Recruitment status	[ ] Prospectively registered
15/03/2018	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
27/03/2018	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
26/03/2018	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol
100 healthy volunteers were randomly allocated to receive a 2 week online mindfulness intervention, consisting of daily 10 minute practice of either insight meditation or loving kindness meditation. All participants completed measures of anxiety, depression, stress and mindfulness stress before starting the intervention, immediately after the intervention and again at 1 month follow up. Whilst both interventions were effective in reducing anxiety, depression and stress and increasing mindfulness skills immediately post intervention, sustained effects were only evident for anxiety. Future research might usefully examine whether these effects continue over a longer follow up period.

Background and study aims
We do not yet know whether the short term benefits of brief mindfulness practice is sustained, and whether there are any differences according to type of mindfulness practice undertaken. This study examines whether two different types of mindfulness interventions - using Insight and Loving Kindness meditations - result in sustained reductions in anxiety, depression and stress, and increases in mindfulness skills, in a nonclinical sample.

Who can participate?
Healthy adults, aged 18-65, with no previous or current mental health diagnoses.

What does the study involve?
Study participants were randomly allocated to receive a 2-week brief online mindfulness intervention, consisting of daily 10-minute practice of either Insight or Loving Kindness meditation.

What are the possible benefits or risks of taking part?
Possible benefits include learning to practice mindfulness, and reductions in anxiety, depression and stress both immediately after the 2-week intervention and at 1 month after the intervention. There are no known risks of taking part.

Where is the study run from?
The study is run from Royal Holloway, University of London.

When is the study starting and how long is it expected to run for?
The trial overall started on 01/01/2016, and recruitment for the trial started on 21/05/2016. Recruitment finished in March 2017.

How long will the trial be recruiting participants for?
The trial will be recruiting participants for approximately 10 months. Royal Holloway, University of London is funding the study.

Who is the main contact?
Dr Lyn Ellett, Lyn.Ellett@rhul.ac.uk.

Contact information

Type(s)
Scientific

Contact name
Dr Lyn Ellett

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Additional identifiers

Protocol serial number
Mind-01

Study information

Scientific Title
Are the short-term benefits of two brief mindfulness interventions sustained? A randomised controlled trial.

Study objectives
Two brief online mindfulness interventions - involving insight meditation and loving kindness meditation - will result in sustained reductions in anxiety, depression and stress.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Royal Holloway, University of London Ethics Committee, 20/05/2016, REC project ID: 99

Primary study design
Interventional

Study design
Single-centre researcher-blinded randomised trial.

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Anxiety, depression and stress

Interventions
Participants were randomly allocated to a 2-week online mindfulness intervention consisting of daily 10-minute practice of either Insight Meditation (n=50) or Loving Kindness Meditation (n=50).

Intervention Type
Behavioural

Primary outcome(s)
Anxiety, depression and stress were assessed using the Depression, Anxiety & Stress Scales questionnaire at baseline, post-intervention and at 1-month follow-up.

Key secondary outcome(s)
Mindfulness was assessed using the Five Facet Mindfulness Questionnaire at baseline, post-intervention and at 1-month follow-up.

Completion date
01/07/2017

Eligibility

Key inclusion criteria
1. Aged 18-65 years

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

Key exclusion criteria
1. Previous or current mental illness diagnosis

Date of first enrolment
21/05/2016

Date of final enrolment
28/02/2017

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Royal Holloway, University of London
Egham Hill, Egham
Surrey
United Kingdom
TW20 0EX

Sponsor information

Organisation
Royal Holloway, University of London

ROR
https://ror.org/04g2vpn86

Funder(s)

Funder type
Not defined

Funder Name
Royal Holloway, University of London

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during the current study are available upon request from Dr Lyn Ellett (Lyn.Ellett@rhul.ac.uk).

IPD sharing plan summary
Available on request