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Cultivating a transcendent mindset to improve mental health

Submission date
16/03/2024

Recruitment status
No longer recruiting

Registration date
25/03/2024

Overall study status
Completed

Last Edited
25/03/2024

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol
Background and study aims
As research on self-transcendent emotions in psychology has progressed, it has become evident that these emotional states offer significant benefits for individual mental health.

This research delves into the physiological effects observed when individuals experience these emotions. Self-transcendent emotions encapsulate a range of feelings aimed at fostering a positive emotional and mental state where attention shifts from the self to the surroundings and beyond. This shift resembles a heightened awareness, providing a broader perspective on existence. Conversely, stress often induces tunnel vision and narrow focus. Studies indicate that self-transcendent emotions prompt a parasympathetic response in the nervous system, enhancing present moment awareness and promoting greater social engagement with the environment.

There appears to be a natural connection between these positive emotions and overall well-being, prompting this study to further explore by implementing a structured program and assessing its impact on the targeted group.

The research question posits whether individuals can cultivate self-transcendent emotions through specific techniques designed to enhance awareness and induce calmness. Additionally, the study aims to determine if these techniques effectively reduce stress, anxiety, and depression.

Who can participate?
Participants aged 18-65 years from the adult psychiatric clinic in Örnsköldsvik, Sweden.

What does the study involve?
Twenty participants will undergo a 12-week program. Another twenty participants will access the program remotely through the 1177 digital platform, a tool in healthcare for remote self-help training, catering to those unable or unwilling to attend in-person sessions.

The program involves a structured regimen of simple circulatory movements, breathwork, awareness practices, and guided imagery exercises targeting specific self-transcendent

emotions, such as compassion, gratitude, joy, and awe. Evaluations will occur through a series of survey questions administered four times throughout the program: at the outset, at weeks 5 and 9, and upon completion.

What are the possible benefits and risks of participating?
Benefits include equipping participants with tools to enhance well-being, potentially augmenting other treatment modalities. Additionally, offering the program remotely accommodates individuals averse to hospital attendance, thereby improving accessibility to treatments.

Where is the study run from?
Adult psychiatry Örnsköldsvik (Sweden)

When is the study starting and how long is it expected to run for?
August 2023 to December 2024

Who is funding the study?
Adult psychiatry Örnsköldsvik (Sweden)

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

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Study information

Scientific Title
Cultivating a transcendent mindset to reduce mental ill-health. A pilot study in adult psychiatric patient.

Study objectives

Cultivating a transcendent mindset to reduce mental ill-health on adult psychiatric patients. Reducing signs of mental ill-health such as stress and anxiety as well as increasing levels of self transcendence emotions through observation/awareness practices, techniques that will help balance the nervous system and mental exercises involving compassion, joy, gratitude and awe.

Ethics approval required
Ethics approval required

Ethics approval(s)
Submitted 09/01/2024, Swedish Ethical Review Authority (Box 2110, Uppsala, 75002, Sweden; +46 10-475 08 00; registrator@etikprovning.se), ref: 202400108-01

Primary study design
Interventional

Study design
Interventional non randomized

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Reducing mental ill-health in adult psychiatric patients

Interventions
The study has a within group design. The patients will follow a digitally delivered, 12 week program and the intervention will be given in a group format and also individually, so some patients can follow the program at home.

The programs contain a regular routine of simple circulatory movements, breathwork combined with awareness practices and guided imagery exercises addressing a few specific self-transcendent emotions, in this case compassion, gratitude, joy and awe.

Intervention Type
Behavioural

Primary outcome(s)
Measured at baseline, at 8 weeks (half-time) and at the end at 12 weeks:
1. Dispositional Positive Emotion Scale, DPES
2. The Gratitude Questionnaire – Six Item Form (GQ-6)
3. The Self-compassion Scale (SCS)
4. Hospital anxiety and depression scale (HAD-S)
5. The Montgomery-Åsberg Depression Rating Scale (MADRS)
6. Single item stress question (SISQ)
7. The Difficulties in Emotion Regulation Scale (DERS-16)
8. The functions of self-criticizing/attacking scale (FSCS)
9. Shirom-Melamed Burnout Questionnaire

Key secondary outcome(s)
There are no secondary outcome measures

Completion date
01/12/2024

Eligibility

Key inclusion criteria
1. PTSD
2. ADHD
3. Bipolar
4. Depression
5. Anxiety
6. Autism
7. Burn-out, (symptoms associated with burnout include emotional exhaustion, depersonalization, impaired personal accomplishment, difficulty concentrating, impaired memory, irritability, fatigue, and cognitive problems)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
All

Key exclusion criteria
1. Acute suicidal
2. Difficulties understanding Swedish language

Date of first enrolment
26/03/2024

Date of final enrolment
30/04/2024

Locations

Countries of recruitment
Sweden

Study participating centre
Adult Psychiatry Service
Storgatan 62
Örnsköldsvik
Sweden
89134

Sponsor information

Organisation
Adult Psychiatry Örnsköldsvik

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Adult psychiatry Örnsköldsvik

Results and Publications

Individual participant data (IPD) sharing plan
The dataset generated during and/or analysed during the current study will be available upon request from christina andersson email: christina.andersson@rvn.se

IPD sharing plan summary
Available on request