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Evaluating the effect of meditation on burnout and satisfaction with life

Submission date
30/05/2021

Recruitment status
No longer recruiting

Registration date
08/06/2021

Overall study status
Completed

Last Edited
20/07/2023

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
Burnout is characterized by emotional exhaustion, feelings of cynicism and reduced personal accomplishment. While burnout can be found in any profession, high rates of burnout are found among accounting professionals with women reporting higher levels of reduced personal accomplishment and men reporting higher levels of depersonalization.
This study seeks to investigate if the Heartfulness meditation program is associated with improvements in burnout within employer settings. The intervention chosen for this study is an 8-week online meditation program, with guidance from a Heartfulness meditation trainer coupled with structured education modules.
The specific aims of the study are to assess changes in symptoms of emotional exhaustion, depersonalization, and personal accomplishment, and to assess the feasibility and acceptability of a meditation-based intervention for burnout.

Who can participate
All adults above 18 years of age who are members of the Institute of Chartered Accountants of India

What does the study involve:
The participants self select either to participate in meditation (meditation group) or to carry on as usual (control group).
For the meditation group, it will involve the following:
1. Weekly live online session
The live online meditation session is organized on a weekly basis for 8 weeks. The sessions are composed of 4 minutes of micro-meditation practice, a 15-minute presentation on the science of meditation, 24 minutes of guided meditation practice, 2 minutes of journaling, and 15 minutes for questions and answers to help participants better understand the practice of meditation.
In total, participants will have 30 minutes of meditation practice (including 2 minutes of journaling).
2. Weekly online course
The participants are requested to follow an 8-week self-paced online Science of Meditation (SOM) course. This is based on Heartfulness practices. One module will be accessible each week. Participants will follow the SOM pre-recorded content to review, integrate and go deeper into

the understanding of the SOM content and practice Heartfulness micro and core practices.
The composition of each module is about:
1. 15 minutes content
2. 24 minutes of one Heartfulness core practice, and 2 to 6 minutes of micro-practice and journaling. Total: 30 minutes
3. 15 minutes of homework
3. Personal practice every day
The personal practice every day will also be facilitated online at two different time slots each day by Certified Heartfulness Trainers. Considering that the participants will be spread over the globe, the timings for these daily sessions will be decided after discussions with the participants during the first week of the program. Participants are requested to practice daily the Heartfulness core practices (meditation, rejuvenation and inner connection) in the following schedule for 8 weeks:
a. 15 minutes Heartfulness meditation in the morning
b. 15 minutes Heartfulness cleaning in the evening
c. 5 minutes Heartfulness inner connection before sleeping
They also fill out questionnaires before the study and at the end of the study.
The control group carry on as usual and fill out questionnaires before the study and at the end of the study.

What are the possible benefits and risks of participating?
Participants in the meditation group may experience a reduction in burnout and improved satisfaction with life. There are no known risks or discomforts associated with this study. In rare cases, some participants in the Heartfulness meditation group may experience unwanted emotions and thoughts arising during meditation or bodily discomfort through sitting for a prolonged duration. A psychiatrist will be available throughout the study duration to offer support in such cases. In case of emergencies, participants are advised to seek medical attention immediately.

Where is the study run from?
The Institute of Chartered Accountants of India Research Center (India)

When is the study starting and how long is it expected to run for?
April 2021 to August 2021

Who is funding the study?
The Institute of Chartered Accountants of India (India)

Who is the main contact?
Dr Amit Kumar Agrawal
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Contact information

Type(s)
Public

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Additional identifiers

Protocol serial number
ICAI Research Project Scheme 2021

Study information

Scientific Title
Evaluating the effect of scientific meditation on employee burnout: a multinational study

Study objectives
Alternate Hypothesis (Ha): Heartfulness meditation practice is associated with a reduction in burnout for those who take part in the meditation program in comparison with the participants who did not meditate.

Null Hypothesis: Heartfulness meditation practice does not statistically significantly reduce burnout among accounting professionals at The Institute of Chartered Accountants of India.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 29/05/2021, the research committee of the Institute of Chartered Accountants of India (Research Committee ICAI Bhawan, Indraprastha Marg, New Delhi - 110002, India; +91 (0) 9350572094; akagrawal@icai.in), ref: ICAI Research Project Scheme 2021

Primary study design
Interventional

Study design
Multicentre prospective cohort study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Burnout and satisfaction with life

Interventions
The participants self select either to participate in meditation (intervention group) or to carry on as usual (control group).

1. Weekly live online session
The live online meditation session is organized on a weekly basis for 8 weeks. The sessions are composed of 4 minutes of micro-meditation practice, a 15-minute presentation on the science of meditation, 24 minutes guided meditation practice, 2 minutes of journaling and 15 minutes for questions and answers to help participants better understand the practice of meditation. In total, participants will have 30 minutes of meditation practice (including 2 minutes of journaling).

2. Weekly online course
The participants are requested to follow an 8-week self-paced online Science of Meditation (SOM) course. One module will be accessible each week. Participants will follow the SOM pre-recorded content to review, integrate and go deeper into the understanding of the SOM content and practice Heartfulness micro and core practices.

The composition of each module is about:
1. 15 minutes content
2. 24 minutes of one Heartfulness core practice, and 2 to 6 minutes of micro-practice and journaling. Total: 30 minutes
3. 15 minutes of homework

3. Personal practice everyday
The personal practice every day will also be facilitated online at two different time slots each day by Certified Heartfulness Trainers. Considering that the participants will be spread over the globe, the timings for these daily sessions will be decided after discussions with the participants during the first week of the program. Participants are requested to practice daily the Heartfulness core practices (meditation, rejuvenation and inner connection) in the following schedule during 8 weeks.
a. 15 minutes Heartfulness meditation in the morning
b. 15 minutes Heartfulness cleaning in the evening
c. 5 minutes Heartfulness inner connection before sleeping

Intervention Type
Behavioural

Primary outcome(s)
Burnout measured using Maslach Burnout Inventory at baseline and after the 8-week study period

Key secondary outcome(s)
Satisfaction with life measured using Satisfaction With Life Scale at baseline and after the 8-week study period

Completion date
08/08/2021

Eligibility

Key inclusion criteria
Adults above 18 years of age who are members of the Institute of Chartered Accountants of India (ICAI)

Participant type(s)

Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
472

Key exclusion criteria
1. Individuals less than 18 years of age
2. Active suicidal ideation
3. Current or past diagnoses of manic depressive disorders
4. Post-traumatic stress disorder
5. Psychotic disorders
6. Any other psychiatric conditions requiring treatment

Date of first enrolment
01/06/2021

Date of final enrolment
06/06/2021

Locations

Countries of recruitment
India

Study participating centre
The Institute of Chartered Accountants of India
ICAI Bhawan, Indraprastha Marg
New Delhi
India
110002

Sponsor information

Organisation
Institute of Chartered Accountants of India

ROR
https://ror.org/04x3tm905

Funder(s)

Funder type
Other

Funder Name
Institute of Chartered Accountants of India

Results and Publications

Individual participant data (IPD) sharing plan
The data-sharing plans for the current study are unknown at this point and will be made available at a later date

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		31/08/2022	20/07/2023	Yes	No