



Landelijk
Mindfulness Symposium
2020

Symposium 2.4 | Application of Online Mindfulness-Based Interventions

Proposed timeslot	15.00 – 16.00
Language	English
Speakers	<ul style="list-style-type: none">• Tessy Boedt• Mette van Kruijsbergen• Myrthe Boekhorst• Merle Kock
Convenor	tba
Abstracts	see following pages

Evaluation of a stand-alone mobile mindfulness app in people experiencing infertility (MoMiFer-Study): Protocol for an exploratory randomized controlled trial

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Background: Infertility results in considerable emotional burden. Increasing evidence suggest that mindfulness-based interventions (MBIs) are effective in reducing emotional distress in a wide range of conditions including infertility. The aim of the MoMiFer-study is to investigate the effect of a stand-alone mobile mindfulness app on the emotional burden in people experiencing infertility.

Methods: Exploratory randomised controlled trial (RCT). People experiencing infertility (n=60) will be randomized between a wait list control group or an intervention group receiving a mindfulness app for 3 months. The mindfulness app was developed by the Leuven Mindfulness Centre (LMC) and Dr. Edel Maex and through consulting fertility patients and gynaecologists. The app follows the format and content of mindfulness-based stress reduction. The primary outcomes are emotional distress and quality of life. Secondary outcomes are mindfulness skills, repetitive negative thinking, self-compassion, and subjective quality of the mindfulness app. Data will be collected at baseline, and at 1.5 months and 3 months after randomization using self-report questionnaires and Experience Sampling Methodology (ESM) using participants' smartphones. The use of the app will be evaluated through app tracking. Analysis will be according to intention to treat.

Results: We hypothesize that using a stand-alone mobile mindfulness app will reduce symptoms of emotional distress and improve quality of life in people experiencing infertility. Additionally, we will explore whether changes in emotional distress are associated with improvements in mindfulness skills and self-compassion and a reduction in repetitive negative thinking.

Discussion: Mobile delivered MBIs can increase accessibility and flexibility. If proven effective, they can be implemented in standard care for people experiencing infertility.

Co-creation of blended and stand-alone online Mindfulness-based Cognitive Therapy for cancer patients

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Background: Around one in three cancer patients and survivors experience significant psychological distress. Mindfulness-based interventions such as mindfulness-based cognitive therapy (MBCT) can help cancer patients to manage and relieve their distress. Previous research showed that online therapist-assisted MBCT in comparison to traditional face-to-face MBCT has similar effects in reducing psychological distress for cancer patients. However, both online and face-to-face MBCT have advantages and disadvantages for patients and mindfulness trainers. Therefore, two new forms of online MBCT are now being developed: a blended and stand-alone online MBCT. In order for the interventions to meet the needs of the target population, it is important to include these in the innovation and development process.

Method: The co-creation process consists of six meetings where cancer patients, patient organizations, mindfulness trainers and researchers (N = 10) exchange experiences and ideas about the intervention.

Results: Main themes and necessary changes for the intervention are identified and used to develop and adapt the interventions. Persuasive technology will also be used to increase the adherence of patients.

Discussion: The blended and stand-alone MBCT interventions that are developed during the co-creation process, will be evaluated in a pilot study on feasibility and usability. Subsequently, the effects of both interventions on psychological distress are evaluated in a Randomized Controlled Trial study.

An Online mindful parenting training: effectiveness and acceptability for mothers raising toddlers

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Background: Mindful parenting (MP) can positively affect parenting and can decrease parental stress. MP interventions show promising results, however these interventions specifically target clinical populations. Most parents in the general population do not receive such interventions even though MP may benefit them. The current study assessed a widely accessible alternative: online MP intervention for mothers with toddlers. Aims - were 1) to assess predetermined goals of participants and whether these goals were achieved - 2) to assess effectiveness and acceptability of the intervention.

Methods: An RCT among 157 mothers with toddlers assessing an 8-week online MP training. The study duration was 20 weeks, including a waitlist, pre-test, post-test and follow-up assessment. Parental stress, parental over-reactivity, self-compassion and distress, and (change in) personal goals were assessed, as well as training evaluation.

Results: Of the 157 mothers, 73 (47%) reported elevated levels of parental stress at inclusion. Personal goals were analyzed qualitatively, establishing 4 different themes: attention (n=38), mindfulness (n=24), patience (n=64) and balance (n=31). Results showed significant improvement in personal goals post-test and follow-up. Mixed-linear model analyses showed significant improvements post-test and follow-up regarding self-compassion, parental over-reactivity and distress. Regarding parental stress, there was only an effect at post-test for parenting problems, and an effect for parental role restriction at follow-up. Levels of parental stress and theme of personal goal did not influence the effectiveness of the intervention. 78% graded the intervention with a 7 or higher.

Discussion: Online MP training may be an easily accessible and valuable intervention for a wide range of parents.

Sustainability among adolescents - Exploring the link between mindfulness and pro-environmental behaviour

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Background: Today's consumption behaviour has a detrimental impact on our environment, but also on social and individual wellbeing. Mindfulness may be one way to establish more sustainable, pro-environmental behaviour. Different mechanisms have been suggested through which mindfulness may exert its beneficial effects, for example by facilitating pro-social behaviour and compassion, which has been associated with pro-environmental behaviour and socially responsible consumption. Mindfulness may also exert its effects by increasing individual wellbeing, which has been discussed as a precondition to sustainable behaviour. However, these associations have only been tested in adults so far. Adolescence may be a good time point to effectively influence ecological behaviour before unsustainable consumption habits start to manifest.

Methods: The present study investigates the link between mindfulness skills and pro-environmental behaviour as well as the potential mediating role of compassion and pro-social behaviour in this relationship in an adolescent sample. 107 adolescents, 14-19 years of age, completed measures of mindfulness skills, pro-environmental behaviour, compassion, and pro-social behaviour. Outcomes were assessed via self-report measures and experience sampling (compassion and pro-social behaviour only) using smartphones.

Results: We expect mindfulness skills to be positively associated with pro-environmental behaviour. We hypothesise that the effect of mindfulness on pro-environmental behaviour is cross-sectionally mediated by compassion and pro-social behaviour.

Discussion: Data analysis is not possible at this stage since raw data could not be imputed due to corona restrictions, but all necessary analysis steps will be carried out before the actual symposium.