

ASPIRE: Accessibility and Implementation in UK services of an effective depression relapse prevention programme: mindfulness based cognitive therapy

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RESEARCH QUESTION

[Mindfulness-based cognitive therapy \(MBCT\)](#) is a cost effective psychosocial prevention programme that helps people with recurrent depression stay well in the long term. It was singled out in the 2009 [National Institute for Health and Care Excellence \(NICE\) Depression Guideline](#) as a key priority for implementation.

The research has two main aims:

- To scope current MBCT practice across the UK.
- To develop a set of key recommendations for introducing Mindfulness-Based Cognitive Therapy into health service delivery.

ABOUT THE STUDY

<http://www.exeter.ac.uk/mooddisorders/aspire/>

DESIGN

Interviews will be conducted with stakeholders involved in commissioning, managing and implementing MBCT services in each of the four UK countries, and will include interviews with stakeholders in areas where MBCT services are being implemented successfully and where implementation is not working well.

In depth case studies will be undertaken on a range of MBCT services to develop a detailed understanding of the barriers and facilitators to implementation.

The information from this work will be used to inform the development of an implementation plan which will include a range of methods to address implementation barriers.

THE TEAM

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