

Mindfulness as effective as CBT for depression and anxiety

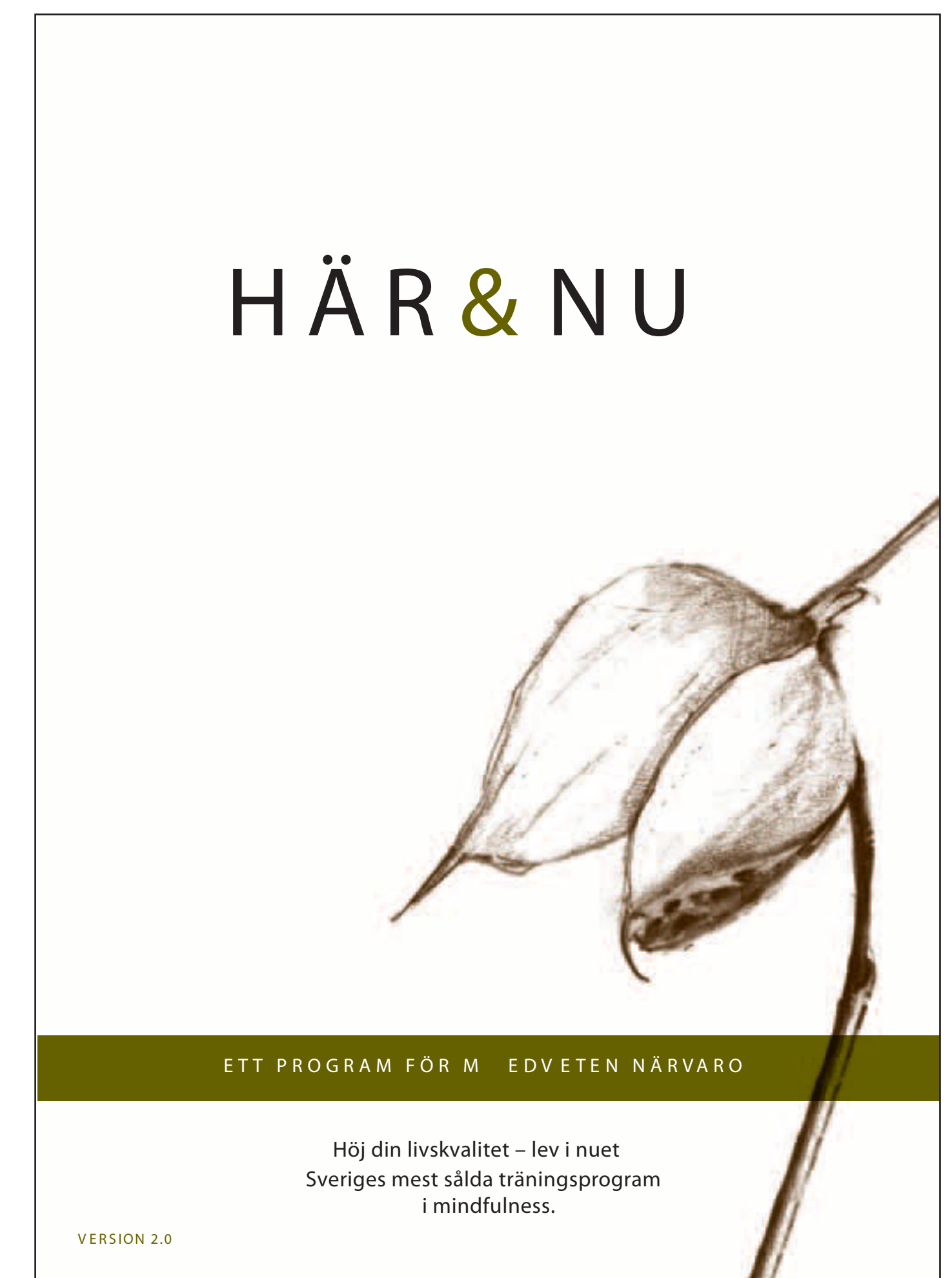
Short training for instructors

Six days of instructor skills training (1+2+2+1) over 6 months.
Own training – Here&Now program+ pilot group.
By the end of 2015 we will have trained 1,000 instructors from all over Sweden in our model (step 1).

Shorter exercises

Twenty minutes per day of formal practise. Same exercises as in MBSR/MBCT.
Simplified well structured programme - booklet, cd, training diary.
Here&Now is the most used mindfulness programme in Sweden.

Now also online - the English version will soon be available – interested?
For research or to use?



Results



Table 2 Median scores and number of observed cases at baseline and follow-up in the mindfulness and control groups

	Mindfulness group (n=110)					Control group (n=105)				
	Baseline		Follow-up		Difference, ^a P	Baseline		Follow-up		Difference, ^a P
	n	Median score	n	Median score		n	Median score	n	Median score	
MADRS-S	108	20	81	11	5 0.001	103	23	86	13	5 0.001
HADS-D	110	8	83	3	5 0.001	105	9	86	5	5 0.001
HADS-A	110	12	83	7	5 0.001	105	13	86	9	5 0.001
PHQ-9	110	12	82	5	5 0.001	105	14	85	8	5 0.001

^a. Tested by Wilcoxon signed-rank test.
MADRS-S, Montgomery-Åsberg Depression Rating Scale (self-rated version); HADS, Hospital Anxiety and Depression Scale; HADS-D, HADS subscale for depression; HADS-A, HADS subscale for anxiety; PHQ-9, Patient Health Questionnaire-9.

Mindfulness group therapy in primary care patients with depression, anxiety and stress and adjustment disorders: randomised controlled trial

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Background

Individual-based cognitive-behavioural therapy (CBT) is in short supply and expensive.

Aims

The aim of this randomised controlled trial (RCT) was to compare mindfulness-based group therapy with treatment as usual (primarily individual-based CBT) in primary care patients with depressive, anxiety or stress and adjustment disorders.

Method

This 8-week RCT (ClinicalTrials.gov ID: NCT01476371) was conducted during spring 2012 at 16 general practices in Southern Sweden. Eligible patients (aged 20-64 years) scored 5-10 on the Patient Health Questionnaire-9, 5-7 on the Hospital Anxiety and Depression Scale or 13-34 on the Montgomery-Åsberg Depression Rating Scale (self-rated

version). The power calculations were based on non-inferiority. In total, 215 patients were randomised. Ordinal mixed models were used for the analysis.

Results

For all scales and in both groups, the scores decreased significantly. There were no significant differences between the mindfulness and control groups.

Conclusions

Mindfulness-based group therapy was non-inferior to treatment as usual for patients with depressive, anxiety or stress and adjustment disorders.

Declaration of interest

None.

Conclusions

Valuable addition in the treatment of stress, mild to moderate depression and anxiety in Sweden.
Also in other countries?

Plans

To offer this and other programmes online to the healthcare system (for chronic pain and disease, support for care givers etc). This could be used at the 1,000 healthcare centres in Sweden and perhaps in other countries as well? It is also possible to give treatments through a virtual classroom.



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