

Mindfulness based cognitive therapy (MBCT) recurrent depression

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MBCT

- Mindfulness:

paying attention in a particular way:

- 1) on purpose,
- 2) in the present moment,
- 3) and nonjudgmentally

- Mindfulness Based CT:

80% MBSR; 20% cognitive therapy



Kabat-Zinn, J.: (1994) *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. New York, Hyperion

Teasdale, J. D., Segal, Z. V., Williams, J. M., Ridgeway, V. A., Soulsby, J. M., & Lau, M. (2000). Prevention of relapse/recurrence in major depression by mindfulness-based cognitive therapy. *Journal of Consulting and Clinical Psychology*, 68(4), 615-623.

MBCT Nijmegen

Research questions:

- 1 - What are the effects of a MBCT training in a large clinical representative sample, compared to a waiting list control group (WLCG)?
- 2 - Does MBCT have the same effects in a non-depressed group ($HRSD < 10$), compared to a group with (residual) depressive symptoms ($HRSD \geq 10$)

Measures

Hamilton Rating Scale for Depression (Hamilton, 1960)

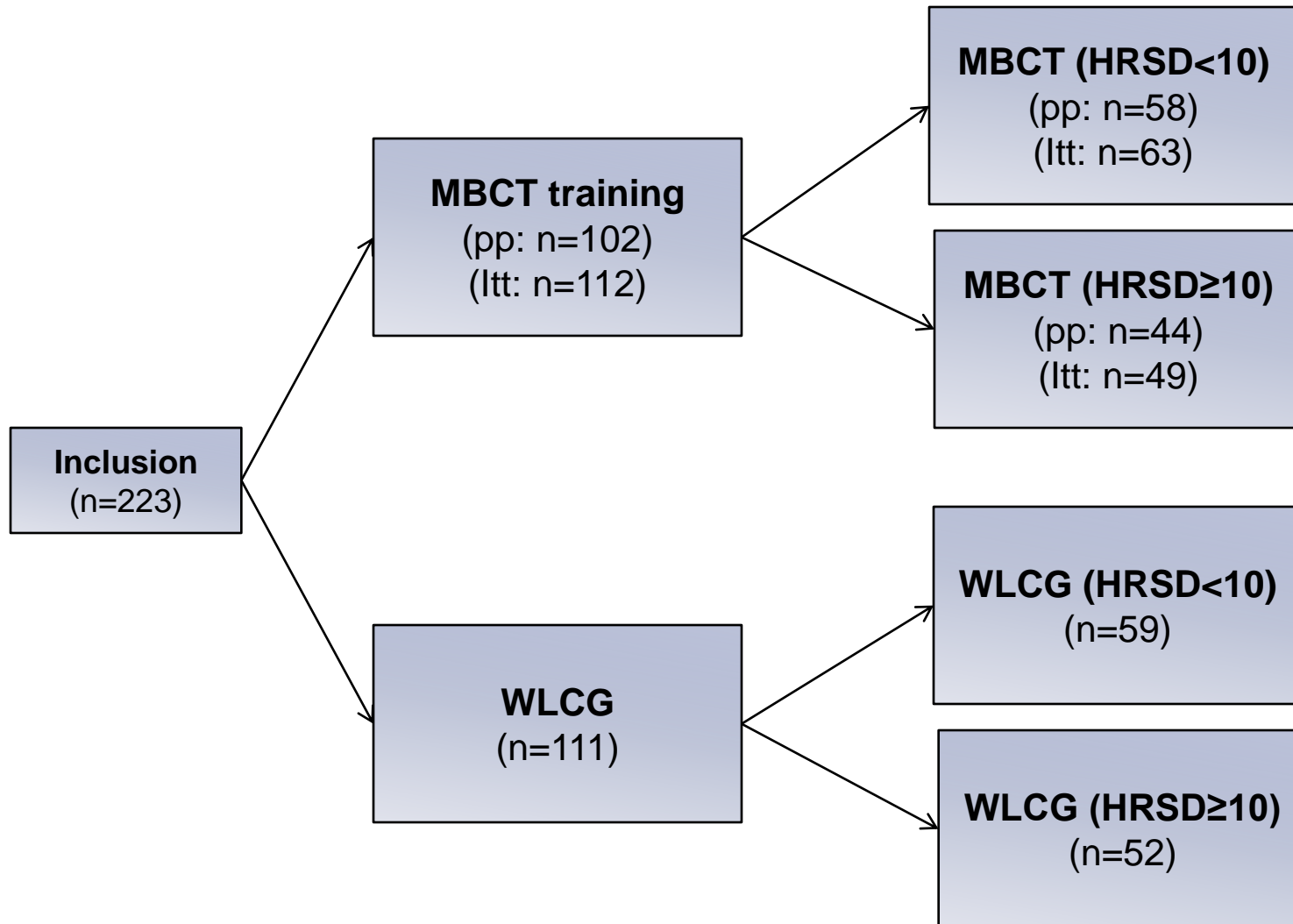
Beck Depression Inventory (Bouman et al., 1985)

Kentucky Inventory of Mindfulness Skills (Baer et al., 2004)

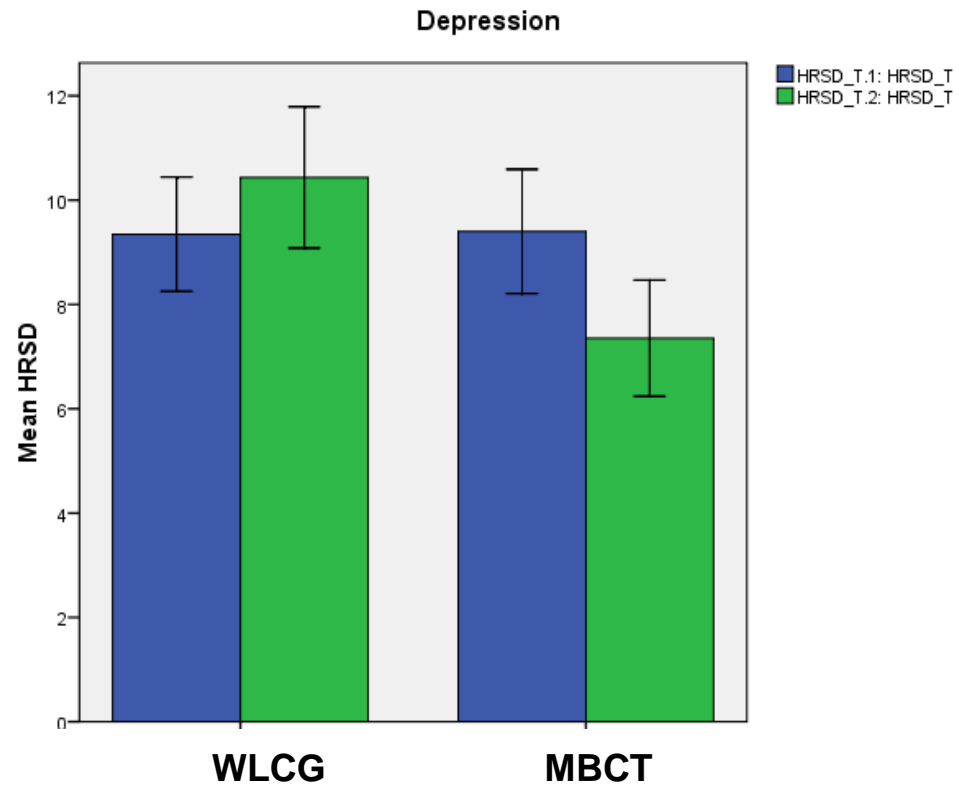
Penn State Worry Questionnaire (van Rijsoort et al., 1997)

Rumination on Sadness Scale (Raes et al., 2004)

Design



Results: Depression



Conclusions & Discussion

- 1 - MBCT: reduced depressive symptoms, worry and rumination and increased mindfulness skills
- 2 - In depressed patients, MBCT has proven to resort effects comparable to the effects in remitted patients
a,b,c

^a Barnhofer, T., Crane, C., Hargus, E., Amarasinghe, M., Winder, R., & Williams, J. M. G. (2009). Mindfulness-based cognitive therapy as a treatment for chronic depression: A preliminary study. *Behaviour Research and Therapy*, 47(5), 366-373.

^b Kenny, M. A., & Williams, J. M. G. (2007). Treatment-resistant depressed patients show a good response to Mindfulness-based Cognitive Therapy. *Behaviour Research and Therapy*, 45(3), 617-625.

^c Kingston, T., Dooley, B., Batters, A., Lawlor, E., & Malone K. (2007). Mindfulness-based cognitive therapy for residual depressive symptoms. *Psychology and Psychotherapy: Theory, Research and Practice*, 80, 193-203.

Working definition Mindfulness

Working definition of Mindfulness^a

(1) the self regulation of attention and

(2) *a curious, open, and accepting orientation toward ones experiences in the present moment*

^bBishop, S., Lau, M., Shapiro, S., Carlson, L., Anderson, N., Carmody, J., Segal, Z., Abbey, S., Speca, M., Velting, D., et al. (2004). Mindfulness: A Proposed Operational Definition. *Clinical Psychology: Science & Practice*, 11(3):230.