Evaluation of a Brief Mindfulness Based Stress Reduction Group in the Bruyère Academic Family Health Team

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Context

Mental health conditions among most common and disabling in Primary Care.

Mindfulness Based Stress Reduction (MBSR), typically 8 week group, effective to reduce stress and improve mood.

Emerging evidence that 4 wk as effective as 8 wk group.

The potential benefit of a shortened program: fewer resources, easier for patients, more feasible for primary care teams, better access over all.

Objective

Evaluate the usefulness of a brief (4 week) Mindfulness Based Stress Reduction group in the Bruyère Academic Family Health Team for patient well-being and patient practice of mindfulness.

Methods

- Setting: Urban, academic, interdisciplinary Family Health Team in Ottawa with a patient population of 16,000.
- Patients: Adult patients voluntarily self-selected, or by recommendation of their health or mental health care provider. Cohort study.
- Exclusion: Those with severe mental health conditions, active suicidal ideation or active substance use; previous participation in another formal mindfulness program.
- Intervention: A four-week MBSR, led by two social workers
- Research Ethics approval was obtained.

Primary outcome:

Evaluation done pre and post group, as well as mailed questionnaires at one, three and six months intervals.

Observing
Nonreacting
Nonjudging
Acting with awareness
Describing

The practice of mindfulness measured using the validated Five Facet Mindfulness Questionnaire (FFMQ).

Preliminary Findings

Two groups: total of 12 participants over 24 month period.

First group reported increase in mindfulness in all five facets and preliminary analysis shows that those results was generally maintained in 8 months follow-up.

Participants reported the benefits of starting to get know mindfulness information and practice, and that they were interested in more sessions.

Secondary outcome:

Participant satisfaction measured post group.

"I am extremely gratified for this opportunity & that it is something that I can do anywhere and that it is a tool that I enjoy using towards my recovery & I seewonderful results."

Program Participant

Next Steps

Going forward, two additional programs will be offered to further explore the effectiveness & sustainability of the program.

References


Data Gaps

- Small sample size.
- Process outcomes were not evaluated to identify which specific formal and/or informal mindfulness practices and/or teachings may have contributed to improvement in mindfulness practice, and whether or not level of teacher training would have differential impact.

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