A randomised controlled pilot study of a brief, web-based mindfulness training

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Study Goal and Background

- Feasibility of a brief, web-based mindfulness training

- **Mindfulness**: Directing one’s attention to present-moment experiences in a way that can’t be described as simple concentration or focus of attention

- Different mindfulness techniques beneficial for a vast number of psychological and physiological parameters
Study Design and Participant Flow

- In both groups 15 ♀, 3 ♂
- Age 20 to 73
  - Treatment-Group 20 – 68 yrs.
  - Waitlist 24 – 73 yrs.

- Training
  - self-guided web-based
  - 2 weeks (13 days)
  - 20 minutes a day
  - 2 modules
  - audio files, text and animation
Results: Combined Distress Score

- Treatment Effects: T1 – T2 $d = .82$; T1 – T3 $d = 1.27$
- Interaction Group X Time: $F = 4.21; \ p < .05$
Taking a Closer Look

- Distress: n.s.
- Stress: T1 – T2 $d = .75$; T1 – T3 $d = 1.43$; Group X Time: $F = 7.63$; $p < .01$
- Mind: T1 – T2 $d = .87$; T1 – T3 $d = 1.81$
Taking a Closer Look (cont.): Affectivity

- T1 – T2 $d = 1.43$; T1 – T3 $d = 1.50$
- Group X Time: $F = 6.94$; $p = .01$

- T1 – T3 $d = 1.34$
Conclusion and Outlook

- Training helps to develop mindfulness skills and reduce distress
- Long-term effects of training

- Usual problems inherent in internet research
- Improve the training units
- Different sampling and recruiting method
- Improved research design