

# THE EFFECTIVENESS OF A WEB-BASED MINDFULNESS COURSE AS AN INTERVENTION TREATMENT FOR NHS PATIENTS

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Digital Health and Care Congress 2016



**Be Mindful**  
Online Mindfulness Course

[www.bemindfulonline.com](http://www.bemindfulonline.com)



For learning to practise all the elements of mindfulness-based cognitive therapy (MBCT)

The collage displays various elements of the Be Mindful online course interface:

- Week 4 Overview:** A dark teal card showing "WEEK 4", "Session: Mindfulness in Daily Life", and "Day 1, Tuesday". A button reads "START THIS WEEK OF THE COURSE".
- Course Navigation:** A screenshot of the course menu with options: TODAY (Going Forward), THE WEEK, DIARY, LIBRARY, OVERVIEW, and SUPPORT. A video player shows two people sitting on chairs.
- Mindful Movement:** A video frame showing a woman performing a yoga-like pose with one arm raised.
- Body Scan:** A video player with a musical note icon and a progress bar showing 16:35 / 28:57.
- This Week Schedule:** A list of activities for the week:

| THIS WEEK |                                    |
|-----------|------------------------------------|
| Today     | Session: Working with Difficulties |
| Tomorrow  | Email: The Guest House Poem        |
| Friday    | Session: On Negative Thoughts      |
| Monday    | Email: Breathing Space             |

Your Assignments for this week

|                    |                 |                  |
|--------------------|-----------------|------------------|
| Sitting Meditation | Breathing Space | Stress Awareness |
| OPEN               | OPEN            | OPEN             |
- Dealing With Barriers:** A video frame showing a man's hands in a specific gesture.
- Hourglass Diagram:** A blue hourglass graphic with the words "ACKNOWLEDGING" at the top, "GATHERING" in the middle, and "EXPANDING" at the bottom.

LAUNCHED IN 2012,  
10,000+ PEOPLE  
HAVE TAKEN THE  
ONLINE COURSE



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Mental Health  
Foundation

**Wellmind**  
Media

The course is run by Wellmind Media in partnership with the Mental Health Foundation, a charity for everyone's mental health.

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Research study by School of  
Psychology, University of Surrey.

Published in the Journal of  
Occupational Health Psychology,  
2016

Shows course completers enjoying  
significant average reductions in  
rumination, chronic fatigue and  
average improvements in sleep  
quality.



**25% decrease in rumination**



**26% reduction of fatigue**



**33% improved sleep quality**





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UNIVERSITY OF  
**OXFORD**

Research study by Department of  
Psychiatry, Oxford University.

Published in BMJ Open, 2013.

Shows course completers enjoying  
significant average reductions in anxiety,  
depression and stress

**58% reduction in anxiety**



**57% reduction in depression**



**40% reduction in stress**





## Course Facilitation, Management and Reporting

Via access to a secure web based clinical management system.

For giving places on the course to participants, tracking their progress and analysis of their self reported mental health outcomes





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Rotherham Doncaster and   
South Humber  
NHS Foundation Trust

Since 2014 the Be Mindful course has been part of the IAPT service offering of NHS Rotherham, Doncaster and South Humber NHS trust.

***RDaSH***  
  
leading the way  
with care

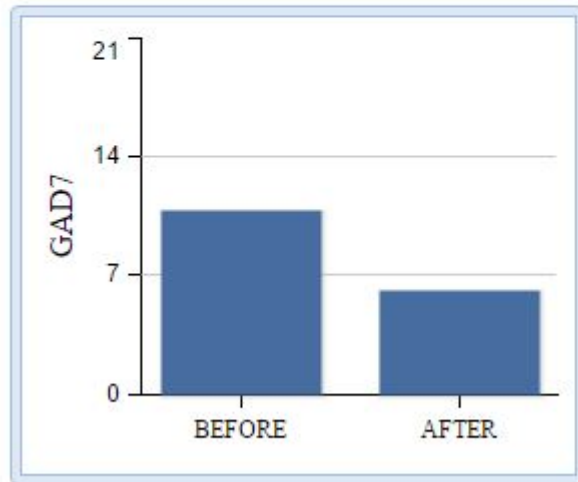
IAPT service users are offered the Be Mindful course in line with NICE guidelines as a therapeutic intervention for depression and anxiety.



Reported average outcomes for the IAPT service users who have completed the course through RDaSH to date.

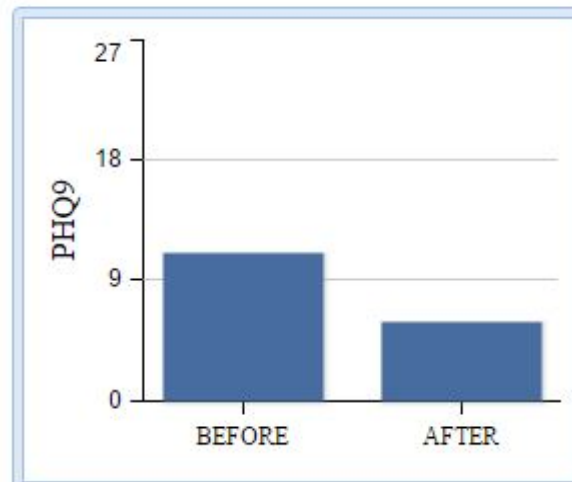
Anxiety  
Average Reduction

**44%**



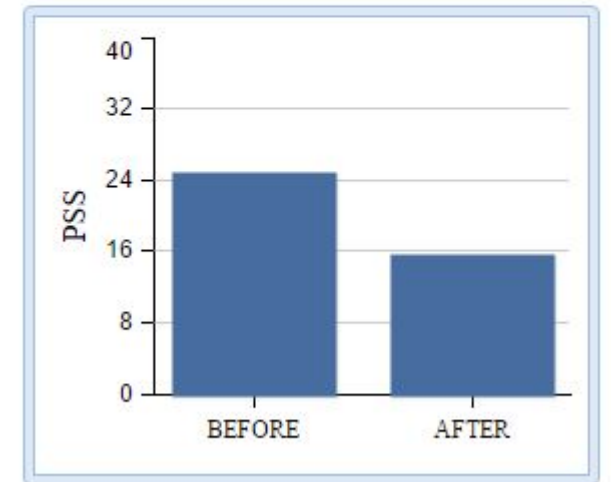
Depression  
Average Reduction

**47%**



Stress  
Average Reduction

**38%**







# Be Mindful

Online Mindfulness Course