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

Richard Latham, CEO, Wellmind Media Ltd.
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www.bemindfulonline.com
For learning to practise all the elements of mindfulness-based cognitive therapy (MBCT)
LAUNCHED IN 2012, 10,000+ PEOPLE HAVE TAKEN THE ONLINE COURSE

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

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

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%