

Volume 11, 27 June 2011

Publisher: Igitur publishing

URL: <http://www.ijic.org>

URN:NBN:NL:UI:10-1-101470 / ijic2011-33

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Conference abstract

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

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Abstract

Introduction: Two very different approaches, mindfulness—a state of open, non-judgmental awareness and attention towards ones experiences in the present moment—and web-based interventions—a way of delivering various health interventions in a cost efficient, flexible and yet efficacious manner—have been demonstrated to have promising effects on aspects of mental and physical health.

Aims and method: In this randomised-controlled pilot study a 12 sessions (two modules, 6 days, 20 min per day), structured, self-guided web-based mindfulness training, incorporating audio and interactive visual material, was used to evaluate effects on well-being, perceived stress, mindfulness and mood. A two-group design using a wait-list included healthy adults (n=50), aged 20–73, who were recruited over the internet using a large number of e-mails.

Results: Statistical analyses showed significant improvements for mindfulness, distress and negative affect following the training. The training showed to have a long-term impact on these measures, resulting in a further decrease reported in the 3-month follow-up. This study contributes to the growing body of research on mindfulness and web-based interventions alike, showing that a combination of both produces a feasible and promising intervention which could be used for reducing distress in a wider population as well as an adjunct for existing face-to-face and web-based interventions.

Keywords

mindfulness, meditation, training, online, web-based, distress, mood
