

Journal Club

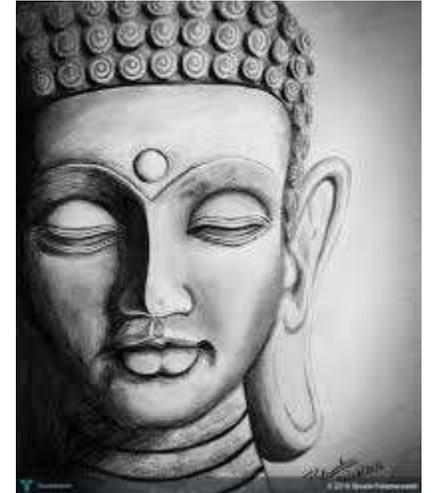
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Acceptability of a mindfulness intervention for depressive symptoms among African-American women in a community health center: A qualitative study

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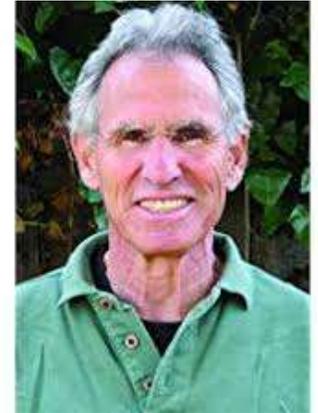


- Concept been explored by Buddhist traditions



What is mindfulness?

Mindfulness is a method of paying close attention to your thoughts, moods, sensation, emotions in the moment with out judgement which one can develop through the practice of meditation and through other training.



- Jon Kabat-Zinn in the early 1980s.
- MBSR is a form of integrative therapy that taps into the powerful interaction of the mind and body.
- MBSR is a nonreligious program that focuses on cultivating an enhanced moment-to-moment awareness of experience

MBSR

- MBSR is an 8-week treatment program that is aimed at reducing stress via enhanced mindfulness skills developed through regular meditation practices.
- The Programme consists of 2 to 2.5 hours of group classes with a trained yoga instructor & provides a audiotaped home practice as well.
- Chronic Pain, Stress, Anxiety.
- Still evidence is not established.

MBCT



- Segal, Williams, and Teasdale.
- MBCT programme is mainly for recurrent depression.
- Goal is to interrupt the automatic process and teach the participant to focus less on incoming stimuli.
- MDD.
- This is an evidence based technique.

- MBCT is an adaptation of MBSR.
- same basic format and structure – an 8-week class.
- MBCT was developed to prevent future episodes of depression in people with a history of recurrent depression.
- MBCT replaces some of the content of MBSR with a focus on specific patterns of negative thinking that people with depression are vulnerable to, but which we all experience from time to time.

- Mind-Body practices: Mind and body practices are a large and diverse group of techniques that are administered or taught to others by a trained practitioner or teacher. Examples include acupuncture, massage therapy, meditation, relaxation techniques, spinal manipulation, and yoga.

Aim

Explore participant perspectives on the acceptability and perceived utility of the mindfulness intervention content, and suggestions for modifications of the content and delivery format of the intervention

Method

Setting and study population

- African American or Hispanic
- Age:18-65
- Score:15-69
- Advertised in brochures and posters displayed in the clinics.

Screening and eligibility

- Quick Inventory of Depressive symptomatology – Clinician (QIDS-C) 16item / 0-3 point scale, QIDS-C=6–24(15-20min)
- Inventory of Depressive Symptomatology – Clinician (IDS-C) 30item/ 0-3 point scale IDS-C=15-69(30-40 min)

Inclusion/Exclusion

- Met criteria for a mild-severe depressive episode.
- Suicidal plan or attempts(past 30 days)
- Not fluent English.
- Meditation or yoga practice of once a week or more.

Design

- Eligible women's- 8 week M-Body.
- 60 min focus group completion M-Body group.
- MBSR been tailored for the community.
- Focus groups were audiotaped & transcribed by a transcription company
- 86 individual were referred.
- 55 screened
- 50 were eligible
- 31 enrolled

- 14 women enrolled in the 1st pilot, at least 1 session- attendance 6.4
- 17 women enrolled in the 2nd pilot, 15 attended at least 1 session 6.6
- 4 Women : change in schedule, no response, disconnected number, medical complaints, not a patient at community center and concern about ability to do yoga

Experiences

- Reading bible.
- Reconnect the past practice of yoga
- Cope up with
 - I. Stress,
 - II. Depression,
 - III. Social support

4 main themes

- Anger: control
- Control: thoughts
- Awareness/ Focus: increased awareness in daily activities
- Calm/ relaxation: inner voice

Barriers

- Transportation, Employment, Family responsibilities and Child care.
- They did not have enough time to complete the formal home practice.

Critique

- Verbal Consent/ Informed consent.
- Current meditation/Yoga.
- Reimbursement-\$25 gift card?(unethical).
- Scales.
- Significant proportion.

Good Points

- Mainly addresses the importance of the disease in the modern era, it causes significant mortality and morbidity.
- To be conducted on a community health centre population.

