

Mindfulness

Ben Ainsworth, University of Southampton and Alice Malpass, University of Bristol

Research into mindfulness-based treatments, including Mindfulness-based Stress Reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT) is already underway within SPCR.

At Bristol and Southampton, SPCR investigators have experience developing mindfulness-based treatments (for COPD and asthma, and for survivors of domestic violence and abuse), delivering and evaluating treatments (both digitally and in person, to COPD and asthma patients in primary and secondary care) as well as carrying out systematic reviews using meta-ethnography. Bristol is also currently pursuing a program grant of MBSR and yoga for comorbid musculoskeletal (MSK) and mental health (MH) conditions.

The key focuses of this working group would be to:

- Bring together colleagues with similar research interests but different methodological expertises (in particular similarities and differences in the ways mindfulness is adapted and applied across varied patient groups).
- Provide opportunities for collaboration to develop applications for relevant funding competitions (e.g. NIHR Research for Patient Benefit)