

## **Mindfulness**

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Research into mindfulness based approaches, including Mindfulness based stress reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT), as well as their adaptations for digital health is already underway within SPCR. The purpose of the working group would be to bring colleagues together already working in this area to explore the added value in pulling together a programme of work in this area-bringing methodological expertise and innovation alongside expertise and variation in the ways mindfulness is being adapted and applied for different patient groups and conditions. At Bristol we have experience in delivering MBCT to COPD and asthma patients with co-morbid anxiety, developing MBCT for survivors of domestic violence and abuse as well as carrying out systematic reviews using meta-ethnography in this area. If colleagues from 3 schools, in addition to Bristol, are interested in collaborating, we will hold an initial meeting in Bristol to i. share existing areas of expertise and patient focus ii. identify areas for collaboration and crossover iii. identify a programme of work that maximises working groups expertise