

Using the Behaviour Change Wheel model to formulate an adaptive intervention protocol to promote home mindfulness practice.

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BACKGROUND

Mindfulness based cognitive therapy (MBCT) is a NICE recommended treatment for recurrent depression.

Daily home practice is an essential part of MBCT to promote clinical change, but is inconsistently completed by participants.

Using home practice self-report data from an online MBCT course for older adults, we describe a formative evaluation to develop an adaptive intervention protocol with the aim of improving home practice compliance.

METHOD

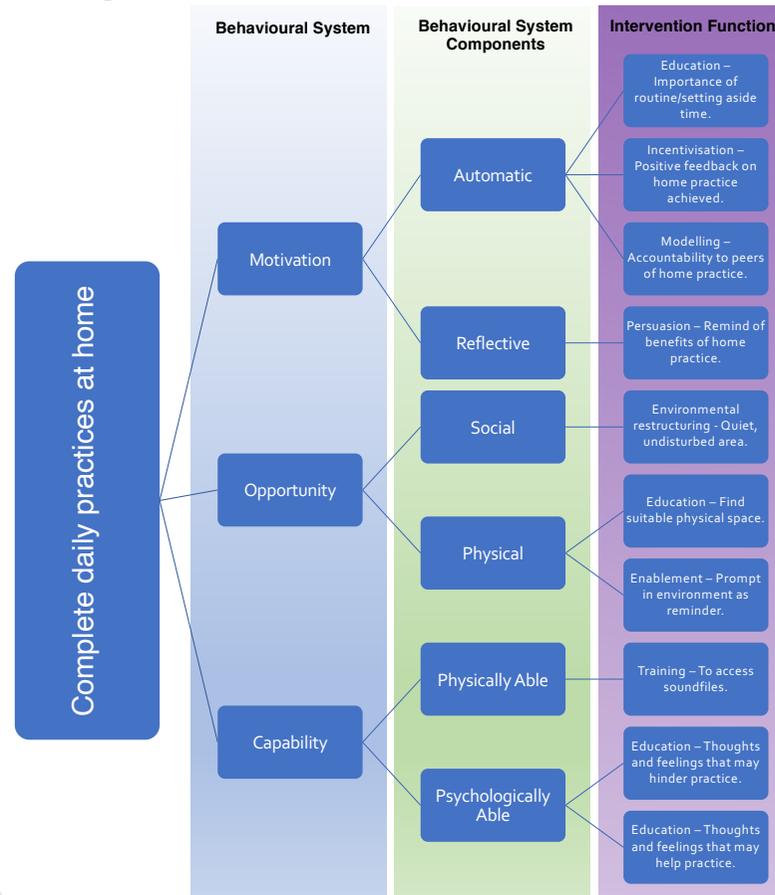
Participants (n=55) attended an online MBCT course and recommended to practice daily using audio files

Participants recorded in weekly compliance questionnaires how often they practiced and what helped or hindered this practice

Focus groups (n = 4) run after the course. Thematic analysis identified challenges to home practice

BCW used to map participants' experiences and address conditions to put in place to optimise home practice.

Figure 1



RESULTS

Example quotes :

Routine: 'It goes very well after doing my daily exercises.' Motivation: 'Life is more enjoyable when the mind is more fully engaged in the moment.'

Figure 1 shows the resultant framework based on the BCW. The strategies that will be used in the second arm of our adaptive implementation intervention are shown in the Intervention Functions column.

CONCLUSIONS

The BCW provided a good fit for mapping participant's experiences of home practice.

Quantitative and qualitative data on home practice from the second arm of the implementation intervention will be used to assess the success of these strategies.

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