

# Mindfulness training for medical residents.

No registrations found.

|                              |                     |
|------------------------------|---------------------|
| <b>Ethical review</b>        | Not applicable      |
| <b>Status</b>                | Recruitment stopped |
| <b>Health condition type</b> | -                   |
| <b>Study type</b>            | Interventional      |

## Summary

### ID

NL-OMON28968

### Source

Nationaal Trial Register

### Health condition

Burnout, stress  
medical residents, AIOS  
Wellbeing, welbevinden  
Quality of care, kwaliteit van zorg

## Sponsors and support

**Primary sponsor:** University Medical Center St. Radboud

**Source(s) of monetary or material Support:** University Medical Center St. Radboud

## Intervention

## Outcome measures

### Primary outcome

Change from baseline in Burnout.

### Secondary outcome

Change from baseline in Work-life balance.

Change from baseline in Wellbeing (Mental Health Continuum)

Change from baseline in Quality of care (empathy & Medical errors).

Change from baseline in Mindfulness skills.

Change from baseline in Self-Compassion.

Change from baseline in Worry.

## Study description

### Background summary

The aim of this study is to examine the effect of Mindfulness-Based Stress Reduction (MBSR) on burnout, wellbeing and the quality of care in medical residents. Medical residents are confronted with high demands in terms of both work and education. Burnout rates are high, leading to lower levels of wellbeing and quality of patient care. MBSR might be an effective intervention for decreasing burnout, and increasing wellbeing and professionalism. This project will consist of a randomized controlled trial of MBSR versus a wait-list control condition in medical residents. All residents who completed the training will be followed for a year. Medical residents working in the Radboud University Nijmegen Medical Centre are asked to participate.

### Study objective

Based on current literature we expect that Mindfulness-Based Stress Reduction decrease burnout symptoms and improves wellbeing and the quality of care in medical residents.

### Study design

Questionnaires will be filled in at baseline and after 8 weeks (after intervention). Follow-up measures will be at 6 and 12 months.

### Intervention

Mindfulness Based Stress Reduction:

A weekly training of eight session lasting two and a half hours.

## Contacts

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## Eligibility criteria

### Inclusion criteria

Included are all medical residents started in one of the medical residency programs at the Radboud University Nijmegen Medical Centre.

### Exclusion criteria

Excluded are medical residents who have already follow the Mindfulness-Based Stress Reduction training and whose Dutch language isn't sufficient to participate in the training.

## Study design

### Design

Study type: Interventional

|                     |                             |
|---------------------|-----------------------------|
| Intervention model: | Crossover                   |
| Allocation:         | Randomized controlled trial |
| Masking:            | Open (masking not used)     |
| Control:            | Active                      |

## Recruitment

|                           |                     |
|---------------------------|---------------------|
| NL                        |                     |
| Recruitment status:       | Recruitment stopped |
| Start date (anticipated): | 17-09-2013          |
| Enrollment:               | 160                 |
| Type:                     | Actual              |

## IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

|                   |                |
|-------------------|----------------|
| Not applicable    |                |
| Application type: | Not applicable |

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

| Register | ID      |
|----------|---------|
| NTR-new  | NL4008  |
| NTR-old  | NTR4180 |

**Register**

Other  
ISRCTN

**ID**

NA : MFN-AIOS-2013  
ISRCTN wordt niet meer aangevraagd.

## Study results

**Summary results**

N/A