

30th World Summit on Positive Psychology, Mindfulness, Psychotherapy and Philosophy

March 18-19, 2019 | Chicago, USA

ACCEPTED ABSTRACTS

CLINICAL AND EXPERIMENTAL PSYCHOLOGY 2019, VOLUME 5 | DOI: 10.4172/2471-2701-C1-003

The effects of the mindfulness added to body-mind-spirit group therapy on improving depressive symptoms among non-small cell lung cancer survivors

Fei-Hsiu Hsiao

National Taiwan University, Taiwan

Aims and Objectives: This study aims to examine the long-term effects of mindfulness added to body-mind-spirit group therapy on improving depressive symptoms, physical distress (physical symptoms and functions), psychological well-being (mindfulness status, holistic well-being, meaning in life) among non-small cell lung cancer (NSCLC) survivors.

Methods: This study adopts the randomized controlled trial (RCT) design. Total of 62 patients who are the stage

0-IIIa of non-small cell lung cancer (NSCLC). The subjects in a control group receive 120 minutes every week for 2-month education with a supportive group. In the same period of time, in addition to contents of education provided in control group, subjects in an experimental group also receive 120 minutes every week for 2-month mindfulness added to body-mind-spirit group therapy (mindfulness with BMS) (mindfulness skills and body-mind-spirit empowerment strategies).

Results: Total of 62 patients participated in this study. For the baseline characteristics, except age, there were no significant differences between the two groups. During the 5-month follow-ups, while there were no significances in reducing depression levels in both groups, the greater reductions in emotions

vulnerability and spiritual disorientation of BMS scale occurred in the experimental group than in control group. Moreover, the greater increases of global health scores and mindfulness levels were observed in the experimental group than in the control group.

Conclusions: The results suggest BMS could decrease depression levels for the participants in both experimental and control groups during the 5-month follow-ups. Additional mindfulness to BMS group therapy could reduce emotional vulnerability and spiritual disorientation, and could increase global health status and mindfulness levels. More data from new participants and the further follow up data will be collected to analyze the effects of mindfulness with BMS group therapy.

hsiaofei@ntu.edu.tw