

STRUGGLING WITH ANXIETY, DEPRESSION, STRESS, TRAUMA, ANGER, PAIN OR OTHER PSYCHOLOGICAL ISSUES? CONSIDER JOINING THIS MICBT RESEARCH TRIAL

This project is investigating a Mindfulness Therapy called Mindfulness Integrated Cognitive Behaviour Therapy (MiCBT).

ABOUT MICBT

Mindfulness Integrated Cognitive Behaviour Therapy (MiCBT) aims to help people find new ways to deal with psychological issues such as anxiety, depression, stress, trauma, attention issues. It involves groups of about 10-15 people attending one 2-hour session per week for 8 weeks. The MiCBT program teaches skills in managing mind-wandering and emotions, awareness of thinking processes, body sensations and self-compassion. Mindfulness meditation practices are central to the program.

The project involves comparing usual treatment with MiCBT. All participants will be offered the MiCBT program; one group will be offered the program first and the remaining participants (the control group) will be offered the MiCBT around eight months later, at the end of the project.

WHAT IS INVOLVED

If you take part, you will be asked to complete an assessment interview with questionnaires and then you will be randomly placed in one of two groups (by chance, like tossing a coin). One group will complete the MiCBT program first and the other group will be offered MiCBT at the end of the project.

Participants in both groups will be asked to complete further questionnaires around 4 and 8 weeks into the project then after a further 6 months to see how you are getting on.

In both groups you will be free to visit any doctor or any health professional as you see fit. **All material is treated as private and confidential.**

REMUNERATION

You will receive MiCBT free of charge.

To acknowledge your contribution, you will be given a gift voucher to the value of \$20 following the final assessment.

INCLUSION CRITERIA

To participate you need to be:

- Aged between 18-75 years;
- Interested in taking part in this treatment trial
- Willing to get a referral from your GP (no Mental Health Care Plan required)
- Interested in making a contribution to mental health research
- Willing to engage with daily mindfulness practice
- Fluent in english

If you are interested in participating then please take this brochure along to your treating doctor or healthcare professional to discuss.

Your treating doctor or healthcare professional can refer you to the project by contacting:

Sarah Francis

M: 0409 669 688

E: sefra3@student.monash.edu

or downloading referral information form:

melbournmindfulness.com



MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY (MiCBT)

THE MiCBT RESEARCHERS

Principal researcher

Dr Frances Shawyer
BBSoc (Hons), PhD, MAPS, MCCLP

Co-researcher

Dr Bruno Cayoun
D.Psych(Clin), MAPS

Student researcher

Sarah Francis
MPsych, MA, BEd, MAPS

Sarah Francis is an experienced registered psychologist trained in MiCBT who has been working with this approach for over 6 years. She has researched the efficacy of MiCBT in a pilot study in her private practice.

PARTICIPATE WITH US

Participation in this project is entirely voluntary. There is no direct cost to you, and you will receive this therapy program free of charge.

Your treating doctor or healthcare professional can organise a referral for you

For more information please contact

Sarah Francis

M: 0409 669 688

E: sefra3@student.monash.edu

This is a PhD research project being conducted through the Department of Psychiatry, Faculty of Medicine, Nursing and Health Sciences at Monash University. Approval to conduct the project has been granted by the Monash University Human Research Ethics Committee.

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