

Full Text View

Tabular View

No Study Results Posted

Related Studies

Effects of Meditation Awareness Training on Psychosocial Functioning in Prison Participants

This study is not yet open for participant recruitment.

Verified July 2012 by Nottingham Trent University

First Received on July 24, 2012. No Changes Posted

Sponsor:	Nottingham Trent University
Collaborators:	Awake to Wisdom Foundation Serco Group Plc
Information provided by (Responsible Party):	Edo Shonin, Nottingham Trent University
ClinicalTrials.gov Identifier:	NCT01651091

Purpose

The purpose of this study is to investigate the effects of an eight-week long group-based secular intervention known as Meditation Awareness Training (MAT) on psychosocial functioning in prison participants.

Condition	Intervention
Psychosocial Functioning	Other: Meditation Awareness Training Other: Treatment as usual

Study Type: Interventional
Study Design: Allocation: Randomized
Intervention Model: Parallel Assignment
Masking: Single Blind (Outcomes Assessor)

Official Title: Effects of Meditation Awareness Training on Psychosocial Functioning in Prison Participants: A Randomized Controlled Trial

Further study details as provided by Nottingham Trent University:

Primary Outcome Measures:

- Risk of Reoffending

Secondary Outcome Measures:

- Anger levels
- Self-esteem
- Substance-use locus of control
- Self-harming
- Affective mood states

Estimated Enrollment: 102
Study Start Date: October 2012
Estimated Primary Completion Date: October 2013 (Final data collection date for primary outcome measure)

Arms	Assigned Interventions
Experimental: Meditation Awareness Training	Other: Meditation Awareness Training Psychotherapy Intervention
Active Comparator: Treatment as Usual	Other: Treatment as usual

Detailed Description:

In Western practitioner settings, Buddhist principles are increasingly being used in the treatment of a wide range of mental health issues. However, there is a dearth of high quality research examining the effects of Buddhist-derived interventions (BDIs) on mental health in forensic settings. The purpose of this study is to assess the salutary effects and acceptability of a secularised group-based eight-week BDI known as Meditation Awareness Training (MAT) against relevant predictors of adaptive psychosocial functioning and mental health in violent offenders. A randomized controlled trial (RCT) design will be employed structured with reference to CONSORT (Consolidated Standards of Reporting Trials) 2010 guidelines. English speaking adult males (aged 18-65 years) serving indeterminate prison sentences for offences of instrumental violence at a category B prison will be invited to receive MAT on a voluntary basis. Computer-generated numbers will be used to randomly allocate prison participants (n=102 - based on statistical power calculations) to either an intervention or 'treatment as usual' (TAU) control condition. Measures will be taken pre- and post-intervention and at three-month follow-up to assess maintenance effects.

Eligibility

Ages Eligible for Study: 18 Years to 65 Years
Genders Eligible for Study: Male

Criteria

Inclusion Criteria:

- Adult male (aged 18 to 65)
- English speaking
- Intact cognition (mini-mental status exam ≥ 23)
- Incarceration for an act of instrumental violence
- Evidence of self-harming and/or suicidal ideations and/or substance-use during the 12 months prior to the study.

Exclusion Criteria:

- current participation in a program of structured psychotherapy or counselling
- any prior formal meditation training
- psychopharmacology commenced or dosage changed one-month prior to intervention (stable medication permitted)

Contacts and Locations

Please refer to this study by its ClinicalTrials.gov identifier: NCT01651091

Contacts

Contact: Edo Shonin edo.shonin@ntu.ac.uk

Locations

United Kingdom

Nottingham Trent University **Not yet recruiting**
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Sponsors and Collaborators

Nottingham Trent University
Awake to Wisdom Foundation
Serco Group Plc

More Information

No publications provided

Responsible Party: Edo Shonin, Research Psychologist, Nottingham Trent University
ClinicalTrials.gov Identifier: [NCT01651091](#) [History of Changes](#)
Other Study ID Numbers: MAT-30072012-T
Study First Received: July 24, 2012
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