

## OP20.2

### **Mindfulness group therapy in primary care patients with depression, anxiety or adjustment disorders: randomized controlled trial and follow-up study**

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**Background and Aim:** Individual-based cognitive-behavioral therapy (CBT) is resource-intensive and expensive. The aim of this randomized controlled trial was to compare group-based mindfulness therapy with treatment as usual (primarily individual-based CBT) in primary care patients with depression, anxiety or adjustment disorders.

**Method:** An 8-week randomized controlled trial was conducted during spring 2012 at 16 general practices in southern Sweden. Eligible patients (aged 20-64 years) scored  $\geq 10$  on the Patient Health Questionnaire-9,  $\geq 7$  on the Hospital Anxiety and Depression Scale and/or 13-34 on the Montgomery-Åsberg Depression Rating Scale (self-rated version). In total, 215 patients were randomized to group-based mindfulness therapy or treatment as usual. Ordinal mixed models were used for the analysis. One year later the patients' mental well-being was followed-up by a questionnaire. In the symposium, methods and results will be presented, along with strengths and weaknesses and future implications.

**Results:** For all scales in both groups, the scores decreased significantly. There were no significant differences in change from baseline between the mindfulness and control groups after 8 weeks of treatment. Preliminary results suggest that the effect of mindfulness group therapy as well as the effect of treatment as usual remain 1 year after treatment. Those who participate in the symposium will get an insight into mindfulness and its usefulness as therapy in common mental disorders.

**Conclusions:** Mindfulness group therapy was non-inferior to treatment as usual in patients with depressive, anxiety or adjustment disorders. For all scales in both groups, the decrease in scores seems to be sustained for at least one year after treatment.