"Using mindfulness-based interventions in addictive behaviours"

Day:	Time:	Track:
Thursday 12th July 2018	3:30 – 4:45 pm	Clinical Applications

The first presenter is Oscar Lecuona. He will present a study aiming to explore the efficacy of the Mindfulness-Based Relapse Prevention compared to a current treatment protocol in an individualized setting.

The second presenter, Kimberly Carrière, will discuss a comprehensive effect-size analysis to evaluate the efficacy of MBIs on weight loss and eating behaviors.

The third presenter is Nadine Richter. She will present a study testing relationships between five dimensions of mindfulness, the construction of meaning in life, personal ecological norm and sustainable food consumption.

Finally, Konstantinos Zervos will talk about "project EATT*", the first mindful eating intervention conducted in Greek population.

Symposium overview

Presenter 1 **Oscar Lecuona** - Mindfulness-based relapse prevention for alcohol and cocaine abusers as complementary treatment: An individualized approach

Presenter 2 **Kimberly Carrière** - Mindfulness-based interventions for weight loss: A systematic review and meta-analysis

Presenter 3 **Nadine Richter** - Mindfulness and Sustainable Food Consumption

Presenter 4 **Konstantinos Zervos** - "project EATT*:eating mindfully, redefining the relationship with food and body": A community-based mindful eating intervention in overweight and obese population.

Chair: *Judson Brewer*

Mindfulness-based relapse prevention for alcohol and cocaine abusers as complementary treatment: An individualized approach

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Background and objectives: Substance abuse and drug addiction are major health problems worldwide. To overcome this issue, several treatments were proposed from health sciences, from which some have effective outcomes. However, relapse remains highly prevalent in substance abusers. Mindfulness-Based Relapse Prevention is a recent development aiming to maintain abstinence and reduce relapse. Preliminary evidence shows efficacy of MBRP reducing symptoms and preventing relapse. However, previous studies compared MBRP to passive control groups, and in group settings. The present study aims to explore the efficacy of the MBRP compared to a current treatment protocol in an individualized setting.

Methods: A Randomized Controlled Trial (RCT) study was performed: Adult patients taking drug addiction standard treatment (n=108) were randomly assigned to an MBRP program or an active controlled condition (relaxation training protocol) as complementary treatment, both applied in one-to-one sessions. Demographic, psychological (mindfulness, experiential avoidance, impulsivity and substance-related (consumption, craving and general health) variables were registered in four moments: Before interventions started, after interventions ended, and 2 and 4 month follow-ups. Due to missing data, random effect repeated measures ANCOVAs were implemented, controlling for significantly different demographics between groups. In addition, RDI (raw, descriptive and inferential data) plots were used to aim for a complete data screening.

Results: Compared to active controls, MBRP patients showed improvements across time in substance consumption, craving, mindfulness facets (observe and non-react to inner experiences) and dysfunctional impulsivity. No effects were found in experiential avoidance, functional impulsivity and general health measures.

Discussion: Evidence suggests MBRP as an effective protocol to make effective and stable improvement of psychological functioning in substance abusers already taking standard treatment. In addition, these effects could not be attributed to group-format specific factors (e.g. peer support) or inactivity of controls. Limitations and future studies recommendations are presented and discussed. Conclusion: MBRP seems to be an effective protocol as a complementary treatment in substance abusers.

Mindfulness-based interventions for weight loss: A systematic review and meta-analysis

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Background: An increasing number of studies are investigating the efficacy of mindfulness-based interventions (MBIs) for weight loss and obesity-related eating behaviors. However, the results of past reviews are inconsistent. Objective: To clarify these inconsistencies, we conducted a comprehensive effect-size analysis to evaluate the efficacy of MBIs on weight loss and eating behaviors.

Methods: Data source. A systematic review of studies published in journals or as dissertations in PsychINFO, PubMed, CINAHL, Web of Science, Medline and Scopus, ProQuest or OATD from the first available date to March 10, 2017. Review methods. A total of 18 publications (19 studies, n = 1,160) were included.

Results: Mean weight loss for MBIs at post-treatment was 6.8 and 7.5 pounds at follow-up. In pre-post comparisons, effect-size estimates suggest that MBIs are moderately effective for weight loss (n = 16; Hedge's g = .42; 95% CI [.26, .59], $p < .000001$) and largely effective in reducing obesity-related eating behaviors (n = 10; Hedge's g = .70; CI 95% [.36, 1.04], $p < .00005$). Larger effects on weight loss were found in studies that used a combination of informal and formal meditation practice (n = 5; Hedge's g = .57; CI 95% [.29, .86], $p < .00005$) compared with formal meditation practice alone (n = 4; Hedge's g = .46; CI [.10, .83], $p < .05$).

Conclusion: Results suggest that MBIs are effective in reducing weight and improving obesity-related eating behaviors among individuals with overweight and obesity. Further research is needed to examine their efficacy for weight loss maintenance.

Mindfulness and Sustainable Food Consumption

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The ecological crisis and related consequences for societies and nature, calls for a change in individual consumption behaviour. First empirical evidence has shown correlations between mindfulness and ecological behaviour, pointing out the potential of mindfulness to support changes in behaviour toward more sustainability. Due to its ecological impact, the field of individual food consumption constitutes a central domain of environmentally relevant behavior. What is presently lacking is a differentiated view on various dimensions of mindfulness and their relation to sustainable food consumption as well as to other important predictors of ecological behaviour.

The present study tests hypothesized relationships between five dimensions of mindfulness, the construction of meaning in life, personal ecological norm and sustainable food consumption. A cross-sectional study was conducted including participants with meditation experience as well as without meditation experience (N=310). Structural equation modelling shows that the mindfulness dimension acting with awareness has a direct, but weak positive relation to sustainable food consumption when construction of meaning, sustainability-related contents of meaning and personal norms are controlled. Further, observing and describing are strongly positively related to construction of meaning.

Potentials and limits of different mindfulness dimensions to encourage sustainable behaviour are discussed and consequences for mindfulness-based interventions to foster sustainable consumption are derived.

"Project EATT*: eating mindfully, redefining the relationship with food and body": A community-based mindful eating intervention in overweight and obese population.

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Obesity is a significant risk factor for health problems and overall reduces quality of life. Overweight and obesity have been recognized as important public health priorities in Greece (OECD, 2016). Mindfulness-based interventions is a growing field of research, considering weight management and eating disorders. Mindful eating can prevent or stop the automatic eating behavior and emotional dysregulation. Further it can promote internalization of change and could thus affect the quantity of consumed food. The automatic reaction, relates also to emotional eating, negative thoughts and negative body image. "project EATT*" is the first mindful eating intervention conducted in Greek population.

Method: Eating attitude, mindfulness, self-compassion and anxiety were the dependent values of the intervention and they have been assessed through valid questionnaires, standardized to the Greek population. Participants were recruited through the Department of Social Policy and Health Services of the Municipality of Galatsi City. In total, 57 participants were recruited 35 (61,4%) among them consisting the intervention group and 22(38,6%) the control group. 86,4% of the intervention group and 82,9% of the control group were females. The mean age of the intervention group was 43,7 years old (SD=13,6) and for the intervention group 47,1 years old (SD=10,9). The two groups did not differ in their demographic characteristics. The intervention plan was consisted of 8 weekly sessions with 2 hours duration each.

Results: Mindfulness and attention, as well as, self-compassion increased significantly and anxious symptoms decreased. In the intervention group overeating symptoms decreased and oral control increased. In addition, the attendees having lower anxiety, were more mindful and had more self-compassion. Furthermore, higher levels of self-compassion, were associated with diminished overeating episodes.

Conclusions: The study provides preliminary evidence that mindful eating interventions can be effective in eating behavioral modification, towards weight regulation, eating behavior and psychological distress in overweight and obese population.