

# **The development of a feasible and acceptable Low-Intensity Mindfulness-Based Intervention**

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## Background and objective

Mindfulness-based interventions (MBIs) are effective in reducing stress and can be of benefit to people with a range of physical and mental health problems. However, standard 8-week courses can be challenging both to deliver and to participate in. Low-intensity MBIs, which are shorter and less demanding than standard 8-week programmes, may provide health benefits to participants while requiring fewer resources to implement on a large scale. However, existing low-intensity MBIs have been developed on an ad-hoc basis with limited evidence of feasibility, acceptability or effectiveness.

The present research programme will develop a feasible and acceptable low-intensity mindfulness-based intervention, using a systematic and rigorous approach.

## Method

Mindfulness teachers and mindfulness course participants will be involved in the design of the research throughout the programme. The research will follow MRC guidance for developing and evaluating complex interventions and will consist of three phases: Phase 1: Initial design. Existing evidence will be reviewed and an online questionnaire study involving mindfulness teachers and course participants will be conducted in order to identify the key elements of low-intensity MBIs. An initial draft intervention will be created. Phase 2: Intervention development. Mixed-methods research employing interviews and focus groups will be conducted with mindfulness teachers and course participants in order to refine the intervention and develop an accompanying treatment manual. Phase 3: Intervention evaluation. The intervention will be evaluated in a feasibility study. Process evaluation will examine acceptability, implementation, mechanisms of change and context. Data will be collected through multiple methods including pre- and post-intervention questionnaires and qualitative interviews. Quantitative data will be used to estimate parameters that will inform a sample size calculation for a future definitive randomised controlled trial.

## Discussion and conclusion

The present programme of research will develop a feasible and acceptable low-intensity MBI in a rigorous and systematic way. It will be informed by participant opinion and experience throughout and will provide the foundation for a future definitive randomised control trial. The resulting intervention may be of benefit to healthcare services, including primary care, as well as other settings and organisations, such as higher education and community settings.