

# **Effectiveness of mindfulness based cognitive therapy for improving subjective well-being of healthy individuals: study protocol for a randomized controlled trial**

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## **Background**

Effectiveness of Mindfulness Based Cognitive Therapy (MBCT) has been testified in numerous studies so far. However, its effectiveness for improvement of subjective well-being in healthy individuals has not been evaluated well. Hence, we laid out a RCT study plan to examine the MBCT's effectiveness for healthy individuals.

## **Objective**

The objective of the study is to evaluate the effectiveness of MBCT for improving the subjective well-being of healthy individuals.

## **Methods**

### **Design**

Randomized Controlled Trial with wait-list control

### **Samples**

Inclusion criteria will be (1) no history of mental disorders or being recovered from mental disorders for longer than 2 years, (2) no physical disorders which hinders participation in this study, (3) aged between 20 and 65, etc. Eligible participants were excluded when judged they have (1) obvious difficulty in follow-up for 8 months after the start of the intervention, (2) history of previous mindfulness based intervention, etc. Sample size is calculated to be 50 (25 for each arm) based on the results of previous studies.

### **Intervention**

The intervention used in the study will be MBCT adding minimal modification more emphasis on improving subjective well-being. Specifically, the psychoeducational parts of depression will be replaced by ones related to subjective well-being. We judged MBCT will be more suitable than other mindfulness based interventions even for healthy individuals because we judged the cognitive model is useful even for daily stressful events among healthy individuals. Weekly classes will be held in eight weeks followed by two monthly booster classes. Individuals in the wait list control group will be provided the same interventions after completion of observational period.

### **Outcomes**

Primary outcome will be mean difference of Satisfaction With Life Scale between the groups. Secondary outcomes will be mean difference between the groups of Flourishing scale, Scale of Positive and Negative Experience, Rosenberg Self Esteem Scale, Five Facet Mindfulness Questionnaire, and so on.

### **Discussion**

If the result shows effectiveness of MBCT, the study will contribute to establishing effective interventions for improving subjective well-being of healthy individuals. Limitations of this study are the lack of attention placebo and the use of a waiting-list control group.