

BE MINDFUL

Clinical-grade mindfulness program for improved mental health

18+
Age Range



General Information & Features

- Mindfulness-Based Cognitive Therapy program reduces stress, anxiety, and depression, specifically helpful for recurrent depression to reduce relapse
- Web-based /on-demand, 4-week program, can be followed at an individual pace (ie. 8 weeks) using a computer/tablet or mobile device
- Using pre-recorded videos and mindfulness activities, it builds mindfulness into daily life & teaches practical skills for effectively handling stress and challenges to improve QOL
- Suggested use, 30 min per day to complete in 4-weeks, however the program adjusts to each individual's pace
- Program goal: to improve health questionnaire scores for GAD-7, PHQ-9 and PSS
- Website: www.bemindfulonline.com

Categories

Anxiety, Depression, Wellbeing

Patient Acuity/Journey

Mild to Moderate; Prior to care or during to augment care. Best for patients new to mindfulness and are able to commit to a structured program

Clinical Interventions

Mindfulness-Based Cognitive Therapy (MBCT) GAD-7), Depression (PHQ-9) and Stress (PSS) screenings offered through the program

Safety

Includes a SOS/Sign post for patient in crisis



Platforms

Web-based; accessible via computer or mobile device



Costs/Fees

\$20.00 for program
One time payment



Pt. Sign-Up Details & Discounts

Use recommendation feature for pt sign up



Reviewer Trial Access (Clinicians)

Use the link to request a trial account

Reviewer Access

Patient Talking Points

- Be Mindful provides the tools to build mindfulness practices into daily life, to help manage stress and improve quality of life. It incorporates activities such as walking and yoga.
- The 4-week web based program consists of 8 hours of videos and 10 hours of mindfulness practice and includes assessments to gauge learning. Can be taken over longer period of time.
- Certificate available upon completion.
- Information shared through Be Mindful is private /not shared with anyone, including care team.

Instructions for clinicians to recommend

Through the recommendation feature, patients will receive an email with info and a link to the Be Mindful website where they will be instructed to sign up for the program

1-time fee of \$20.00 for access to program.

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Article Title	Summary
Querstret, D., Cropley, M., & Fife-Schaw, C. (2018). The effects of an online mindfulness intervention on perceived stress, depression and anxiety in a non-clinical sample: A randomised Waitlist Control Trial. Mindfulness	<ul style="list-style-type: none">• Study N 118• Objective: This study sought to assess the effects of an online mindfulness intervention on perceived stress, depression and anxiety; (2) assess different facets of mindfulness (i.e. acting with awareness, describing, non-judging and non-reacting) as mechanisms of change and (3) assess whether the effect of the intervention was maintained over time• Method: Using a randomized waitlist control design, participants completed measures of depression (PHQ-9), anxiety (GAD-7) and perceived stress (PSS-10) at baseline, post-treatment, 3- and 6-month follow-up.• Outcome: Participants who completed the mindfulness intervention (n = 60) reported significantly lower levels of perceived stress (d = -1.25 [-1.64, -0.85]), anxiety (d = -1.09 [-1.47, -0.98]) and depression (d = -1.06 [-1.44, -0.67]), when compared with waitlist control participants (n = 58), and these effects were maintained at follow-up. This study provides support for online mindfulness interventions and furthers understanding with regards to how mindfulness interventions exert their positive effects.
Krusche, A., Dymond, M., Murphy, S. E., & Crane, C. (2018). Mindfulness for pregnancy: A randomised controlled study of online mindfulness during pregnancy. Midwifery	<ul style="list-style-type: none">• Study N 107• Objective: Study examined the impact of participation in an online mindfulness course, compared to waitlist control, on perceived stress and mood during pregnancy.• Method: A randomized study was conducted to explore differences between control and active participants allocated to take an online mindfulness course, offered free to research participants, or wait.• Outcome: Results indicated that the course was potentially beneficial for those who completed it, but levels of drop out from the course were very high.
Gaigg, S. B., Flaxman, P. E., McLaven, G., Shah, R., et al. (2020). Self-guided mindfulness and cognitive behavioural practices reduce anxiety in autistic adults: A pilot 8-month waitlist-controlled trial of widely available online tools. Autism, 24(4), 867–883.	<ul style="list-style-type: none">• Study N 54• Objective: This pilot randomized controlled trial examined whether online cognitive behavior therapy and mindfulness-based therapy self-help programs could help reduce anxiety in 54 autistic adults• Method; The participants were randomly allocated to either an online cognitive behavior therapy (n = 16) or mindfulness-based therapy (n = 19) program or a waitlist control group (n = 19). The 23 participants who were retained in the active conditions (14 mindfulness-based therapies, 9 cognitive behavior therapies) showed significant decreases in anxiety that were maintained over 3, and to some extent also 6 months.• Outcome: Baseline data confirmed that intolerance of uncertainty and emotional acceptance accounted for up to 61% of self-reported anxiety across all participants. The 23 participants who were retained in the active conditions (14 mindfulness-based therapies, 9 cognitive behavior therapies) showed significant decreases in anxiety that were maintained over 3, and to some extent also 6 months. Overall, results suggest that online self-help cognitive behavior therapy and mindfulness-based therapy tools may provide a cost-effective method for delivering mental health support to those autistic adults.