

THANK YOU

Firstly, we would like to thank you for participating in the coMforT (Mindfulness for Trauma) study. You helped us answer important questions about a new psychological therapy for survivors of domestic violence and abuse (DVA).

We have produced this summary so you can see the results of the study you contributed to. We are very grateful for your role in the study.

WHY WAS THE RESEARCH NEEDED?

1 out of 4 women have experienced DVA. Women who have experienced DVA often develop an anxiety disorder called PTSD. Some current treatment involves the patient reliving traumatic events. Many survivors of DVA drop out of the standard treatment because they find this approach too upsetting. In contrast, mindfulness-based talking therapy focuses on the present.

We collaborated with a group of DVA survivors with PTSD and adapted the standard mindfulness course used for depression to fit the needs of abused women. It is called a trauma-specific mindfulness course. Other approaches seem to be helpful to some survivors, but not others. We need to be able to offer different treatments to meet the needs of different people. Before we can make a new treatment available to the public we have to do a large trial to see how well it works. To help design this large study we refined and tested the trauma-specific mindfulness course for PTSD in the coMforT study with volunteers like you.

WHAT WERE THE MAIN AIMS OF THE STUDY?

Part 1

refine the trauma-specific mindfulness course with help from mental health professionals and DVA survivors




Part 2

test the course produced in part 1 in a small study, to see if a large trial would be possible

WHO PARTICIPATED IN THE STUDY?

Part 1

 7 women survivors of DVA



13 professionals who provide psychological treatments to survivors of DVA

Part 2



20 women survivors of DVA with PTSD who accessed DVA agency's services

WHAT TREATMENTS DID THE PARTICIPANTS RECEIVE?

In part 2 of the trial participants were randomly allocated into either:

- **intervention group:** they received the newly developed trauma-specific mindfulness course
- **control group:** they were referred to local NHS services for standard psychological treatments

HOW WAS PART 1 OF THE TRIAL CARRIED OUT?

We interviewed DVA survivors and professionals about their experience with psychological treatment for PTSD

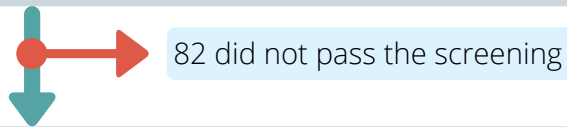
We analysed  these interviews

We used these findings to adapt our trauma-specific  mindfulness course and presented it to mindfulness experts

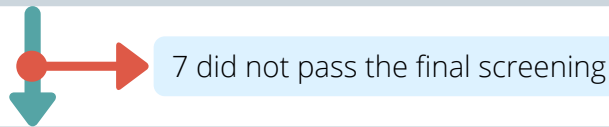
We used their feedback to improve the course and  produced version 2 of the trauma-specific mindfulness course

HOW WAS PART 2 OF THE TRIAL CARRIED OUT?

DVA agency support workers screened 109 potential participants



27 did pass the initial screening- researchers contacted them for a final screening



This left 20 participants ready for the trial who were randomly allocated into 2 groups

15 participants received trauma- specific MBCT, further split into 2 groups:

The first group (group 1A) received version 2 of the trauma-specific mindfulness course created in part 1 of this trial

Group 1A was interviewed, we used their feedback to produce version 3 of the trauma- specific mindfulness course

The second group (1B) received version 3 of the trauma- specific mindfulness course

5 participants were referred for standard talking therapy on the NHS

Both groups followed up after 6 months

participants completed questionnaires and were interviewed in follow-up

DID PATIENTS REPORT ANY HARM?

Two participants reported feeling worse during the mindfulness course.

WHAT ARE THE RESULTS OF THE STUDY?

Part 1

We produced a trauma-specific mindfulness course and study plan that can be tested for effectiveness.

Part 2

We tested the above course and study plan. We learned it is possible to recruit and follow up survivors of DVA and deliver the trauma-specific mindfulness course in a large scale trial.

HOW HAS THIS RESEARCH HELPED PARTICIPANTS AND RESEARCHERS?

A full-size study will provide evidence as to whether trauma-specific mindfulness course could be a treatment of choice for DVA survivors with PTSD. This evidence could have a massive impact on directly improving the care for DVA survivors. We are currently developing a grant proposal to secure funding for the full-size study.

WHERE CAN YOU LEARN MORE ABOUT THIS STUDY?

- <https://www.bristolbrc.nihr.ac.uk/our-research/mental-health/experimental-medicine/comfort-study/>
- <https://www.isrctn.com/ISRCTN64458065?q=mindfulness%20comfort%20study&filters=&sort=&offset=1&totalResults=7&page=1&pageSize=10&searchType=basic-search>

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