

# Mindfulness-based Cognitive Therapy

## Promising Approach to Preventing Depressive Relapse

Willem Kuyken

Welsh Psychiatric Society  
Friday 16<sup>th</sup> May 2014



# Outline

- Rationale for MBCT
- Dose



## Acknowledgements

**Collaborators**

Sarah Byford, Richard Burnett, Richard Byng, Rebecca Crane, Chris Cullen, Tim Dalgleish, Chris Dickens, Rob Dudley, Barney Dunn, Alison Evans, Christina Feldman, Tamsin Ford, Andy Gibson, Felicia Huppert, Anke Karl, Heather O'Mahen, Obi Ukoumunne, Christine Padesky, Dave Richards, Jo Rycroft-Malone, Rod Taylor, Katherine Weare, Jenny Wilks & Mark Williams

**Research and therapy team**

Shadi Beshai, Aaron Causley, Rachel Hayes, Felix Gradinger, Jo MacKenzie, Pete Mason, Holly Sugg, & Rachael Vicary

**Exeter Mindfulness Network Associates**



**Postgraduate students**

**Current:** Anna Abel, Emily Hammond, JJ Hill, Kat Legge, Hans Kirschner, Jo Mann, Selina Nath, Alice Weaver

**Past:** Mark Allen, Chantal Baillie, Lisa Baxter, Andrew Bromley, Rachael Carrick, Colin Greaves, Emma Griffiths, Vivienne Hopkins, Emily Holden, Nicola Motton, Meyrem Musa & Dimitrios Tsvirikos

**Past research team**

Corinna Baum, Clare Bootle Jess Cardy, Suzanne Cowderoy, Claire Fothergill, Nora Goerg, Pooja Shah, Cara Simmance, Harry Sutton, Kat White & Matt Williams

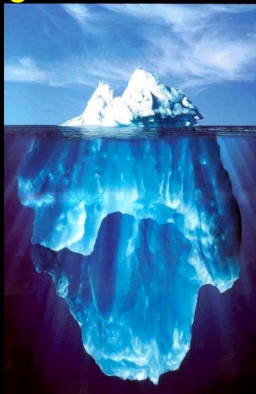
**Past collaborators**

Aaron T. Beck, Chris Brewin, David Kessler, Tony Lavender, Glyn Lewis, John Teasdale, Ed Watkins, Nicola Wiles & the WHOQOL Group

## Rationale for MBCT

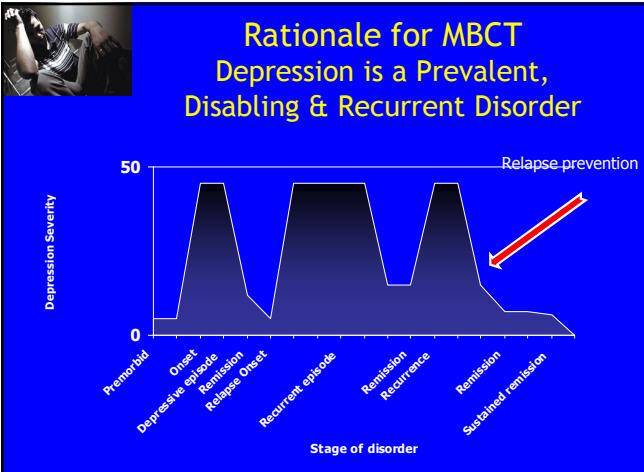
### The Challenge

- Mood Disorders: *A public health, theoretical, clinical and health services challenge*
- The vast majority of depression goes unrecognised and untreated
- Almost all presentation is in primary care, where treatment is typically anti-depressant medication.
- Small minority of people who could benefit, receive evidence-based psychological treatments



## Rationale for MBCT

### Depression is a Prevalent, Disabling & Recurrent Disorder



## Mindfulness-based Cognitive Therapy



Zindel Segal,  
University of Toronto



Mark Williams,  
University of Oxford



John Teasdale,  
Formerly of the Medical Research Council Cognition and Brain Sciences Unit, Cambridge





# What is Mindfulness?

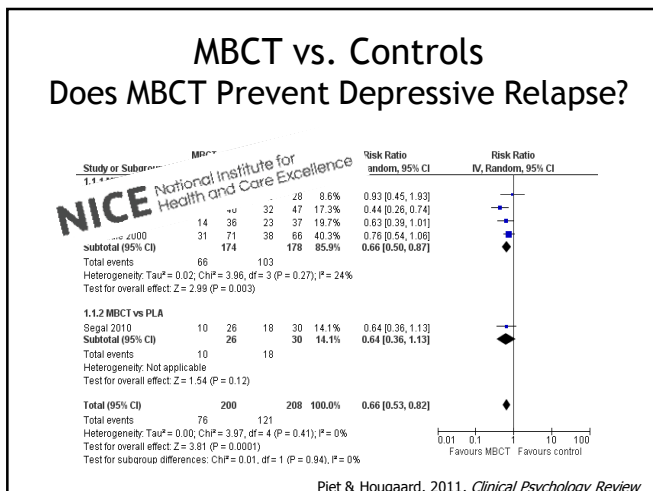
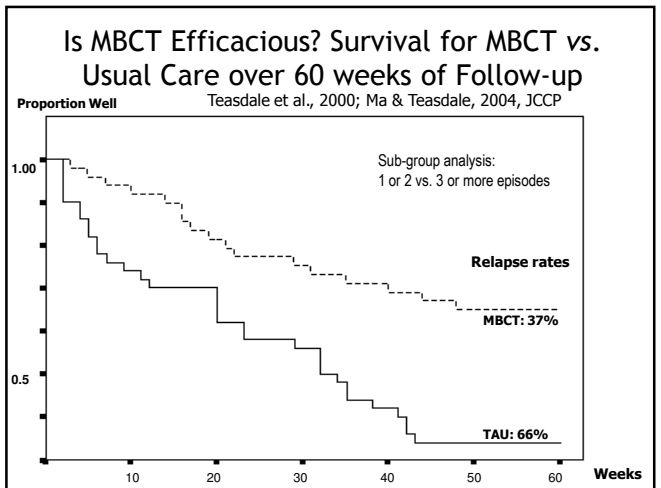
## Mindfulness

*Mindfulness means paying attention in a particular way . . . .*

- on purpose
- in the present moment
- non-judgementally

Jon Kabat-Zinn

# Does MBCT Work?



### National Institutes for Clinical Excellence (NICE) Recommendation for Relapse Prevention (2009)

#### 8.10.8 Psychological interventions for relapse prevention

##### 8.10.8.1

People with depression who are considered to be at significant risk of relapse (including those who have relapsed despite antidepressant treatment or who are unable or choose not to continue antidepressant treatment) or who have residual symptoms, should be offered the following psychological interventions:

- individual CBT for people who have relapsed despite antidepressant medication **and for people with a significant history of depression and residual symptoms despite treatment**
- mindfulness-based cognitive therapy for people who are currently well but have experienced three or more previous episodes of depression. **[Key priority]**

NHS  
National Institute for Health and Clinical Excellence

**BMJ**  
 BMJ 2012;345:e7194 doi: 10.1136/bmj.e7194 (Published 9 November 2012) Page 1 of 2

## Does mindfulness based cognitive therapy prevent relapse of depression?

Willem Kuyken *professor*<sup>1</sup>, Rebecca Crane *director*<sup>2</sup>, Tim Dalgleish *professor*<sup>3</sup>

<sup>1</sup>Mood Disorders Centre, University of Exeter, Exeter EX4 4QG, UK; <sup>2</sup>Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, Bangor LL57 1UT, UK; <sup>3</sup>Medical Research Council Cognition and Brain Sciences Unit, Cambridge, UK

**Recommendations for further research**

- Among patients at high risk for depressive relapse, how does MBCT compare with maintenance antidepressants alone or both treatments together in preventing relapse? Can MBCT provide an alternative for people wishing to discontinue antidepressants?
- Among patients at high risk of depressive relapse, how does MBCT compare with other psychosocial approaches (such as cognitive behavioural and interpersonal therapies) in preventing relapse?
- How acceptable is MBCT to a broad range of patients (for example, patients with different sociodemographic and cultural backgrounds and patients with varied psychiatric and medical comorbidities)? Can the early indications that MBCT is effective only for patients with three or more previous episodes be replicated?
- What are the facilitators and barriers to implementation of NICE's recommendations for MBCT in the UK's health services? Can this knowledge be used to develop an implementation plan for introducing MBCT consistently into NHS service delivery?

## New Large MBCT Trials

**STUDY PROTOCOL** Open Access  
 Williams et al. *BMC Psychiatry* 2013, 13:23  
<http://www.biomedcentral.com/10.1186/1471-2448-13-23>

**STUDY PROTOCOL** Open Access  
 Staying well after depression: trial design and protocol  
 Mark G Williams<sup>1</sup>, Ian T Russell<sup>2,3</sup>, Catherine Crane<sup>1</sup>, Daphne Russell<sup>4</sup>, Chris J Whitaker<sup>1</sup>, Danielle S Dudgeon<sup>5</sup>, Thorsten Barnhofer<sup>1</sup>, Melanie JV Fennell<sup>1</sup>, Rebecca Crane<sup>1</sup>, Sarah Skewton<sup>6</sup>

**STUDY PROTOCOL** Open Access  
 Preventing relapse in recurrent depression using mindfulness-based cognitive therapy, antidepressant medication or the combination: trial design and protocol of the MOMENT study  
 Madelon J Hadders<sup>1</sup>, Jan Spilner<sup>1</sup>, A Roger T Donders<sup>2</sup>, Digna W van Schaik<sup>3</sup>, Patricia van Oppen<sup>4</sup>, Henricus G Ruhe<sup>5</sup>, Marc B J Barm<sup>6</sup>, Willem A Nolen<sup>7</sup>, Johan Ormel<sup>8</sup>, Gert Jan van der Wal<sup>9</sup>, Willem Kuyken<sup>10</sup>, Philip Spinhoven<sup>11</sup> and Anne E M Speckens<sup>12</sup>

**STUDY PROTOCOL** Open Access  
 The DARE study of relapse prevention in depression: design for a phase 1/2 translational randomised controlled trial involving mindfulness-based cognitive therapy and supported self monitoring  
 Frances Shawyer<sup>1</sup>, Graham N Meadmore<sup>2</sup>, Fiona Judd<sup>3</sup>, Paul R Martin<sup>4</sup>, Zindel Segal<sup>5</sup> and Leon Ptacek<sup>6</sup>

**STUDY PROTOCOL** Open Access  
 Study protocol for a randomized controlled trial comparing mindfulness-based cognitive therapy with maintenance anti-depressant treatment in the prevention of depressive relapse/recurrence the PREVENT trial  
 Willem Kuyken<sup>1</sup>, Sarah Bifulco<sup>2</sup>, Richard Bagnall<sup>3</sup>, Tim Dalgleish<sup>4</sup>, Glen Lewis<sup>5</sup>, Rod Taylor<sup>6</sup>, Edward R Watkins<sup>7</sup>, Richard J Ross<sup>8</sup>, Richard Dadds<sup>9</sup>, Richard Dadds<sup>10</sup>, Richard Dadds<sup>11</sup>, Richard Dadds<sup>12</sup>, Richard Dadds<sup>13</sup>, Richard Dadds<sup>14</sup>, Richard Dadds<sup>15</sup>, Richard Dadds<sup>16</sup>, Richard Dadds<sup>17</sup>, Richard Dadds<sup>18</sup>, Richard Dadds<sup>19</sup>, Richard Dadds<sup>20</sup>

**Prozac**  
 PREVENT

## Is MBCT-TS an alternative to m-ADM? N=424, 24 month follow-up

Relapse rates

**Kaplan-Meier survival estimates**

Treatment	Relapse Rate (%)
m-ADM	39%
MBCT-TS	33%
m-ADM	49%
MBCT-TS	44%

**Estimated Marginal Means of Days to 1st Relapse or if no relapse date of last data collection within 24m period**

Group Randomised to	Estimated Marginal Means
m-ADM	~100
MBCT-TS	~150

**NHS National Institute for Health Research**  
 Kuyken, Hayes, Barratt, .... Taylor & Byford, in preparation

## MBCT Efficacy and Effectiveness Summary

- MBCT reduces depressive relapse compared with TAU.
- It is effective for a broad range of people
- It may be most effective for those at greatest risk of relapse
- There are important remaining uncertainties around MBCT's relative efficacy and mechanism

**How Does MBCT Work?**

"There is nothing as practical as good [clinical] theory"

Kurt Lewin, 1952

Clare  
 "Pleasant Event Calendar"

### How Can We Understand Depressive Relapse?


**Beliefs**  
e.g., "If I let my partner do all the difficult stuff, no one will figure out I am a bad mother"


**Analysing, worrying, ruminating, proliferating**

**Memories**

"I am a bad mother"  
Higher level meanings

**Triggers**  
e.g., thought

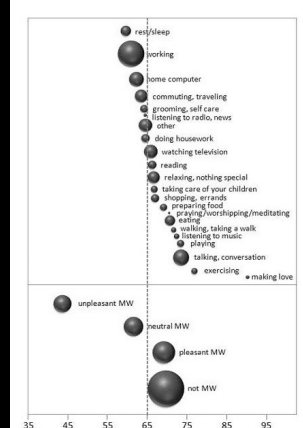





MINDFULNESS

(Teasdale & Chaskalson, 2012, *Mindfulness*)

### "A Wandering Mind is an Unhappy Mind"





Killingsworth & Gilbert, 2010, *Science*

MBCT vs control

Reactivity

Increase in Mindfulness

Increase in self-compassion

Outcome: Depressive symptoms

Contents lists available at ScienceDirect  
Behaviour Research and Therapy  
journal homepage: www.elsevier.com/locate/brat

How does mindfulness-based cognitive therapy work? <sup>26</sup>  
 Willem Kuyken <sup>a,\*</sup>, Ed Watkins <sup>a</sup>, Emily Holden <sup>b</sup>, Kat White <sup>c</sup>, Rod S. Taylor <sup>b</sup>, Sarah Byford <sup>d</sup>,  
 Allison Evans <sup>e</sup>, Sholto Radford <sup>f</sup>, John D. Teasdale <sup>g</sup>, Tim Dalgleish <sup>h</sup>

<sup>a</sup> Mindfulness Centre, University of Exeter, Devon, UK  
<sup>b</sup> Peninsula Medical School, University of Exeter, Devon, UK  
<sup>c</sup> Royal College London, University of London, London, UK  
<sup>d</sup> School of Psychology, Bangor University, Gwynedd, UK  
<sup>e</sup> School of Psychology, Bangor University, Gwynedd, UK  
<sup>f</sup> Faculty of the Medical Research Council Cognitive and Brain Sciences Unit, Cambridge, UK  
<sup>g</sup> Medical Research Council Cognitive and Brain Sciences Unit, Cambridge, UK

### Summary: How does MBCT work?




BJPsych The British Journal of Psychiatry (2012) 200, 359-360. doi: 10.1192/bjp.bp.111.104745

**Editorial**

### Mindfulness-based cognitive therapy: a promising new approach to preventing depressive relapse

J. Mark G. Williams and Willem Kuyken



**Opportunities & challenges**

Scientific evidence

- Producing high quality evidence
- Responsibly reporting evidence

Implementation and dissemination

Maintaining integrity of MBI's

## Implementation & dissemination



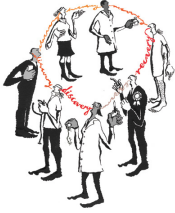
mindfulness  
DOI 10.1007/s12671-012-0121-6

ORIGINAL PAPER

### The Implementation of Mindfulness-Based Cognitive Therapy: Learning From the UK Health Service Experience

Rebecca S. Crane · Willem Kuyken




“Even if a psychosocial intervention has compelling aims, has been shown to work, has a clear theory-driven mechanism of action, is cost-effective and is recommended by a government advisory body, its value is determined by how widely available it is in the health service.”





ASPIRE **MBCT Implementation** **NHS National Institute for Health Research**

- UK survey and 10 case studies
- Development of an “Implementation Plan”


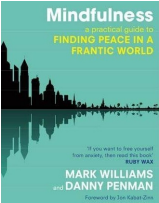
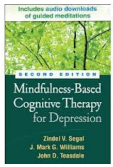

Felix Gradinger & Heledd Owen

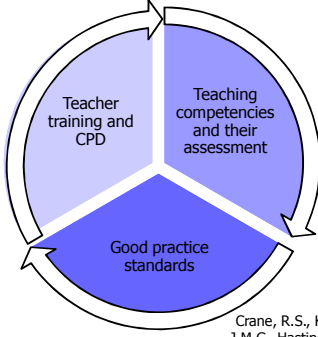
Jo Rycroft-Malone, Willem Kuyken, Rebecca Crane, Andy Gibson & Stewart Mercer

### Dissemination: “Stepped care is like motherhood and apple pie”

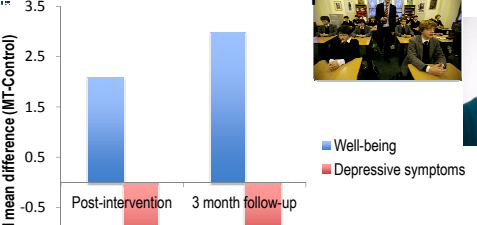





### Integrity in Teaching MBCT





Crane, R.S., Kuyken, W., Williams, J.M.G., Hastings, R.P., Cooper, L. & Fennell, M. (2012)

### Maintaining the Integrity of MBIs The Mindfulness in Schools Programme An Exemplar



Time Point	Well-being (Adjusted mean difference)	Depressive symptoms (Adjusted mean difference)
Post-intervention	~2.0	~-1.5
3 month follow-up	~2.8	~-1.5

Kuyken, Weare, Ukoumunne, Vicary, Motton, Burnett, Cullen, Hennelly & Huppert, BJP, 2013

### Summary

- MBCT is efficacious and probably cost-effective, but may be most indicated for particular groups
- MBCT (probably) works through its hypothesized mechanism of cultivating mindfulness/self-compassion and breaking up reactivity
- The opportunities/challenges are in scientific evidence, dissemination and maintaining integrity in new developments

