

**A Pilot study investigating the feasibility of a 'Body in Mind' mindfulness intervention with individuals with Cardiovascular disease.**

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*Background:* Psychologically distressing symptoms worsen the prognosis for those diagnosed with a cardiovascular disease (CVD). Preliminary evidence indicates Mindfulness Based Interventions show promising short-term improvements in psychological well-being. The aim of the study was to assess the feasibility of a Body and Mind Training (BMT) intervention with individuals with CVD.

*Methods:* A pilot feasibility study, using a within-subjects design was used to evaluate the acceptability, and short term psychological wellbeing of an 11-week BMT intervention with 6 individuals with CVD (5 females and 1 male, aged 56-76 years). Mixed methods were employed in the form of qualitative feedback from a focus group and individual recordings, as well as psychometric assessment pre- and post-intervention of perceived stress, depression, anxiety, beliefs about emotions, self-efficacy, quality of life and mindfulness.

*Results:* There were some discrepancies observed between qualitative and quantitative results. Only significant improvements were observed in non-reactivity mindfulness ( $Z = -2.21, p < 0.027$ ), emotional impact on quality of life ( $Z = -2.21, p < 0.027$ ) and depression ( $Z = -2.01, p < 0.044$ ). Recurrent themes from the qualitative data indicated improvements psychological wellbeing and managing distressing symptoms, as well as good feasibility of the intervention process, with some suggested improvements.

*Conclusions:* It is concluded that the BMT intervention has good feasibility for individuals with CVD, justifying large scale investigation of the effectiveness to improve psychological wellbeing. An increased focus on mindful movement warrants further investigation in CVD, as could have important implications for future practice.

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