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# ASPIRE

Accessibility and Implementation in UK services of an effective depression relapse prevention programme: Mindful-based cognitive therapy (MBCT)

## Study Protocol Paper:

The ASPIRE Study Protocol was published in Implementation Science, and can be accessed, downloaded and cited here:

<http://www.implementationscience.com/content/9/1/62>





The aim of this first phase of the ASPIRE project was to describe the current state of MBCT implementation across the UK. Phase 1 recruitment started in December 2013 and was completed on the 31<sup>st</sup> of August 2014. As set out in the protocol, around 70 participants took part in telephone interviews across 43 NHS sites. We spoke with MBCT teachers, service users, GPs, commissioners and service managers.

We have a good geographical spread of NHS regions in England as well as the rest of the UK (England North=7sites; England Midland=6; England South=9; England London=7; Wales=3; Scotland=9; Northern

Ireland=2). We also have a good balance of sites with: both mixed primary and secondary care services, primary care services only (including numerous IAPT sites), as well as secondary care services only. Given the diversity of contexts, the content of mindfulness-related teaching varies. We encountered a balance of sites offering MBCT only, both MBCT and MBSR, as well as hybrid, or adapted versions of MBCT and MBSR courses. We also found MBSR and MBCT being offered in a diversity of service pathways with a range of client populations, often wider than the remit set by NICE.

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*“As set out in the protocol, around 70 participants took part in telephone interviews across 43 NHS sites. We spoke with MBCT teachers, service users, GPs, commissioners and service managers.”*

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### On the move...

*Transition between Exeter and Oxford:*

*We are delighted to announce that one of the Principal Investigators, Professor Willem Kuyken, will be moving to the University of Oxford Mindfulness Centre as of 1<sup>st</sup> November 2014. Willem’s move relates to a successful funding bid with the Wellcome Trust for a research programme around mindfulness in schools.*

*Watch a video clip about the mindfulness in schools project here:*

<http://vimeo.com/angelsharp/review/100798706/2a25ed2fdc>

## Preliminary Findings

Phase 1 sought to:

Scope existing provision of MBCT in the health service across England, Northern Ireland, Scotland and Wales;

Develop an understanding of the perceived benefits and costs of embedding MBCT within mental health services and;

Explore facilitators that have enabled services to deliver MBCT and barriers that have prevented services delivering MBCT.

The analysis of Phase1 data is currently ongoing but the following themes are emerging as key:

- The role of champions who can lobby, explain MBCT’s rationale/evidence base and set up services,
- Demonstrating impact,
- Staff courses (wellbeing, resilience, stress, sickness), both to promote staff well-being but also to provide a taster of mindfulness,
- Costing/planning resources (feasibility studies, strategy papers, business case) and,
- Innovating: University links, Branching out into other departments/sectors/localities



## Next Steps

### Phase2

The aim of the second phase of the ASPIRE project is to articulate the critical success factors for the enhanced accessibility and routine and successful provision of MBCT as recommended by NICE. This will be used to develop an Implementation Plan that can be used to facilitate the implementation of MBCT. This work will involve ten site visits to sites with varying degrees of implementation.

*We have conducted our first site visit. This involved two very interesting weeks conducting 20 interviews and observing 7 events at an embedded site in the North of England. We are currently recruiting for Phase 2 and intend to conduct 9 more in-depth Case Studies across the UK (total of 4 embedded, 4 partially embedded, and 2 not-embedded sites). Given that we mostly spoke to MBCT teachers/implementers in Phase1, we will focus on speaking to the other stakeholder groups like service users, GPs/referrers, Commissioners, and Service managers.*

*We will soon be inviting 9 other different trusts to take part in Phase 2 in the hope of visiting the sites during 2015.*

### Dissemination Plan

We have been involved in various workshops, master classes, think tanks and seminars.

These include a presentation at a Primary Mental Health Conference;

([https://medicine.exeter.ac.uk/research/healthserv/mentalhealth/news/title\\_381531\\_en.html](https://medicine.exeter.ac.uk/research/healthserv/mentalhealth/news/title_381531_en.html)), The Mindfulness Association's 2014 Summer Gathering (<http://www.mindfulnessassociation.org/SummerConferenc.aspx>), the European Summer Research Institute of Mind and Life Europe (<http://esri.mindandlife-europe.org/>), the Sussex Mindfulness Centre 2nd Annual Conference (<http://www.sussexpartnership.nhs.uk/gps/education/smc/smc-events>) and the European Association of Behavioural and Cognitive Therapies.

Upcoming event: We intend to contribute to an afternoon workshop at the All Wales Mindfulness Practitioner Conference, at Gregynog Hall, Powys on the 11<sup>th</sup> of November 2014 (<http://www.bangor.ac.uk/mindfulness/regform.php?id=395>)

We also intend to conduct several workshops in different UK areas on completion of the project in the first half of 2016.

### Other News

*The ASPIRE study coincides with the establishment of an All Party Parliamentary Group on mindfulness:*

<http://www.themindfulnessinitiative.org.uk/>

*Listen to co-investigator Rebecca Crane talking about the project on BBC Radio4 Woman's Hour, 6th May 2014:*

<http://www.bbc.co.uk/programmes/b042ifw3>



## Contact Us

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## Further Information

<http://www.exeter.ac.uk/mooddisorders/aspire/>

