

A Feasibility Study of An Online Mindful Well-being Course.

ACTRN12618000670279

Status	RECRUITING
Sponsor	Murdoch University
Enrollment	237 participants

Plain Language Summary

Many people know that mindfulness — the practice of paying deliberate, non-judgmental attention to the present moment — can reduce stress and improve wellbeing. But when it comes to online mindfulness programs, does it matter how much interaction and collaboration is built into the course? This study at Murdoch University is comparing two versions of an online compassion-based mindfulness course: one that is mostly self-directed (you work through it largely on your own) and one that is highly collaborative (involving group activities and peer interaction).

The goal is to find out which approach leads to better wellbeing outcomes for students, and whether engagement with the course affects the results. This will help universities design more effective online mental health programs for their students.

You may be eligible if you are a current Murdoch University student aged 18 or older with access to a computer and internet. People with a current diagnosis of a psychiatric condition, a history of schizophrenia, bipolar disorder, psychosis, significant trauma, self-harm, or suicidal thoughts would not be suitable for this study. If you're a Murdoch student looking to develop mindfulness skills and improve your wellbeing, this could be a great opportunity.

Key Eligibility Criteria

Inclusion (1)

- Participants must be a current student of Murdoch University and have a computer with internet access.

Exclusion (1)

- No current active diagnosis of a psychiatric condition, or substance/alcohol misuse, no history of schizophrenia or schizoaffective disorder, bipolar disorder, a psychotic mental illness, significant trauma, self-harm, or suicide ideation.

Locations (1 total)

WA, Australia