

Mindfulness in Couples

NCT07433582

Status	RECRUITING
Phase	Not Applicable
Sponsor	Behavioural Science Institute
Enrollment	426 participants

Key Eligibility Criteria

Inclusion (2)

- age \geq 20 years
- relationship duration of \geq 2 years

Exclusion (5)

- One or both partners have followed an MBSR- or MBCT training or similar mindfulness program for at least four sessions in the past three years.
- One or both partners are currently in relationship therapy.
- One or both partners are unable to sufficiently speak and understand the Dutch language.
- Presence of severe mental disorders in one or both partners, namely addiction, suicidality (in the past 12 months) or psychosis (in the past 12 months?).
- Presence of partner violence (in the last 12 months)

Locations (1 total)

Behavioral Science Institute, Radboud University, Nijmegen, Gelderland, Netherlands