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Examining the acceptability and feasibility of the Compassionate Mindful Resilience (CMR) programme in adult patients with Chronic kidney disease: The COSMIC Study

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Background

Patients with kidney disease experience diminished health-related quality of life, and are at increased risk of anxiety¹ and depression.² In addition, the impact of COVID-19, and its associated restrictions, has brought additional burdens as many patients are immunocompromised.³ It is essential that effective and affordable systems are explored to improve the psychological health of this group. Access to psychosocial support is not well provided or funded⁴ and Kidney Care UK was keen to explore the feasibility of delivering mental health support via virtual means as a cost-effective way to significantly reach and support more patients with mental health needs.

Aims & Objectives

The aim of this study was to support a new service development project in partnership with the UK's leading patient support charity Kidney Care UK, by implementing the four-session Compassionate Mindful Resilience (CMR) programme, developed by MindfulnessUK, and explore its feasibility for patients with kidney disease

- Implement the CMR programme with people with kidney disease.
- Measure the effect of the CMR on participants' levels of anxiety, depression, self-compassion, mindfulness, well-being, and resilience.
- Explore factors influencing the acceptability and suitability of the intervention with patients (and the mindfulness teacher) and their commitment to practice.

Methods

A multi-method feasibility design was utilised.

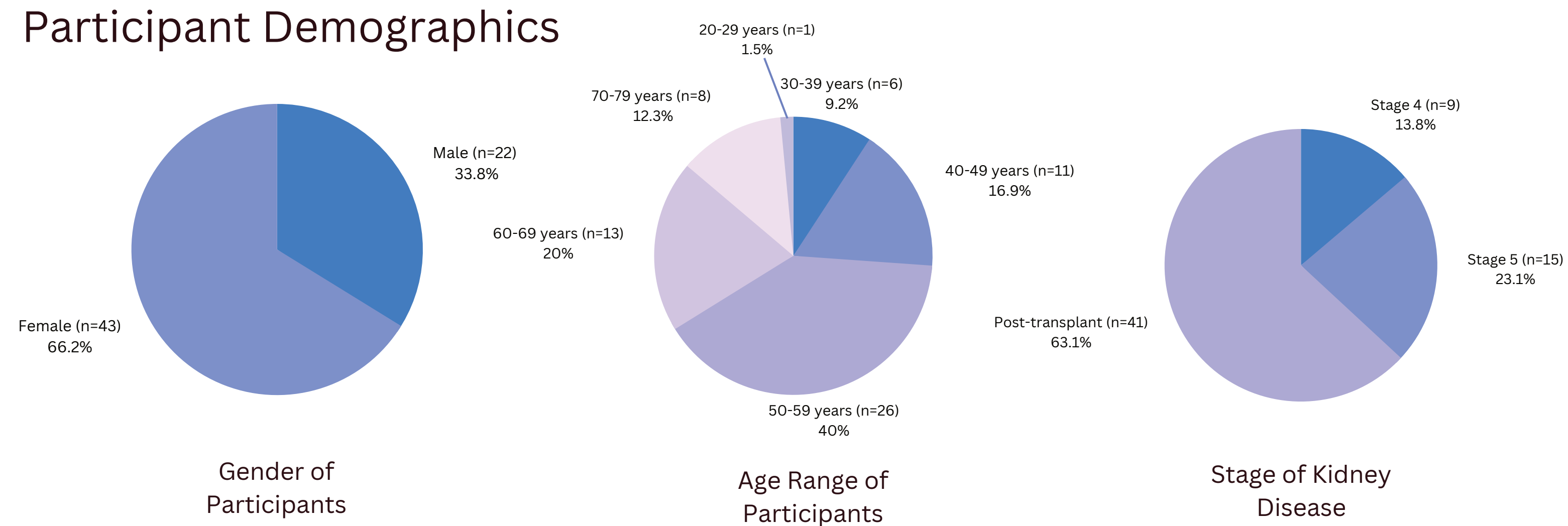
Participants over 18 years, from the UK, with stage 4 or 5 kidney disease or post-transplant, and who were not currently undergoing psychotherapy, were recruited to the CMR programme.

Data was collected at baseline, post-intervention, and three-months post-intervention to measure anxiety (GAD-7), depression (PHQ-9), self-compassion (SCS-SF), mental wellbeing (SWEMWBS), resilience (MTQ48), and mindfulness (FFMQ).

Qualitative interviews were conducted with participants and mindfulness teacher to explore the acceptability of the intervention for a kidney disease population.

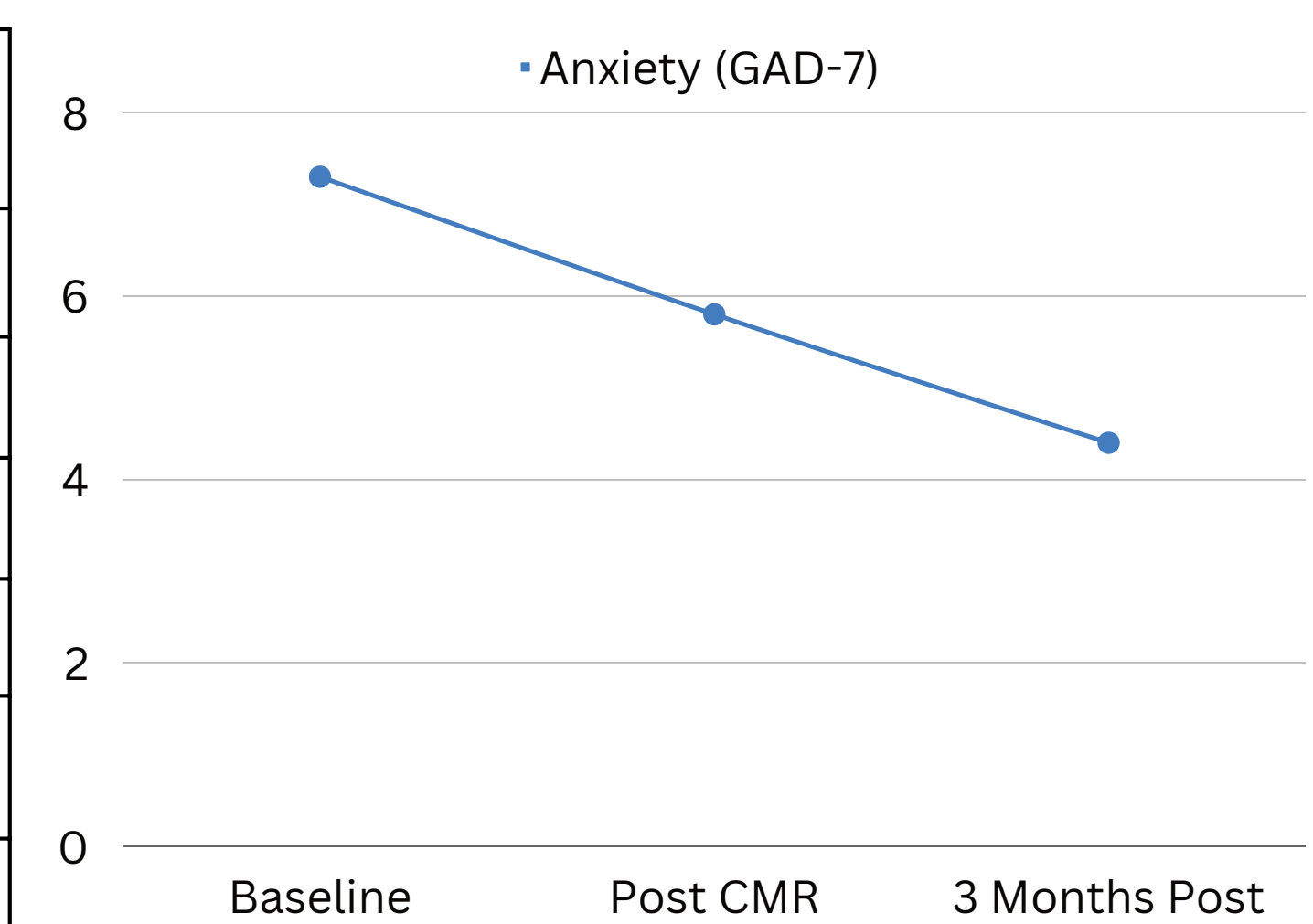
Findings

Participant Demographics



We found that participants had statistically significant improvements in anxiety, depression, self-compassion, ability to be mindful, mental wellbeing and resilience after taking part in the CMR programme.

Outcome Measure	Baseline (n=65)	Post (n=61)	3 Months Post (n=45)
Anxiety (GAD-7)	7.3	5.8	4.4
Depression (PHQ-9)	9.3	7.2	5.4
Self-Compassion (SCS-SF)	2.9	3.3	3.3
Mindfulness (FFMQ)	117.6	127.4	133.9
Mental Wellbeing (SWEMWBS)	20.5	22.1	23.3
Resilience (MTQ48)	3.8	4.5	4.6



19 participants took part in interviews to explore if the CMR programme was suitable for people living with kidney disease. 3 themes and 9 subthemes were generated. All participants interviewed said that taking part in the CMR programme had been a beneficial experience.

Theme	Subthemes
Experiences of the CMR programme that facilitated subjective benefit	Interest in Mindfulness and previous experience
	Integrating Mindfulness using techniques and practices to enhance awareness and compassion
	Continuing Mindfulness practice
Participants' lived and shared experience	Psychological impact of kidney disease and continuing impact of Covid-19
	Shared experiences with other study participants
	Need for wellbeing support for kidney patients
Practicalities of CMR programme participation	Challenges and barriers to participation
	Experience of online delivery
	Adaptations for future delivery for people living with kidney disease

"I think just the general feeling of wellbeing. When you're doing the breathing and deep into one of the mindfulness practices... how calm and relaxing that feels and how it helps steady everything. Because that feels so good."

"More than anything, just the fact that I met people, especially when we broke off into the groups. I was actually talking to somebody who had the same disease, who was feeling the same, it was like winning the lottery."

Conclusion

The findings suggest that the CMR programme has the potential to improve psychological outcomes among people with advanced kidney disease. Future randomized controlled trials are required to further test its effectiveness.

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