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# An Evidence Based Protocol for the User of Mindfulness for Young Adults with Eating Disorders

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# An Evidence Based Protocol for The Use of Mindfulness for Young Adults with Eating Disorders

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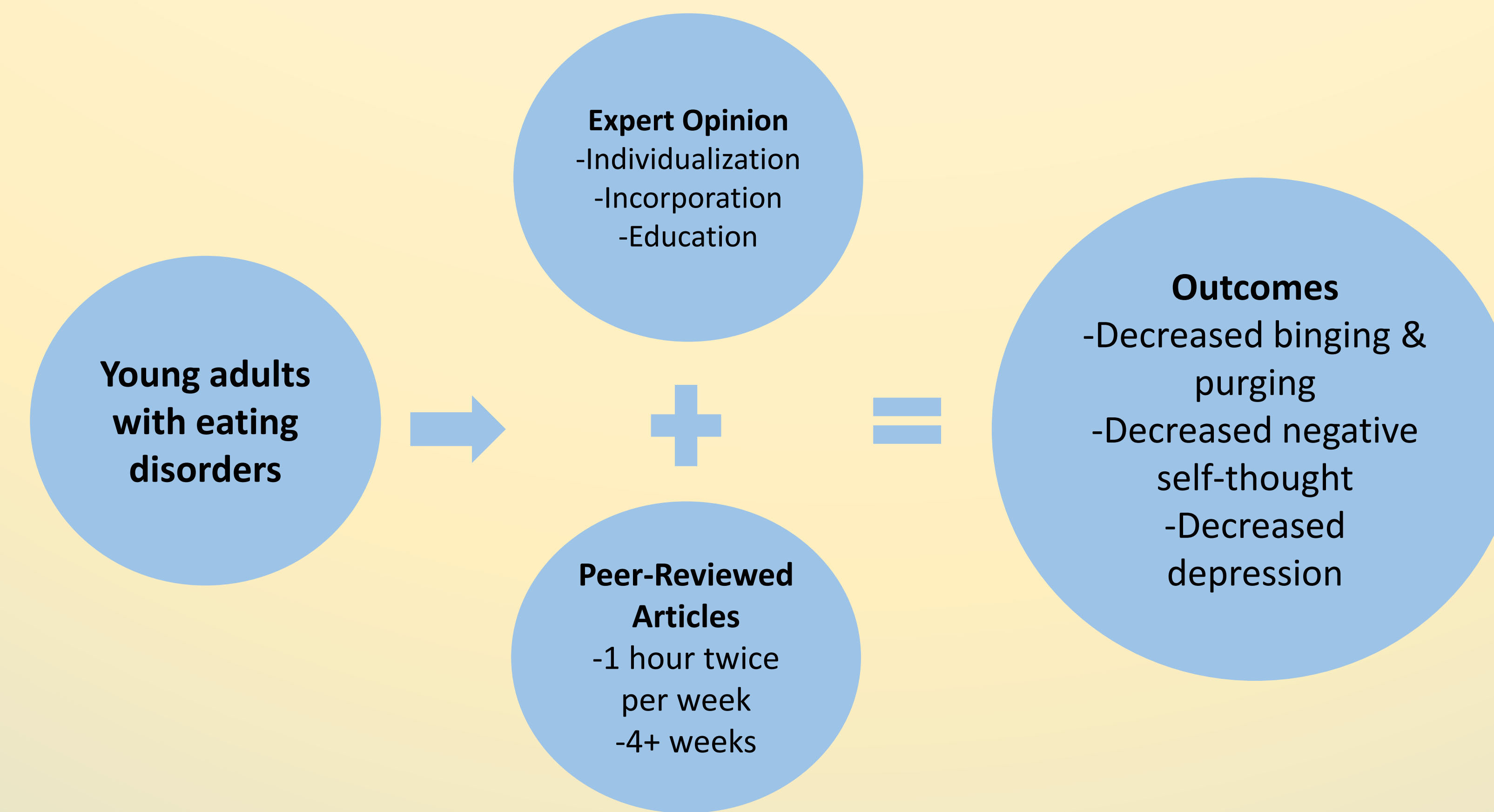
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**PICO Statement:** For young adults with eating disorders, what is an evidence-based protocol for implementing mindfulness groups in a community-based setting?

**The Gap:** The student researchers have personally witnessed the benefits of mindfulness. The student researchers also recognized a lack of knowledge in how to effectively facilitate a mindfulness intervention with a group of clients. Another issue that the researchers wanted to explore was the idea of implementing mindfulness into the community setting as a form of preventative care.

**Methods:** This was a qualitative study utilizing telephonic interview of a CTRS with at least 5 years experience in the area of mindfulness-based interventions. The student researchers also became CITI certified and had the participant sign a consent form in order to prove that they were conducting ethical research. All personal information of the participant was protected and any documents that contained their identity was secured on password protected devices.



## Discussion:

After gathering all of the data from the peer-reviewed research articles and the expert opinion from the interview the student researchers were able to form their recommendations. Three main conclusions or recommendations were drawn from the research that can guide current practicing or future recreation therapists in facilitating effective mindfulness-based interventions for individuals with eating disorders. The first main point is that mindfulness techniques should be incorporated into other programs. This allows the practice of mindfulness to become routine to the clients and is a good way to get started for clients who may be skeptical. The second recommendation is to educate the clients and other professional staff who work with the clients on mindfulness. This includes providing information on the definition of mindfulness as well as its benefits. Education can help resistant clients get on board with the mindfulness intervention. The last recommendation is that mindfulness sessions should be offered twice per week for an hour.

## Knowledge Translation Model:

Regarding the knowledge translation model, the first portion of the model discusses the population that was researched. This population consisted of young adults with eating disorders in a community-based setting. The next level of our model incorporated the expert opinion on proper mindfulness protocols for a group setting. The key points from the expert findings included: individualizing techniques that work and are most beneficial for the clients, incorporating mindfulness into other/all programs, and focusing on education for the clients as well as for the other professionals on what mindfulness is and how it can be beneficial. The third level of the model discusses the mindfulness-based protocols found in the peer-reviewed articles. This level discusses having mindfulness programs at most twice a week with only hour long sessions. Also, this part of the model discusses facilitating mindfulness based interventions for at least 4 weeks for changes in outcomes. The last level of the model identifies the estimated outcomes from a mindfulness-based program that follows these suggested protocols. The outcomes stated include: decrease in bingeing/purging, decrease in negative self-thoughts, and a decrease in depression and shame.

| Results                                     |  |
|---|--|
| Properties of mindfulness                   | <ul style="list-style-type: none"><li>Be consistent in sessions</li><li>manipulate and individualize intervention to fit client</li><li>Educating all clients and staff</li></ul>                  |
| Outcomes of mindfulness-based interventions | <ul style="list-style-type: none"><li>Better emotional regulation</li><li>Decrease in emotional reactivity</li><li>Sense of achievement and self accomplishment</li><li>Stress reduction</li></ul> |
| Typical mindfulness-based program sessions  | <ul style="list-style-type: none"><li>Two sessions per week</li><li>Incorporate mindfulness into regularly scheduled programs, even if not directly associated with mindfulness</li></ul>          |

| Limitations   | Recommendations   |
|---|---|
| <ul style="list-style-type: none"><li>Lack of articles and research on mindfulness intervention in a community based setting.</li></ul>   | <ul style="list-style-type: none"><li>When researching mindfulness, focus more on a population that uses more mindfulness such as residential and clinical settings.</li></ul>  |
| <ul style="list-style-type: none"><li>Mindfulness was an umbrella term for many different techniques, so it was hard to define a specific intervention that would be appropriate.</li></ul> | <ul style="list-style-type: none"><li>Define a specific technique to research such as breathing exercises or mindful thinking so it's easy to narrow down and define.</li></ul> |
| <ul style="list-style-type: none"><li>Interviewee only had experience in a residential setting and no mindfulness experience in a community-based setting.</li></ul>                        | <ul style="list-style-type: none"><li>When looking for someone to interview on this particular topic, finding someone that has experience in that specific population</li></ul> |

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