

A Pilot Study of Mindfulness-based Intervention for the Depressive Symptoms of Early Psychosis

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Background: The present pilot study aimed to evaluate the effectiveness of a 7-week mindfulness-based intervention program (MBI-p), as a part of a RCT of larger scale. The MBI-p was developed by the Early Psychosis Studies and Intervention (EPSI) team in Hong Kong designated for patients with early psychotic disorders. In particular, the objective was to investigate the effects of MBI-p on depressive and anxiety symptoms associated with psychosis.

Methods: An uncontrolled design was used. Nine participants with psychotic disorders received MBI-p were assessed at baseline and post-treatment on outcomes of symptom severity (Positive and Negative Syndrome Scale, PANSS), depression and anxiety (Calgary Depression Scale, CDS, and Depression Anxiety Stress Scale-21, DASS), and mindfulness skills (Five Facet Mindfulness Questionnaire, FFMQ).

Results: Significant improvements were found on the PANSS total score ($P<.01$), PANSS general symptom subscore ($P<.01$), CDS total score and DASS 21 depression subscore ($P=0.05$), accompanied by the improvements of mindfulness skills (FFMQ-observing subscore $P<.01$).

Conclusion: These pilot results indicated initial effectiveness of a group intervention based on mindfulness principles for patients with early psychosis. Significance in various measures despite small sample revealed a potentially robust effect of improving patients' mood condition. It provides the foundation for future studies of larger scale and implementation of a promising and cost-efficient treatment option.