Mindfulness for Tinnitus: Practices and Possible Benefits

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Mindfulness

Paying attention to ‘internal’ and ‘external’ events, in the moment and in a non-judgemental, open and curious way.

The Mindfulness Process

Intention

Attention

Attitude


Mindfulness based interventions

- A range of MB programmes:
  - MBSR, MBCT, MBPM, MBSR-T, MBRP, MBCP, MBEC, ACT, DBT, …

- Various evaluation studies:
  - Relapse prevention in recurrent depression (MBCT; Piet & Hougaard, 2011)
  - Depression, anxiety, psychological distress (MBSR; Bohlmeijer et al., 2010)
  - Anxiety and mood problems (MBCT; Hofmann et al, 2010)
  - Chronic pain and depression (MBSR, ACT; Veehof et al., 2011)
  - Somatisation disorder (esp. IBS) (MBSR/MBCT; Lakhan & Shofield, 2013)
  - Mental health of cancer patients (MBSR; Ledesma & Kumano, 2009)
  - General stress management (MBSR; Chiesa & Serretti, 2009)
  - …
MBSR Programme Structure

- 8-week course
- 1 session/week, 2.5 hours + daylong retreat
- Learning formal mindfulness practices and how to apply in everyday life
- Daily practice and “homework”
- Core exercises:
  - Focusing attention on the breath (“mindful breathing”)
  - Body scan
  - Physical exercises (walking, yoga, ...) with focus on being aware of bodily sensations and one's own limits during the exercises
  - Being fully aware during everyday activities
- Developing an accepting and non-reactive attitude to own experiences in each moment
- Information and discussion on stress, stress management, and how to apply mindfulness to interpersonal communication.
MINDFULNESS-BASED APPROACHES TO TINNITUS
RCT of MBCT as Tinnitus treatment

Main results
- Psycho-education had a positive impact in both groups
- MBCT maintained or enhanced these positive effects
- With the relaxation these effects were eroded

Caveats
- only a small study (N=25)
- Tinnitus presence increased slightly from Baseline to Follow-Up

Thank you!

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