

The Role of Mindfulness Interventions in Inflammatory Bowel Disease



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Mindfulness is an innate skill

- ▶ Mindfulness is “**awareness** that arises through **paying attention**, on **purpose**, in the present moment, **non-judgementally**” (Jon Kabat-Zinn)
- ▶ PNA “present-centered, non-judgemental awareness” (Labelle)
- ▶ Contrast this with typical past- or future-focussed thinking





Mindfulness and a potential for change

- ▶ *“Mindfulness is not just ‘knowing what is happening’, such as hearing a sound, but knowing it in a certain way—free of grasping, aversion and delusion. It is this freedom that provides the platform for more sustained **transformation** and **insight**.”*
- ▶ *Mindfulness helps us break through the legends, the myths, the habits, the biases and the lies that can be woven around our lives. We can clear away the persistence of those distortions, and their familiarity, and come to much more clearly see for ourselves what is true. When we can see what is true, we can form our lives in a different way’. (Sharon Salzberg 2011)*

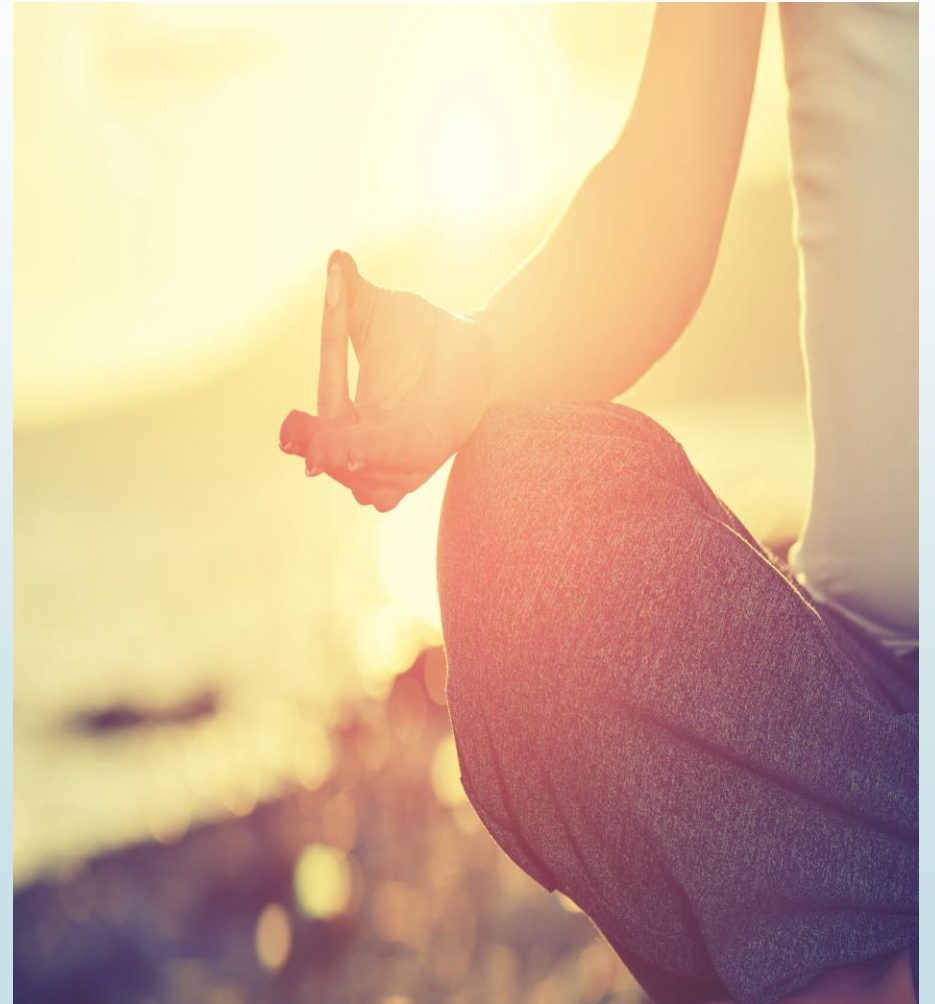
Mindfulness-the experience of being (present)

- ▶ **Being vs doing mode (Interactive Cognitive Subsystems, Teasdale & Barnard, 1991)**
- ▶ **The "doing" mode aka the driven mode., goal-oriented, triggered when the mind develops a discrepancy between how things are vs how the mind wishes things to be**
- ▶ **"Being" mode, is not focused on achieving specific goals, instead the emphasis is on "accepting and allowing what is," without the pressure to change it**



Mindfulness Practices

- Formal and Informal
- Mindfulness of the breath (single object)
- Body scanning
- Mindful movement (Yoga, Tai Chi)
- Open, (choiceless) awareness
- Informal mindfulness practices



Mindfulness Interventions

- ▶ **Mindfulness-based programs (MBSR, MBCT)**
- ▶ **Mindfulness-informed interventions (ACT, DBT)**
- ▶ **Adapted and shortened mindfulness interventions**
- ▶ **Yoga**



Mindfulness-based Stress Reduction (MBSR)

- ▶ 8 weeks group program combining different mindfulness practices
- ▶ Formal and informal practices (body scan, mindfulness of the breath, mindful movement/yoga)
- ▶ 2,5h pw face-to-face instruction + daily home practice, one day silent retreat post week 6
- ▶ Originally designed in 1979 by Jon Kabat-Zin, most researched



Mindfulness-based Cognitive Therapy (MBCT)

- ▶ 8 weeks group program combining cognitive therapy with mindfulness
- ▶ 2h pw face-to-face instruction + daily home practice
- ▶ Designed to treat depression and prevent depressive relapse, 2016 M-A effective in preventing depression rel.(Kuyken et al,2016)
- ▶ Only one RCT of MBCT in IBD to date, adult participants, did not measure inflammatory markers



Mindfulness Interventions in IBD



- Rationale-2-3x the rate of mental health disorders, 3x depression rates in remission (25%), and 60% during IBD relapse
- Bidirectional relationship with depression
- MBIs salutogenic effect on immune system
- IBD immune-mediated, complex disease, “IBD interactome” (exposome, genome, microbiome, immunome and their interactions)

Evidence for mindfulness interventions in IBD

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Review article

A systematic review and meta-analysis of mindfulness based interventions and yoga in inflammatory bowel disease[☆]



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Results-psychological outcomes **short term**

- Depression-NS
- Anxiety-NS
- QoL-NS
- Mindfulness-NS
- **Stress-S**

Results-psychological outcomes long term

- Depression-S, small continuous improvement in MBP, moderate In yoga
- Anxiety-S
- Stress-S-the strongest and most significant Improved, both yoga & MBP
- Potential mechanism of functioning as reduction in stress will regulate HPA (hypothalamus-pituitary-adrenal axis-body's stress response) and (microbiome)-gut-brain axis



Results-physical outcomes

- ▶ Systemic Inflammation-ESR/CRP
- ▶ Systemic inflammation-ILs
- ▶ IBD inflammation-FCP
- ▶ Clinical disease activity
- ▶ **NS short and long term**

Mindfulness in IBD-Research Gaps

- Lack of rigorously designed trials, **RCTs**
- Physical outcomes-IBD activity and **inflammatory markers**
- Lack of **adapted mindfulness interventions for IBD**
- No **Youth specific trials** (15-20% dg before the age of 20, peak age 15-29)

RCT of MBCT for Youth with IBD & depression

Open access

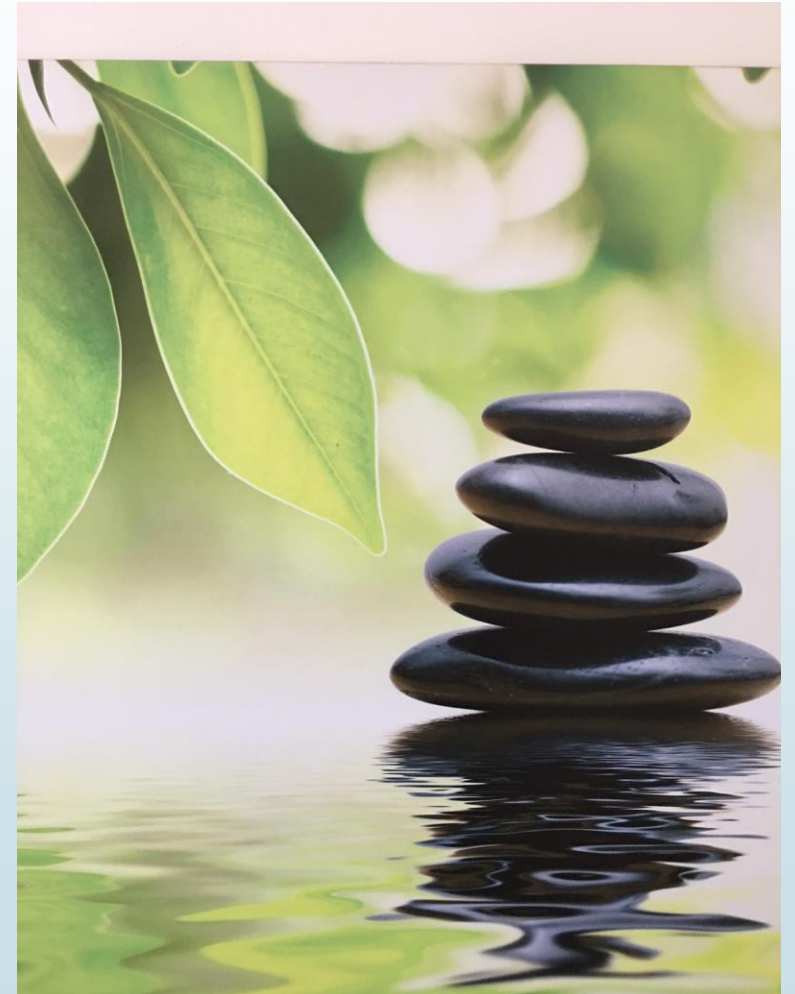
Protocol

BMJ Open Protocol for a pilot randomised controlled trial of mindfulness-based cognitive therapy in youth with inflammatory bowel disease and depression

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Johanna Barclay,³ Karen Hay,⁷ Steve Kisely^{2,8}

IBDmindfulness trial

- ▶ Pilot RCT of MBCT in AYAs with IBD & depression, 64 participants, age 16-29, dg of IBD, depression
- ▶ Outcome measures: psychological, biological and brain neuroimaging
- ▶ Aims-measure efficacy and feasibility of an IBD-focused and developmentally-informed MBCT, elucidate its mechanisms of action
- ▶ provide data to enable design and sample size calculation for a future large RCT



MBCT Manual Adaptation

- Youth : shortened mindfulness practices, youth relevant (poetry), more mindful movement
- IBD : education re gut-brain axis, stress
- Meaning (Frankl)
- Feedback during and after the group



MBCT Manual-Meaning

- Mindfulness and meaning
- Meaning, PTG and chronic illness
- Sources of meaning-work, love and coping with adversity
- Meaning = purpose + intention



MBCT experiences in Youth with IBD

JMIR Preprints

Ewais et al

Mindfulness Based Cognitive Therapy Experiences in Youth with Inflammatory Bowel Disease and Depression: Protocol for a Mixed Methods Qualitative Study

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MBCT experiences and healing factors

- **Mindfulness skills**
- **Common psychotherapy factors (therapeutic alliance and expectations, exposure and sense of mastery)**
- **Group factors (instillation of hope, helping others, sense of belonging)**



Rollercoaster of emotions



Hope for the future



Power to the people





THANK YOU

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