

GENERAL DATA OF THE STUDY

RPCEC Code	RPCEC00000303
Abbreviated title of the study	Mindfulness and development of well-being in the couple experience among young people: Protocol of a Randomized Controlled Trial
Complete title of the study	Mindfulness and development of well-being in the couple experience among young people: Protocol of a Randomized Controlled Trial
Description of the interventions	<p>Group I (Experimental): The program is based on mindfulness and acceptance and commitment therapy (ACT). There will be eight two-hour-long face-to-face sessions, twice a week for a month.</p> <p>Group II (Active control): The control program will have a psychoeducational orientation on interpersonal relationships of a general nature. Eight sessions will be held: the first will be face-to-face, followed by 6 deliveries of readings via email twice a week, followed by a final face-to-face session.</p>
Study design	Interventional, randomized, controlled, double blind, parallel.

PARTICIPANT FLOW

Figure 1. Process of the randomized controlled trial

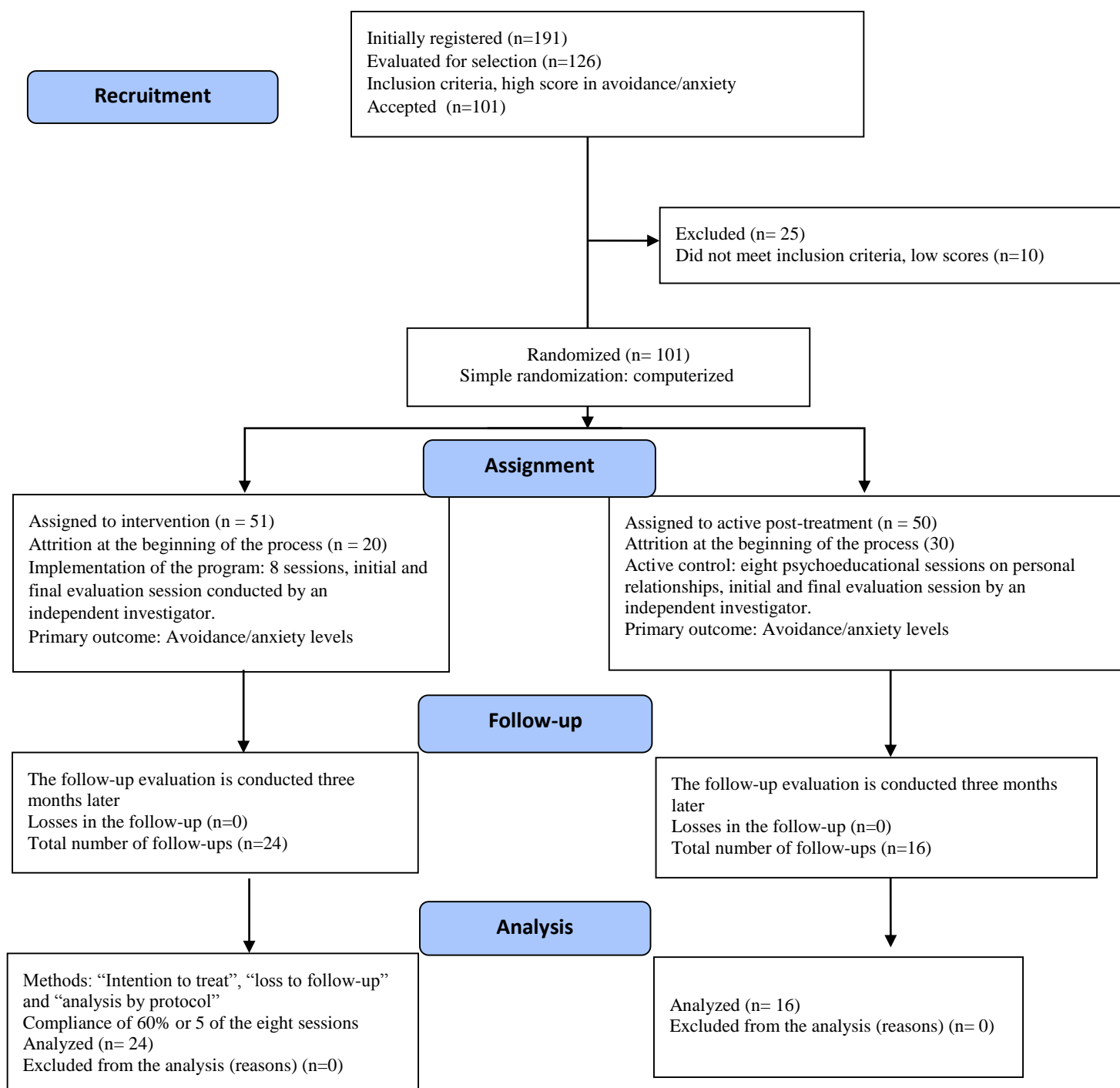


Figure 1. Diagram of participant flow in the ECA. Source: Consort Guide, 2010

BASAL DATA

Distribution of subjects by sex, according to group.

	Treatment Group				Total	
	Experimental		Control			
	No.	%	No.	%	No.	%
Man	10	33,33	8	38,10	18	35,29
Women	20	66,67	13	61,90	33	64,71
Total	30		21		51	100,0

Distribution of subjects by age, according to group.

	Treatment Group		Total
	Experimental	Control	
Man	22,4	22,1	22,28
Women	22,5	22,4	22,42
Total	22,4	22,3	22,37

Age (mean by group / sex)

OUTCOME MEASURES

a) Primary outcome:

Anxiety / avoidance (experience questionnaire in relationships).

Measurement time: before the start of the program, after one month and after three months.

Before the start of the program

Anxiety / avoidance	Experimental Group	Control Group
Anxiety		
N	30	21
Minimum	1,78	2,11
Maximum	6,78	5,83
Mean	4,11	4,21
Standard Deviation	1,29	0,99
Avoidance		
N	30	21
Minimum	1,06	1,78
Maximum	4,83	5,44
Mean	2,68	3,41
Standard Deviation	1,04	0,84

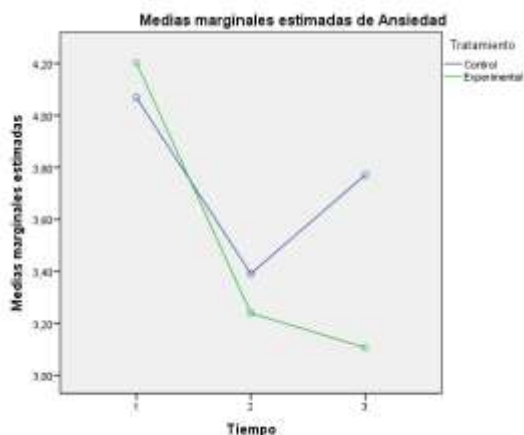
After one month of treatment

Anxiety / avoidance	Experimental Group	Control Group
Anxiety		
N	24	16
Minimum	1,28	1,56
Maximum	6,11	5,72
Mean	3,16	3,50
Standard Deviation	1,25	1,20
Avoidance		
N	24	16
Minimum	1	1,72
Maximum	4,11	4,5
Mean	2,23	2,94
Standard Deviation	0,85	0,71

After three months of treatment

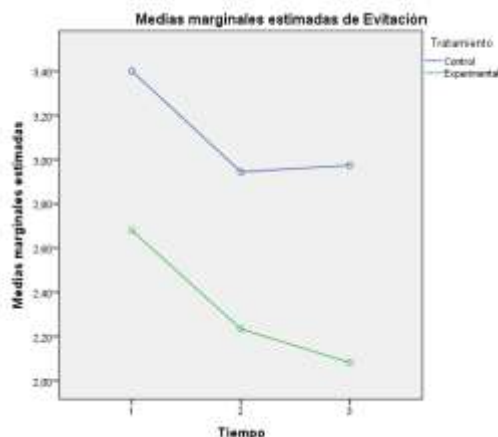
Anxiety / avoidance	Experimental Group	Control Group
Anxiety		
N	24	16
Minimum	1,06	2
Maximum	5,89	5,94
Mean	3,02	3,88
Standard Deviation	1,16	1,04
Avoidance		
N	24	16
Minimum	1	1,5
Maximum	3,83	5,22
Mean	2,08	2,97
Standard Deviation	0,71	0,97

Graph of abandonment anxiety with the control and experimental groups



Source: The authors

Graph of intimacy avoidance scores of the control and experimental groups



Source: The authors

b) Secondary outcomes:

Mindfulness (fice facet Mindfulness Questionnaire). Measurement time: before the start of the program, after one month and after three months.

Mindfulness	Experimental Group	Control Group
Before the start of the program		
N	30	21
Minimum	2,67	2,41
Maximum	3,82	3,85
Mean	3,15	3,23
Standard Deviation	0,33	0,40
After one month		
N	24	16
Minimum	2,72	2,44
Maximum	4,92	4,51
Mean	3,67	3,39
Standard Deviation	0,53	0,55
After three months		
N	24	16
Minimum	2,51	1,72
Maximum	4,97	4,1
Mean	3,75	3,02
Standard Deviation	0,55	0,64

Summary Report of Clinical Trial Results

Psychological flexibility (Acceptance and Action Questionnaire II). Measurement time: before the start of the program, after one month and after three months.

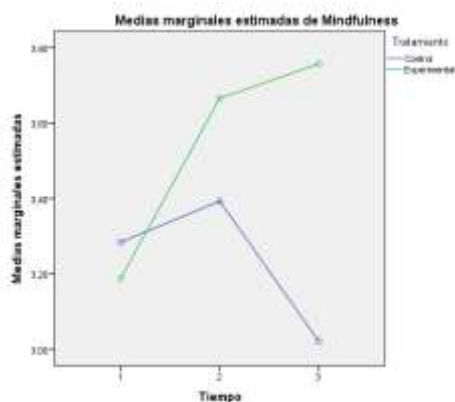
Psychological flexibility	Experimental Group	Control Group
Before the start of the program		
N	30	21
Minimum	1,4	1,9
Maximum	5,5	6,1
Mean	3,62	3,56
Standard Deviation	1,16	1,28
After one month		
N	24	16
Minimum	1	1,6
Maximum	4	5,4
Mean	2,39	2,69
Standard Deviation	0,96	1,01
After three months		
N	24	16
Minimum	1	1,8
Maximum	4	5,5
Mean	2,47	3,74
Standard Deviation	0,90	1,24

Summary Report of Clinical Trial Results

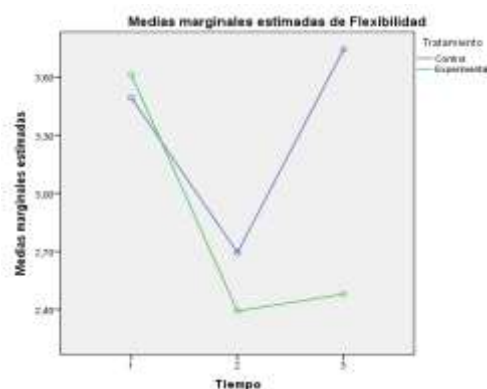
Psychological well-being (Ryff Psychological Well-being Scale). Measurement time: before the start of the program, after one month and after three months.

Psychological well-being	Experimental Group	Control Group
Before the start of the program		
N	30	21
Minimum	3,3	3,12
Maximum	5,48	5,36
Mean	4,46	4,36
Standard Deviation	0,64	0,65
After one month		
N	24	16
Minimum	3,27	3,46
Maximum	5,92	5,49
Mean	5,02	4,67
Standard Deviation	0,70	0,67
After three months		
N	24	16
Minimum	3,44	2,95
Maximum	5,97	5,46
Mean	4,98	4,38
Standard Deviation	0,65	0,77

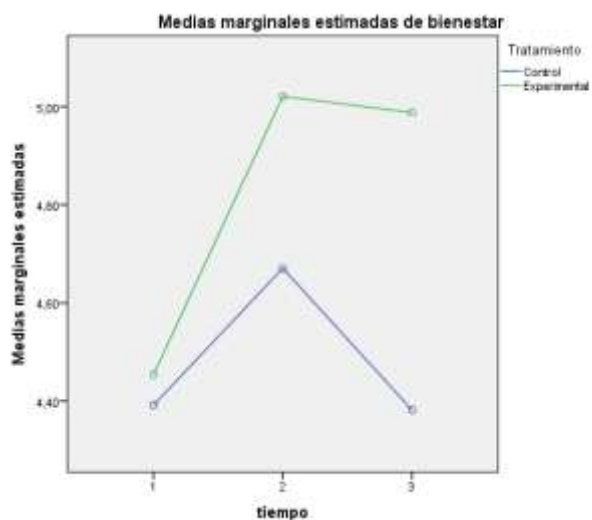
Graph of mindfulness with the control and experimental groups



Graph of experiential avoidance/psychological flexibility of the control and experimental groups



Graph of psychological well-being among control and experimental groups



ADVERSE EVENTS

No adverse events were registered.