

## **HIPS/16/63 – Mindfulness based stress reduction to support self-management of anxiety and depression following stroke: development study**

Anxiety and depression are common after stroke, but people do not always have the skills they need to cope with the symptoms. Mindfulness Based Stress Reduction (MBSR) is a standardised, 8-week course that teaches people with long-term conditions skills, including meditation and mindfulness breathing, to help them to self-manage symptoms of anxiety and depression. Skills taught during the course are practiced at home . Although some people find MBSR helpful, many people do not complete the whole course or find it difficult to practice at home. Using ‘taster sessions’ and focus groups we will work with stroke survivors and other experts to make changes to the standard course. Together we will look at what is taught and how it is taught. We will try to identify changes that will help stroke survivors follow the whole course and practice their new skills, and use them to self-manage symptoms of anxiety and depression. When we have made the changes, we will apply for funding for a research project that will help us to find out if stroke survivors follow the adapted course, including the home practice. We will also find out whether stroke survivors think that the planned research methods are acceptable.