

Research Project Details	
Title	Mindfulness-based interventions in workers to treat mental health conditions
Investigator(s)	Dr. Quentin Durand-Moreau, University of Alberta
Funding Period	2020-2022
Budget	\$34,000.00
Issue/Rationale	Work-related mental health issues are on the rise. Existing literature suggests that mindfulness-based methods (i.e., those that have mindfulness meditation as a core component, with the assignment of home meditation practice) may be useful in primary and tertiary prevention of mental health issues in injured workers. There are a variety of different mindfulness-based interventions. The current literature assessing these methods exhibits considerable bias. Therefore, it would be timely to conduct a systematic review to provide reliable evidence about the effectiveness of such methods for mental health issues in a working-age population. Stakeholders and workers' compensation boards require strong evidence to decide whether they should compensate eligible claimants for mindfulness-based interventions.
Objective(s)	Within this systematic review, we will search for all of the published research about mindfulness-based treatment for workers' mental health. We will sort out the high-quality research, and see what it says. Then we will make an overall conclusion of the effectiveness of mindfulness.
Anticipated Results/ Impact	The practical impact for WCB-Alberta will be to obtain evidence to enable decisions about whether (or which!) mindfulness-based interventions should be funded to treat work-related mental disorders including posttraumatic stress disorder (PTSD), major depressive disorder, and anxiety disorders. This research will add to the existing literature by providing an update on the available evidence of mindfulness-based interventions for mental-health issues on workers, in an exponentially growing number of publications in this field.
Keywords	Mental health, interventions, mindfulness, prevention, evidence-based treatment