

# [A randomized clinical trial of mindfulness-based cognitive therapy versus unrestr...](https://assignbuster.com/a-randomized-clinical-trial-of-mindfulness-based-cognitive-therapy-versus-unrestricted-services-for-health-anxiety/)

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The paper “ A Randomized Clinical Trial of Mindfulness-Based Cognitive Therapy versus Unrestricted Services for Health Anxiety" is a engrossing example of an article on psychology. The article involves a study done by McManus, Surrey, Muse, Vazquez-Montes, and Williams. The study was conducted to assess the influence of mindfulness-based cognitive treatment on patients with anxiety by relating the effects of MBCT when combined with additional usual amenities (unrestricted services). The research used 74 participants who were randomly picked to either MBCT adding to the US (n= 36) or the US alone (n= 38). The participants were assessed before the intervention (MBCT) or (US), instantaneously following the intervention and one-year post-intervention. Independent valuations of diagnostic status, consistent self-report assessors and measures ratings of distress and severity were associated with the analysis of hypochondriasis.   
  
The results of the study indicated that MBCT participants had significantly lowered health anxiety that US participants both following the intervention. Mediational analysis indicated that the alteration in mindfulness intervened with the group modification in healthy anxiety symptoms. In that, fewer contestants assigned to MBCT than to the US confirm with the principles for the identification of hypochondriasis, which occurred immediately following the intervention. The research concluded that MBCT could be used in addition to services for patients who suffer from health anxiety.   
  
The research used only 74 participants, which means that it does not give accurate information or does not represent the United States population. Therefore, the research study has been said to be effective in patients with health anxiety it cannot be used independently.   
  
The research design used in this research study was a longitudinal study, which is a correlation study that involves repeated observations over a period. In this case, the study was done for a period of two years. Although the participants were randomized, the study the researcher could conduct their research diligently without manipulating in the environment or the participant's actions. The longitudinal design that was used in the research was appropriate because it allowed the researchers to distinguish the short and long-term phenomena’s when it comes to health anxiety in the United States.   
  
The study is weak in the sense that it has a small group of participants that are used to test to methods of dealing with health anxiety. Secondly, the intervals at which the results are taken is long meaning that the researchers should have chosen an interval of six months to ensure that they get proper information other than a one year to follow up. The research design chosen by the researchers was expensive and time-consuming in that, first, it required the researchers to be trained before they went to observe the participants. Additionally, putting together the data might be a problem because it is collected during intervals of one year, which means that they can be distorted. Therefore, it is significant to ensure that the appropriate timing is used to ensure that the correct information is accurate.   
  
The information gained from the research can be used to help patients in the United States to deal with anxiety-related issues, which can cause stress that leads to suicide. This is because mediational analysis identified that change in mindfulness helped the group changes in relation to health anxiety symptoms. Therefore, the research can play a significant role in the clinical field of psychology when it comes to dealing with health anxiety-related issues. However, although MBCT cannot be sued on its own it is an additional provision for the patients with health anxiety.