

# Mindfulness meditation reduces incidence of major depression

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subthreshold depression who have not had a major depressive episode in the past six months, mindfulness training is a feasible method of preventing [major depression](#). The authors plan future research into the cost-effectiveness, health service use implications, and acceptability of [mindfulness training](#).

**More information:** Samuel Y. S. Wong et al. Treating Subthreshold Depression in Primary Care: A Randomized Controlled Trial of Behavioral Activation With Mindfulness, *The Annals of Family Medicine* (2018). [DOI: 10.1370/afm.2206](https://doi.org/10.1370/afm.2206)

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Among primary care patients with subthreshold depression, mindfulness meditation training reduces the incidence of major depression and improves depression symptoms.

A [randomized controlled trial](#) of adults with subthreshold depression compared a usual care group in which there was no psychological intervention (n=116) with a behavioral activation group focused on mindfulness training (n=115).

Intervention participants were invited to attend weekly two-hour mindfulness training sessions for eight consecutive weeks. At 12 months, there was a statistically significant difference in the incidence of [major depressive disorder](#) between groups (11 percent in the mindfulness group compared to 27 percent in usual care).

Mindfulness training also had a small effect in reducing depression symptoms (between-group mean difference = 3.85). Other secondary outcomes demonstrated no significant change.

The authors suggest that, for patients with

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