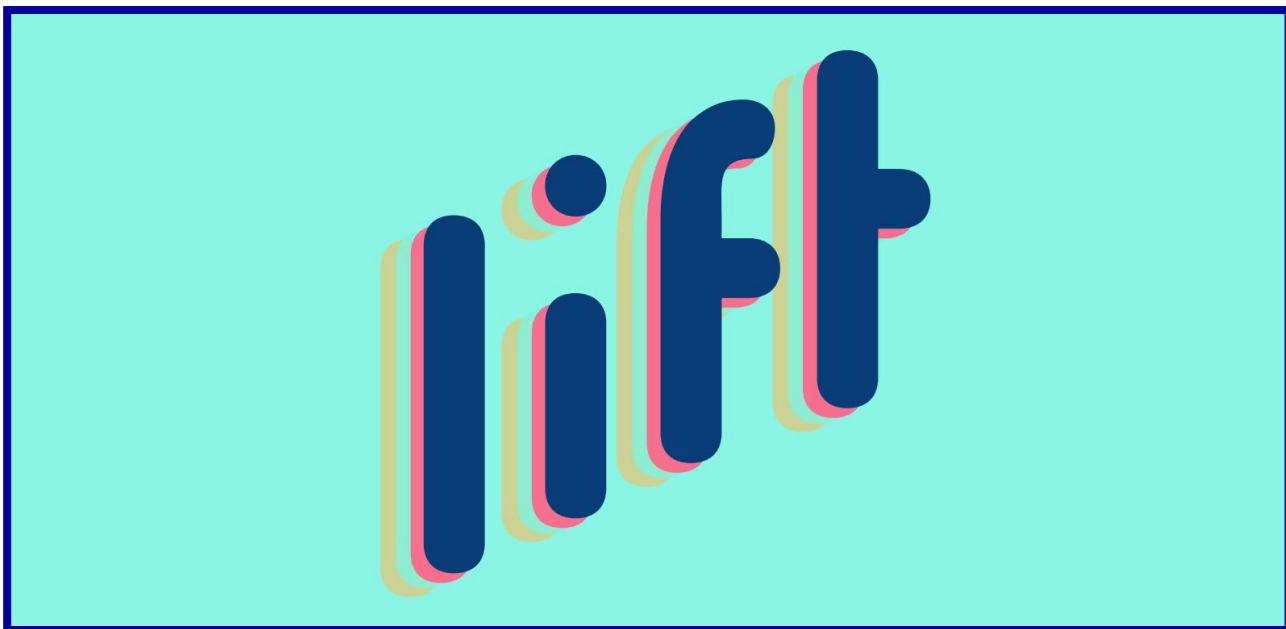


Mobile Mindfulness Intervention for Psychological Distress Among Intensive Care Unit Survivors (LIFT2 Study)

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Why We Did This Study

People who survive a stay in the intensive care unit (ICU) often struggle with depression, anxiety, and stress. There are few treatments made just for them. Researchers wanted to find the best way to deliver a mindfulness program through a smartphone app to help ICU survivors feel better.

Who Participated in This Study?

247 adults who had been in an ICU and felt depressed after going home took part. They came from 3 hospitals in North Carolina, Oregon, and Colorado. The average age was 50 years, and about 42% were women. Participants needed a smartphone and Wi-Fi. People with very low distress, severe mental illness, or limited English were not included.



What Were the Results?



Depression, anxiety, and stress symptoms improved for all participants. Meditating twice a day worked better than once a day at reducing depression symptoms — at both 1 month and 3 months. Whether a therapist or the app introduced the program, or handled worsening symptoms, did not make a meaningful difference. Nearly 88% of participants were still using the app by the end of the 4-week program.

What Do These Results Mean?

The best version of the program used the app — not a therapist — for setup, twice-daily guided meditation, and managing any worsening symptoms. This fully app-based approach could be scaled to help many more ICU survivors, including those who face barriers like distance or physical disability. A larger study is still needed to confirm these results.
