Project Flow Chart - Data Synthesis

Phase 1 – Descriptive

Methods: Semi-structured interviews  
Sample: Key stakeholder groups  
N=70; 10 in each UK NHS region

Phase 2 – Explanatory

Methods: In-depth case studies of MBCT provision  
Sample: 10 cases of service provision (4 fully embedded, 4 partially embedded, 2 no provision)

Implementation Plan and Dissemination

• “Fit for purpose” Implementation Plan  
• Conferences, website, publications and stakeholder workshops

Study Background/Design

Systematic Review Feasibility Study

Research Aims
Accessibility & implementation of MBCT in UK  
Explanatory framework, Implementation Plan

Study Design
Two-phase, qualitative, interview and case study

Data Analysis
Thematic analysis, iterative across phases

Inductive  Deductive

Theoretical Frameworks
PARIHS (Evidence/Context/Facilitation)  
MRC Complex Interventions Framework