



RadSec RCT Results: Trends & Effect sizes

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What did we measure?

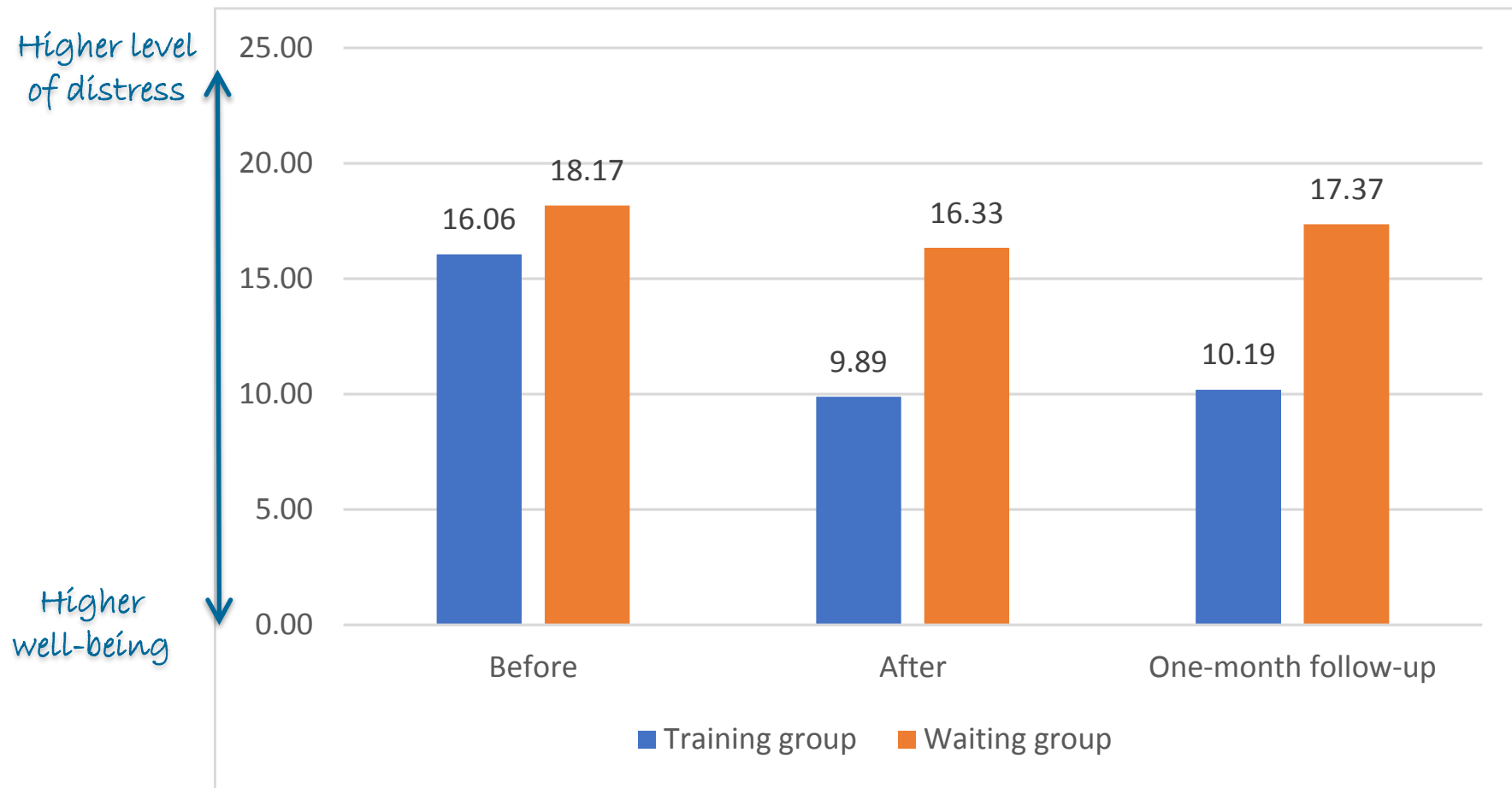
Main outcomes to evaluate effectiveness of the RadSec course / Does RadSec course help to improve mental health and well-being of the LGBTQIA+ participants?:

- General mental health / well-being (GHQ-12)
- Anxiety (GAD-7)
- Depression (PHQ-9)

Possible active ingredients / How does the course work?:

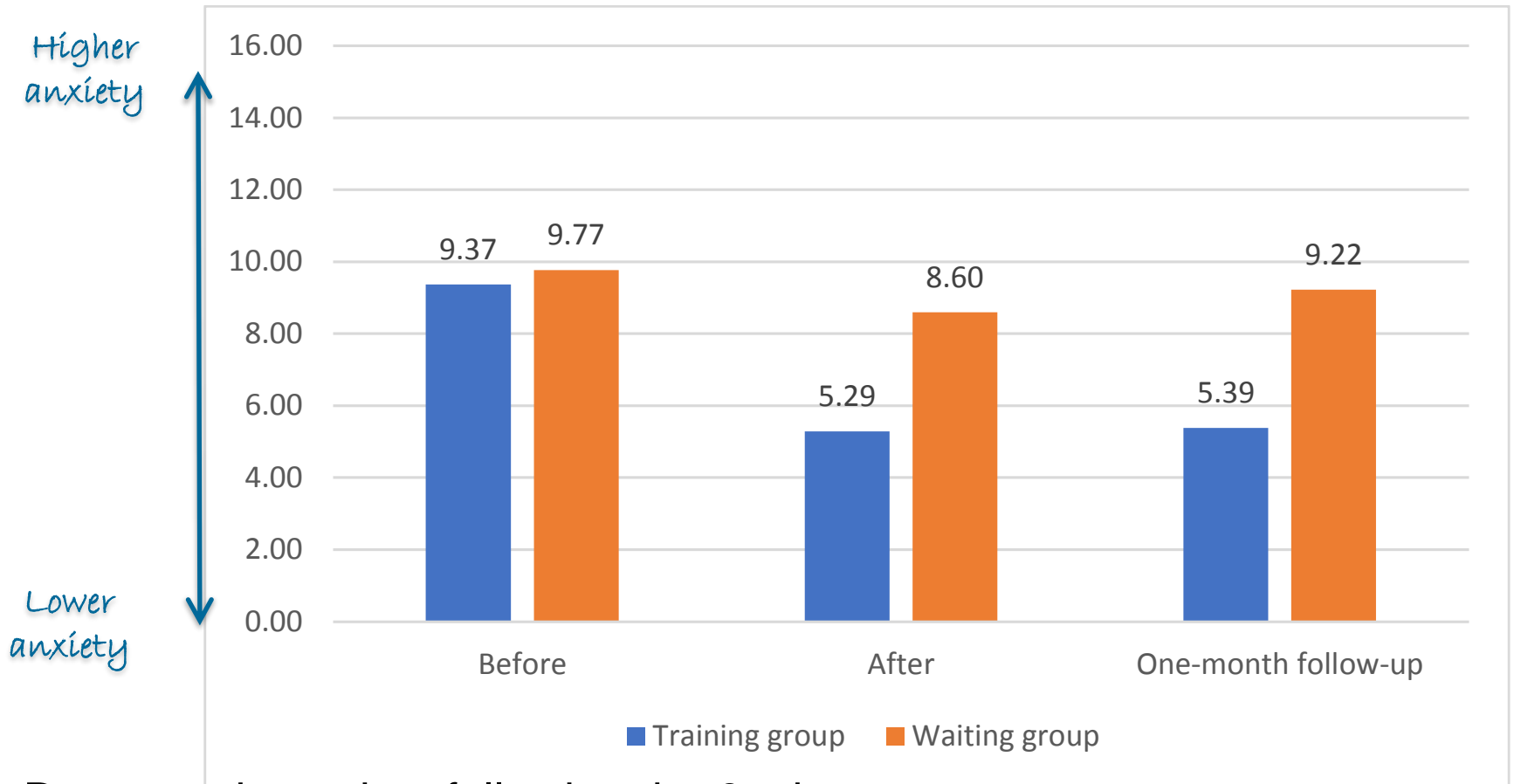
- Self-compassion (SCS)
- Mindfulness (FFMQ-15)
- Shame
- Self-critical perfectionism
- Rumination

General psychological distress / well-being



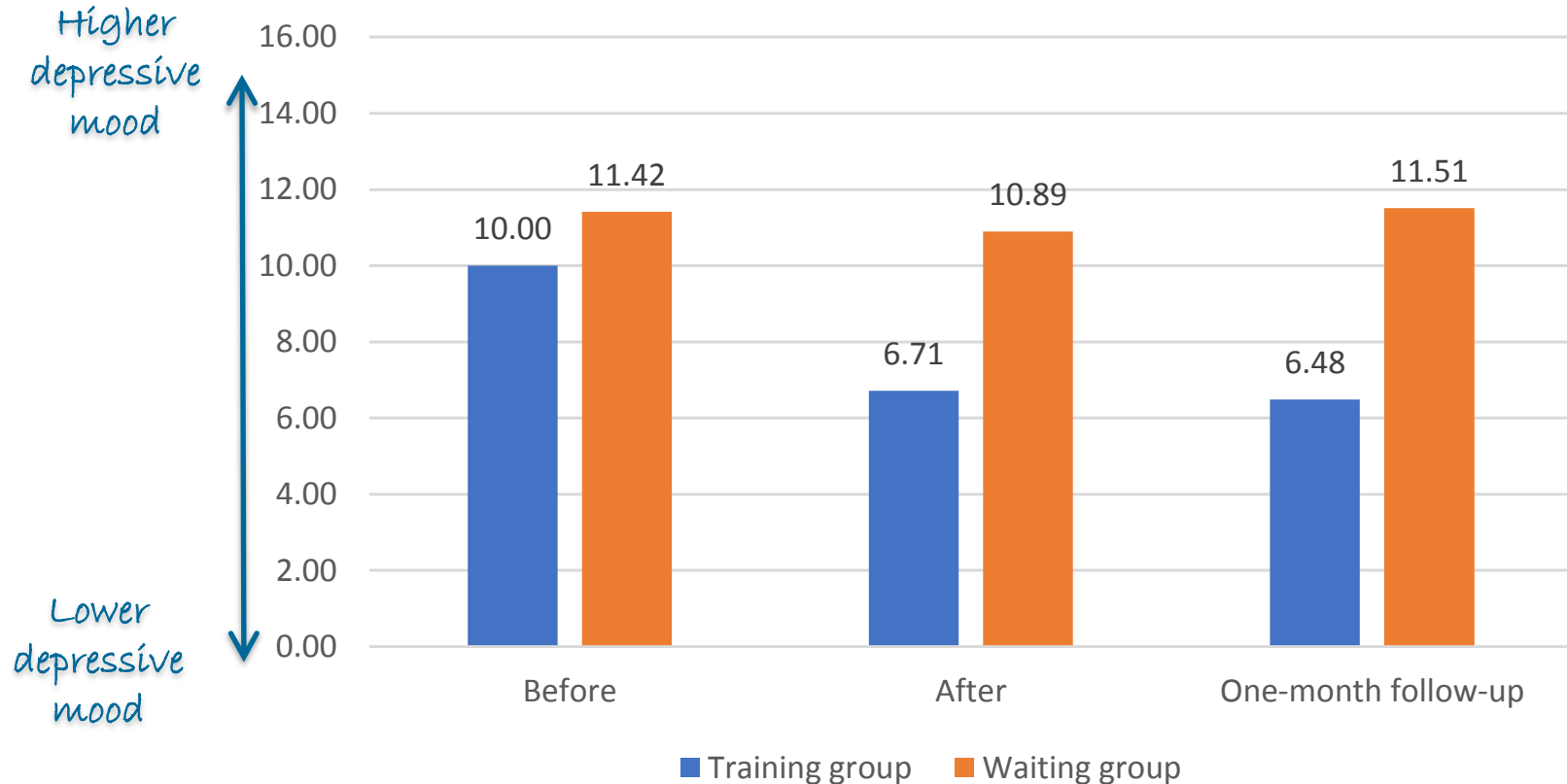
- Decrease in mental health difficulties following the 8-wk course
- Statistically large change from before to after the training

Anxiety



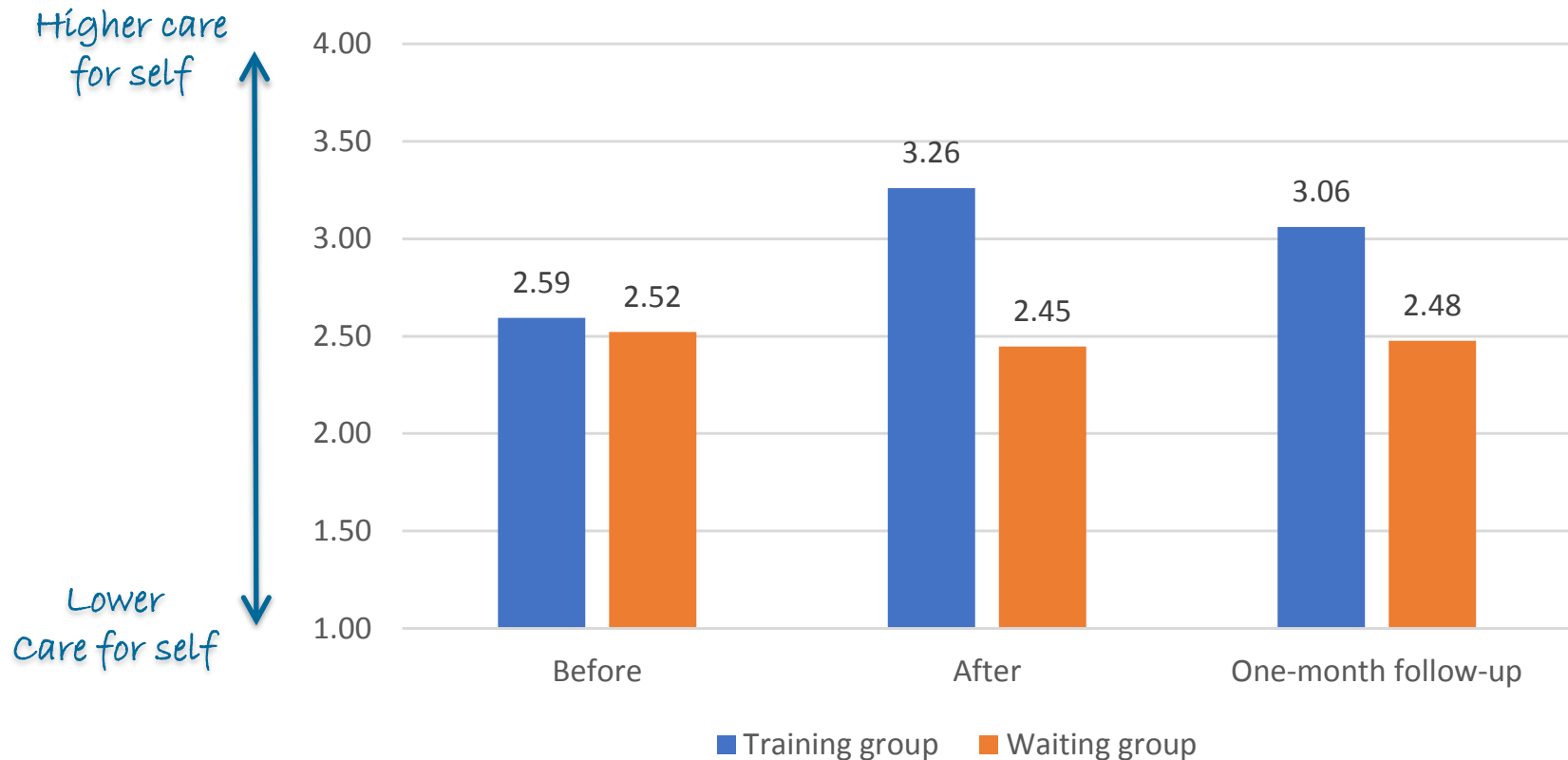
- Decrease in anxiety following the 8-wk course
- Statistically large change from before to after the training (in the training group)

Depressive mood



- Decrease in depressive mood following the 8-wk course
- Statistically large change from before to after the training

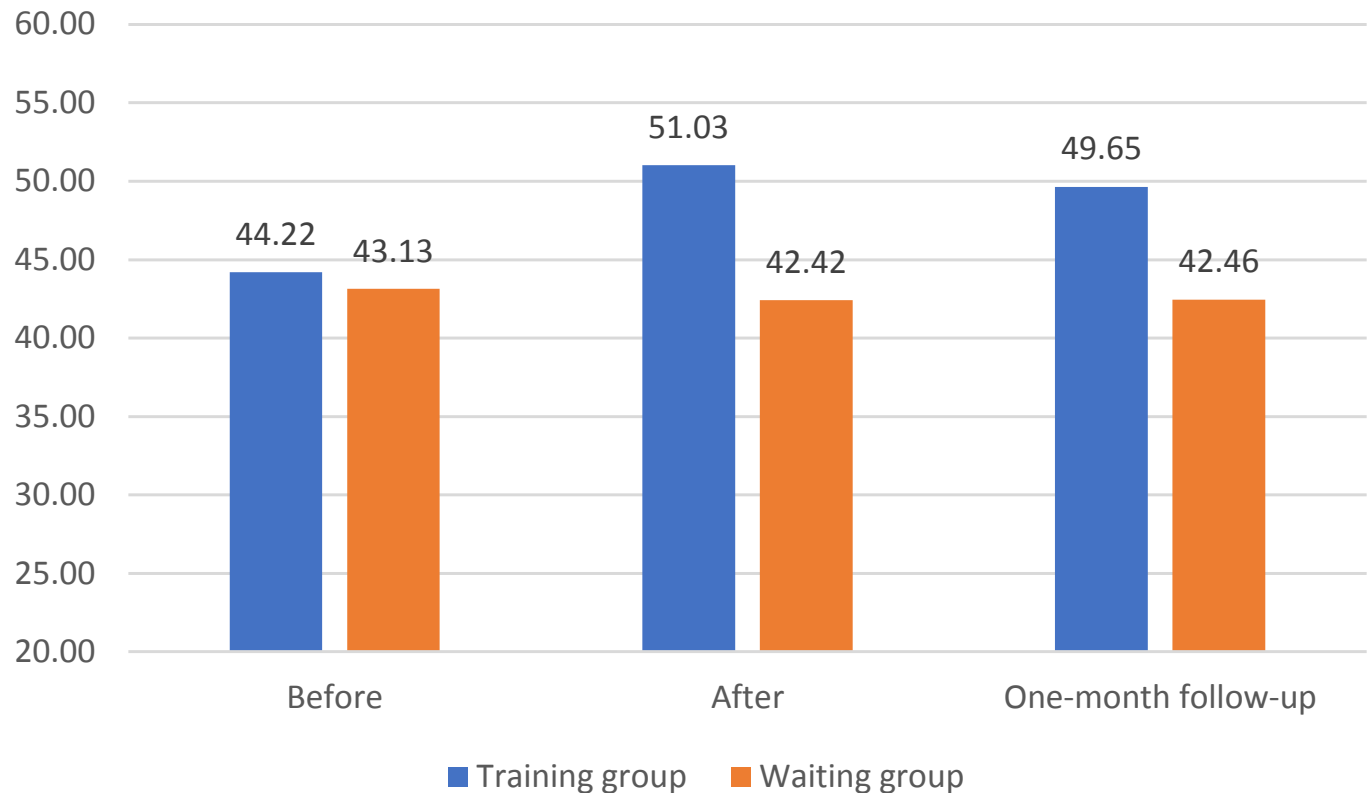
Self-compassion / Care for self (inner tone)



- Increase in care towards oneself (inner tone) following the 8-wk course
- Links to activation of the care-giving / soothing system

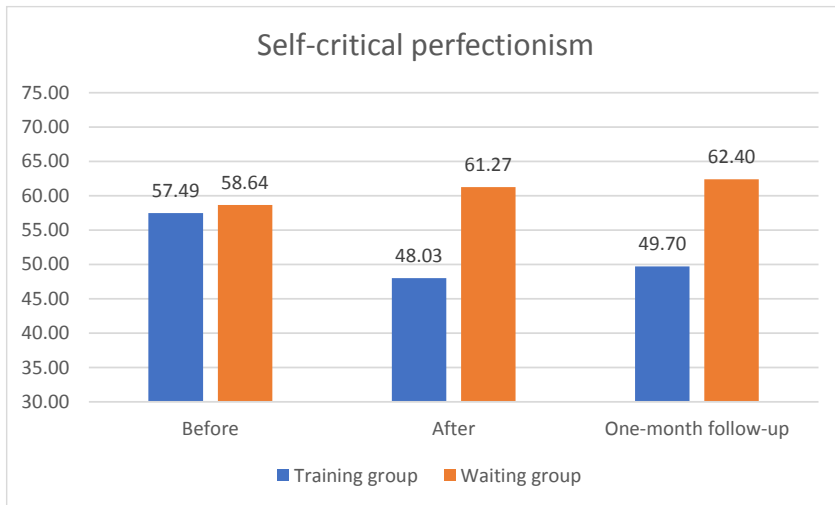
Mindfulness

Higher
mindfulness ↑
↓
Lower
mindfulness

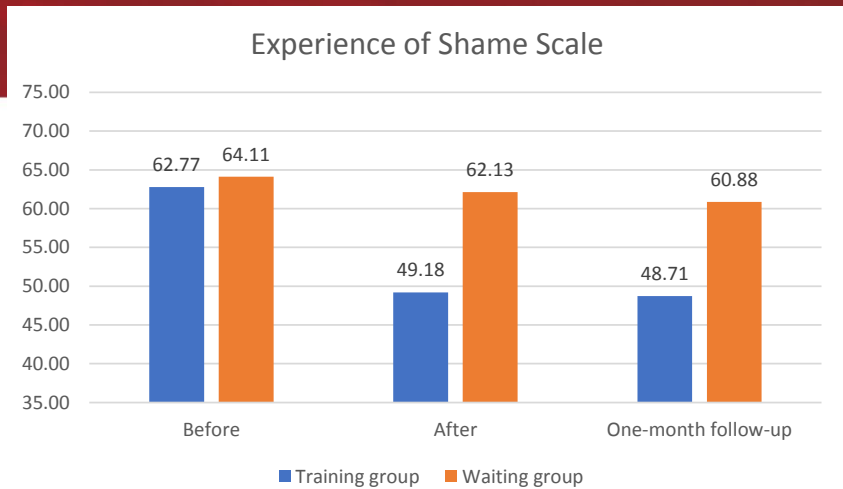


- Increased awareness of own thoughts and feelings
- Less judgmental, less reactive attitude towards own thoughts and feelings following the 8-wk course

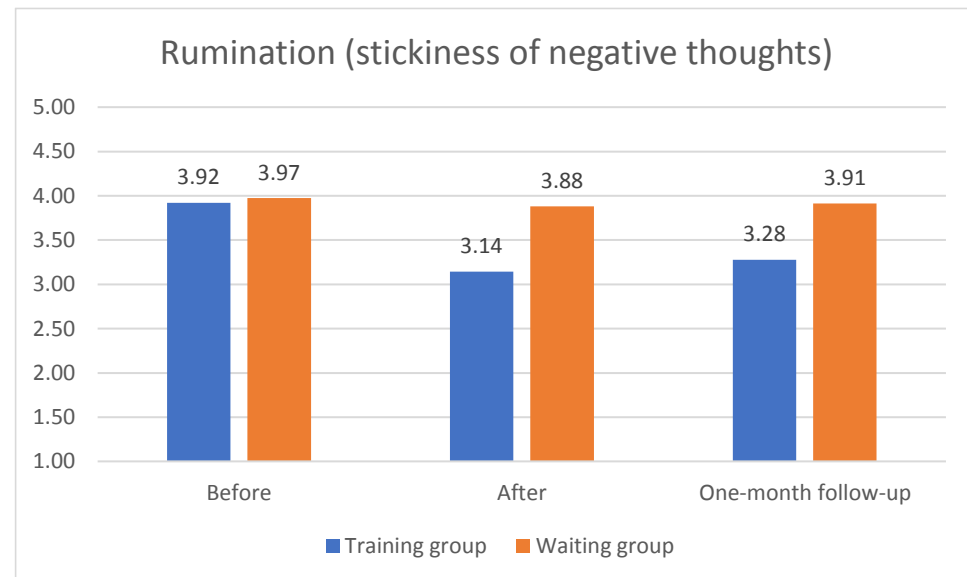
Other active ingredients



- Decrease in self-critical perfectionistic tendencies



- Decrease in experiences of shame following the 8-wk course



- Better ability to disengage from negative thoughts and thinking patterns

Summary of results

- Improved mental health and well-being following the course (lower level of psychological distress, anxious and depressive mood)
- Increase in care towards oneself (inner tone)
- Decrease in self-judgment, self-criticism and shame
- Improved ability to disengage from negative thinking patterns



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