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This research article is the third (3rd) of a series of three research articles that document the initial development and evaluation of Guided Respiration Mindfulness Therapy (GRMT).

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For more information on GRMT visit: <https://www.lloydlalande.com/>

An Uncontrolled Clinical Trial of Guided Respiration Mindfulness Therapy (GRMT) in the Treatment of Depression and Anxiety

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Abstract. Guided Respiration Mindfulness Therapy (GRMT) is a manualised intervention that synthesises a sustained focus on self-regulation of respiration, mindfulness, and relaxation. In our previous publication (IN Lalande et al. *J Contemporary Psychotherapy* 46(2): 107-116, 2016) we reported an evaluation of a manual-based GRMT therapist training program for the treatment of anxiety and depression. Here we report the outcomes of the manualised treatment program for depression and anxiety with clients. Forty-two participants with a primary diagnosis of depression or anxiety disorder participated in an uncontrolled clinical trial evaluating treatment response using standardised assessment and outcome measures with data collected on a session-by-session basis for between 3 and 9 sessions. For the majority of participants, treatment led to statistically and clinically significant reduction in symptoms of depression, anxiety and stress, along with reduced anxiety sensitivity and increases in overall wellbeing. Results suggested GRMT shows promise as an effective brief treatment option that does not rely on cognitive or behavioural techniques.

Keywords: Anxiety, Depression, GRMT, Guided Respiration Mindfulness Therapy, Mindfulness, Psychotherapy, Respiration