



Landelijk
Mindfulness Symposium
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Talk title: “Mindful inclusion”

Maria van den Muijsenbergh

This lecture will address the following issues:

- Existing socioeconomic and ethnic health disparities and the role of chronic stress as one of the main contributing factors to bad health
- Prevalence of (health) illiteracy and other barriers for low SES and migrants to participate fully in interventions
- Interventions (like mindfulness) are only effective in low SES and migrant groups if tailored to their needs which requires them to be involved in development and implementation
- Inclusive research and practice: how to meaningfully engage these groups in research (e.g. developing / adapting evidence based interventions) and practice: an example from practice

Prof. dr. Maria van den Muijsenbergh (1956) is general practitioner and researcher at the department of Primary and Community care at Radboud University Medical Centre and at Pharos, the Dutch centre of expertise on health disparities. Her chair on “health disparities and person centered integrated primary care” focusses on the possible contribution of primary care in reducing existing socio-economic and ethnic health disparities, and how healthcare best can be tailored to the needs of patients with limited health literacy or migration background. A personcentred integrated approach is needed, which takes into account the context, needs and skills of the individual patient and pays attention to chronic stress as one of the main contributing factors to bad health. She is involved in participatory research projects with low literate and migrant patients o.a. with chronic (financial) stress in primary care in which methods and interventions are co-created with and tailored to the needs of the participants.

