

Headspace & UK Ministry of Justice

THOSE WHO USED HEADSPACE SAW

Improved self-assessed job performance

Reduced perceptions of job demands

26%
reduction in stress

14%
improvement in mental well-being

80%
were "extremely/quite likely" to continue using Headspace

86%
were "extremely/quite likely" to recommend Headspace to colleagues

Employees are given tools to reduce stress, manage workload, and show up as their best selves.

BACKGROUND

Her Majesty's Courts & Tribunals Service (HMCTS) is a segment of The UK Ministry of Justice with 16,000+ employees. HMCTS already offered mental health services like an EAP and Mental Health Allies Network, but was looking to add an effective, engaging tool to support everyday well-being. HMCTS chose Headspace for its popularity, ease of use, and range of exercises.

PARTNER GOALS

HMCTS wanted to assess Headspace's effectiveness in improving psychological well-being and self-assessed workplace demands and performance.

HEADSPACE APPROACH

Headspace worked with researchers at HMCTS to design a randomized control trial of 724 employee volunteers.

Participants completed scientifically-validated survey on stress, mental well-being, job demands, and job performance. They were then randomly assigned to six weeks of mindfulness training with Headspace, or to a waitlist control condition. After six weeks, groups took the same survey again to compare changes.

CONCLUSIONS

Participants that used Headspace reported significantly less stress, improved mental well-being, and a better view of their job performance and job demands after the six-week intervention. There was no improvement for participants in the control group.

HMCTS EMPLOYEE
"I'm often near to tears due to anxiety, and I couldn't bring myself back until I learned to meditate. I didn't realize how much I tense up, and I've learned to meditate before I go out, to alleviate it."

DIETHMANN, A., MALIK, H., & PURVER, M. (2020). HMCTS HEADSPACE EVALUATION. HM COURTS & TRIBUNALS SERVICE REPORT.
DIETHMANN, A., ALFORD, D., CERROSS, A., PURVER, A., MALIK H., & GRAY C. (2020). A RANDOMIZED CONTROLLED TRIAL OF THE HEADSPACE MEDITATION APP. BRITISH PSYCHOLOGICAL SOCIETY DIVISION OF OCCUPATIONAL PSYCHOLOGY ANNUAL CONFERENCE, STRATFORD-UPON-AVON, JAN. 2020. UK: BRITISH PSYCHOLOGICAL SOCIETY.



Ministry of Justice



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