

MBCT and MBSR Exclusion criteria side-by-side comparison

MBCT	MBSR
PTSD ²	PTSD ³
Psychosis/Mania ^{1,2}	Psychosis ³
Suicidality/Self Harm ^{1,2}	Suicidality ³
Substance Abuse ^{1,2}	Substance Abuse ³
Social Anxiety ²	Social Anxiety ³
current depression ^{1,2}	Depression or other major psychiatric diagnosis ³
current stress/recent loss ¹	recent loss ³
early trauma, dissociation ²	
Insulin-dependent Diabetes ¹	

¹OMC. MBCT Exclusion Criteria Explained; ²Bangor Assessment + Orientation; ³MBSR Curriculum Guide 2017