

MBCT and MBSR Exclusion criteria side-by-side comparison

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

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