

# Mindfulness for Mental Well-being

## Research Prompt

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"What is the role of mindfulness practices in improving mental health?"

## Contents

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  - [Mindfulness for PTSD](#)
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# Search Results

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## Understanding Mindfulness Practices

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Search terms:

- *Benefits of mindfulness*
- *Definition of mindfulness*
- *Types of mindfulness practices*

### Benefits of mindfulness

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Relevant Excerpt	Citation Source
... Research that examined the impact of a six-week deep breathing practice daily for a short duration suggests that deep breathing techniques can improve cognitive processes. <b>What are the benefits of mindfulness?</b> As previously explored, mindfulness practice can help build resilience, but mindfulness practice has other benefits....	<a href="#">The Relationship Between Mindfulness and Resilience (psychcentral.com)</a>
... Observation - Recognizing unpleasant sensations, thoughts, and feelings as temporary and fleeting, observing them objectively without reaction or judgment. <b>What Are the Benefits of Mindfulness?</b> Mindfulness has been studied for many years....	<a href="#">How to Reduce Stress Through Mindfulness   Rehabilitation ... (washington.edu)</a>
... "Meditation can also increase physical experiences, such as increase relaxation, fortify healing, recovery and a stronger immune response, as well as decrease pain, anxiety, stress, depression and blood pressure," adds Serani. <b>Practicing mindfulness meditation may help you reap the following health benefits.</b> Enhance your sleep According to the National Sleep Foundation, adults 18-64 years old need about 7-9 hours of sleep a night....	<a href="#">10 Reasons Why You Need Mindfulness Meditation Daily   Psych ... (psychcentral.com)</a>
... Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you. <b>What are the benefits of meditation?</b> Meditation has been studied in many clinical trials....	<a href="#">Mindfulness exercises - Mayo Clinic (mayoclinic.org)</a>
... According to the American Psychological Association, training oneself to be more attentive and aware can enable an individual to have more control over their thinking, disengage with emotional reactions and more effectively self-regulate. <b>Other benefits of mindfulness include: Decreased stress Reduced rumination Enhanced memory More cognitive flexibility Better immune functioning Increased information processing speed Stronger morality Improved calmness and clarity</b> "The mindfulness	<a href="#">Addiction and Recovery: How Mindfulness May Help   MSW@USC (usc.edu)</a>

Relevant Excerpt	Citation Source
approach is good for all of us to practice," Nair said. He pointed out that although Western scientists have only recently begun using this approach to treat ailments like addiction, Far Eastern and Native American cultures have been practicing mindfulness for thousands of years....	

## Definition of mindfulness

Relevant Excerpt	Citation Source
... Find out how to do mindfulness exercises and how they might benefit you. <b>What is mindfulness?</b> Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment....	<a href="#">Mindfulness exercises - Mayo Clinic (mayoclinic.org)</a>
<b>Here's the Mindful definition of Mindfulness....</b>	<a href="#">What is Mindfulness? - Mindful (mindful.org)</a>
... Mindful reflection allows one to reflect without judgment but with curiosity and openness to our experiences, thoughts, feelings, and actions. <b>What is Mindfulness?</b> Mindfulness originated in Eastern thought and philosophy espousing the idea of being fully present and in the moment to one's experience with acceptance and without judgment....	<a href="#">Starting 2020 with Mindful Self-reflection Practices - Therapy Changes (therapychanges.com)</a>
Learn how you can build mindfulness into your everyday life. <b>What Is Mindfulness?</b> Mindfulness is a state of intentional, nonjudgmental focus on the present moment....	<a href="#">How to Reduce Stress Through Mindfulness   Rehabilitation ... (washington.edu)</a>
... STUDENTS Mindfulness practice is empirically linked to beneficial effects on adults and increasingly on children and adolescents. <b>A common definition of mindfulness is self-regulation of attention in a curious, open, and accepting way.</b> Mindfulness practice has been shown to result in lowered anxiety and depression, and improved coping with pain....	<a href="#">THE EFFECTS OF MINDFULNESS AND SELF- COMPASSION ON THE WELL-BEING OF UPPER SECONDARY EDUCATION STUDENTS (semanticscholar.org)</a>

## Types of mindfulness practices

Relevant Excerpt	Citation Source
... In this way you may get even more out of the PTSD treatment. <b>There are several types of therapy that use mindfulness practices.</b> These therapies have been used to treat problems that often affect people with PTSD, such as anxiety, depression, and substance use....	<a href="#">Mindfulness Practice in the Treatment of Traumatic Stress - PTSD ... (va.gov)</a>

Relevant Excerpt	Citation Source
<p>... Meditation also has been shown to: Improve attention Decrease job burnout Improve sleep Improve diabetes control What are some examples of mindfulness exercises? <b>There are many simple ways to practice mindfulness.</b> Some examples include: Pay attention....</p>	<p><a href="#">Mindfulness exercises - Mayo Clinic (mayoclinic.org)</a></p>
<p>... Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it. <b>The Types of Mindfulness Practice While mindfulness is innate, it can be cultivated through proven techniques.</b> Here are some examples: Seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep); Short pauses we insert into everyday life; Merging meditation practice with other activities, such as yoga or sports....</p>	<p><a href="#">What is Mindfulness? - Mindful (mindful.org)</a></p>
<p>... Interestingly, you will also notice that you will consume less when you start eating mindfully. <b>There are many practices that include mindfulness trainings, such as tai chi, yoga, and zen.</b> There are many styles for each of these activities, so it is worthwhile to experiment with different practices until you find one that suits you....</p>	<p><a href="#">Can Mindfulness Really Help Reduce Anxiety? (anxiety.org)</a></p>
<p>... Because it slowly and steadily relaxes the body, some people use this form of meditation to help them sleep. <b>Mindfulness meditation</b> Mindfulness is a form of meditation that urges practitioners to remain aware and present in the moment....</p>	<p><a href="#">Eight types of meditation: What type is best for you? (medicalnewstoday.com)</a></p>

# Mindfulness and Mental Health

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- [Reducing Stress and Anxiety](#)
- [Improving Emotional Well-being](#)
- [Enhancing Self-awareness](#)
- [Promoting Resilience](#)

## Reducing Stress and Anxiety

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Search terms:

- *Effects of mindfulness on anxiety*
- *Mindfulness and stress reduction*

## Effects of mindfulness on anxiety

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Relevant Excerpt	Citation Source
... so you don't feel overwhelmed. <b>Is mindfulness effective for anxiety?</b> ...	<a href="#">Is Mindfulness Effective for Managing Anxiety Disorders? (psychcentral.com)</a>
... <b>Mindfulness can help you cope with symptoms of anxiety.</b> A 2019 review focused on mindfulness-based stress reduction (MBSR), an 8-week mindfulness program, and women diagnosed with breast cancer to support these findings....	<a href="#">Is Mindfulness Effective for Managing Anxiety Disorders? (psychcentral.com)</a>
<b>This thesis addresses the prophylactic effects of mindfulness practice and the implications for the treatment of anxiety.</b> The first paper considers the role of attention as a predominant mechanism of mindfulness....	<a href="#">Prophylactic effects of mindfulness: the role of mindfulness in the treatment of anxiety (semanticscholar.org)</a>
... In such cases, mindfulness can be an important tool for helping us to better focus on the present moment. <b>Research has shown that mindfulness helps us reduce anxiety and depression.</b> Mindfulness teaches us how to respond to stress with awareness of what is happening in the present moment, rather than simply acting instinctively, unaware of what emotions or motives may be driving that decision....	<a href="#">Can Mindfulness Really Help Reduce Anxiety? (anxiety.org)</a>
... 60 participants engaged in 10 minutes of focused mindfulness, open mindfulness or relaxation prior to a 20-minute inhalation of 7.5% CO2 or air. <b>Consistent with the evidence-base, this study found that mindfulness reduced self-</b>	<a href="#">Prophylactic effects of mindfulness: the role of mindfulness in the</a>

Relevant Excerpt	Citation Source
reported state anxiety and negative affect significantly more so than a period of relaxation. In the context of non-significant reductions in autonomic measures of arousal, these findings support that mindfulness exerts its benefits through specific rather than non-specific effects....	<a href="#">treatment of anxiety (semanticscholar.org)</a>

## Mindfulness and stress reduction

Relevant Excerpt	Citation Source
... Dit artikel introduceert MBSR in het psychomotorisch werkveld. Mindfulness-based stress reduction	<a href="#">Mindfulness-Based Stress Reduction (semanticscholar.org)</a>
Mindfulness-based stress reduction offers an effective way of reducing stress by combining mindfulness meditation and yoga in an 8-week training program. The purpose of this study was to look at studies from January 2009 to January 2014 and examine whether mindfulness-based stress reduction is a potentially viable method for managing stress....	<a href="#">Mindfulness-based stress reduction as a stress management ... (nih.gov)</a>
... Riall et al7 demonstrated that implementation of a formalized well-being program during surgical resident training has intangible benefits, creating a sense of community and culture that encourages self-care. Mindfulness meditation provides an alternative approach to the way one perceives and relates to stress. Organized meditation programs have been successfully applied to high-performing groups such as professional athletes, military personnel, and Google executives....	<a href="#">Mindfulness-Based Training Improves Technical Skills and Emotional Regulation for Surgical Residents. (semanticscholar.org)</a>
... Is mindfulness helpful for everyone? Studies show that mindfulness can help with stress, anxiety and depression. More research is needed to show whether it helps with other mental health conditions....	<a href="#">Mindfulness - NHS (www.nhs.uk)</a>
... Chiesa, A., & Serretti, A. (2009). Mindfulness-based stress reduction for stress management in health people: a review and meta-analysis. The Journal of Alternative and Complementary Medicine, 15(5), 593-600....	<a href="#">Effects of Mindfulness Meditation on College Student Anxiety: a ... (springer.com)</a>

# Improving Emotional Well-being

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Search terms:

- *Effects of mindfulness on mood*
- *Mindfulness and emotional regulation*

## Effects of mindfulness on mood

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Relevant Excerpt	Citation Source
... How Can Mindfulness Help Reduce Trauma Reactions? Mindfulness might increase your ability to cope with difficult emotions, such as anxiety and depression. Practicing mindfulness can help you to be more focused and aware of the present moment while also being more willing to experience the difficult emotions that sometimes come up after trauma....	<a href="#">Mindfulness Practice in the Treatment of Traumatic Stress - PTSD ... (va.gov)</a>

## Mindfulness and emotional regulation

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Relevant Excerpt	Citation Source
... A certain amount of adversity not only fuels the need for self-efficacy, crucial to mindfulness and resilience, but may be essential to developing many of the adaptive capacities, such as self-knowledge. Mindfulness is connected to self-control and emotion regulation, as self-management of attention, arousal, emotions and actions (and what one practices during virtually all forms of meditation). These qualities are also vital to effective adaptation and resilience (Linder & Mancini, 2021)....	<a href="#">4 Ways Mindfulness Traits and Practices Build Resilience ... (psychologytoday.com)</a>
... Correlational and regression analyses revealed that, irrespective of gender, four facets of mindfulness, namely describe, acting with awareness, non-judging, and non-reactivity are inversely associated with difficulties with emotional regulation, and three of these facets (i.e. acting with awareness, non-judging, and non-reactivity) contribute independently to emotional regulation difficulties. The findings suggest that a specific focus on only three facets of mindfulness, namely acting with awareness, non-judging, and non-reactivity in mindfulness-based interventions may foster adaptive emotional regulation.	<a href="#">The relationship between mindfulness and emotional regulation in emerging adulthood (semanticscholar.org)</a>
... Liana Santos Alves Peixoto <sup>1,2</sup> <a href="https://orcid.org/0000-0002-6650-2009">https://orcid.org/0000-0002-6650-2009</a> Sônia Maria Guedes Gondim <sup>1</sup> <a href="https://orcid.org/0000-0003-3482-166X">https://orcid.org/0000-0003-3482-166X</a> Objective: This	<a href="#">Mindfulness and emotional regulation: A</a>

Relevant Excerpt	Citation Source
<p>systematic literature review study sought to analyze the relationship between mindfulness and emotional regulation. Method: Several national and international databases were consulted and 60 articles published in the period from 2009 to 2019 were selected for analysis....</p>	<p><a href="#">systematic literature review*</a> (<a href="https://www.semanticscholar.org">semanticscholar.org</a>)</p>
<p>... Mindfulness is used to refer to a dispositional quality that varies among individuals, brief practices that may elicit this quality or way of responding, as well as treatment programs or lifelong practices that promote this dispositional quality. One proposed pathway for the documented psychological effects of mindfulness has been through its facilitation of adaptive emotion regulation (ER)...</p>	<p><a href="#">Mindfulness and emotion regulation - ScienceDirect</a> (<a href="https://www.sciencedirect.com">sciencedirect.com</a>)</p>
<p>An availability sample of 214 (135 female and 79 male) emerging adult students completed the Five Facets of Mindfulness Questionnaire (FFMQ; Baer et al., 2006) and the Difficulties with Emotion Regulation Scale (DERS; Gratz &amp; Roemer, 2004). Correlational and regression analyses revealed that, irrespective of gender, four facets of mindfulness, namely describe, acting with awareness, non-judging, and non-reactivity are inversely associated with difficulties with emotional regulation, and three of these facets (i.e. acting with awareness, non-judging, and non-reactivity) contribute independently to emotional regulation difficulties....</p>	<p><a href="#">The relationship between mindfulness and emotional regulation in emerging adulthood</a> (<a href="https://www.semanticscholar.org">semanticscholar.org</a>)</p>



# Enhancing Self-awareness

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Search terms:

- *Benefits of mindfulness for self-awareness*
- *Mindfulness and self-reflection*

## Benefits of mindfulness for self-awareness

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Relevant Excerpt	Citation Source
<p>... This new interpretation could alleviate some of your worry and negative feelings. The practice of mindfulness has been shown to benefit the following areas: Body awareness: Body awareness is the ability to notice subtle sensations in the body and self-report findings indicate that mindfulness leads to greater perceptions of body awareness. Being aware of your internal emotional state is necessary to being able to better regulate those emotions....</p>	<p><a href="https://anxiety.org/">Can Mindfulness Really Help Reduce Anxiety? (anxiety.org)</a></p>
<p>... - Kahlil Gibran - The Benefits of Mindful Self-Reflection We do not need to reach the deepest practice of self-enquiry in order to experience the benefits of mindful self-reflection. As mentioned, mindful self-reflection has a range of benefits. For instance, it can: Facilitate healing from trauma Improve academic performance in students Broaden thinking into large contexts Enhance communication skills Improve our relationships Enhance self-awareness Promote curiosity and exploration Reduce errors caused by bias Relate new information to prior knowledge...</p>	<p><a href="https://mindfulness-exercises.com/">20 Mindful Questions to Ask Yourself - Mindfulness Exercises (mindfulness-exercises.com)</a></p>
<p>... Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life....</p>	<p><a href="https://www.nhs.uk/">Mindfulness - NHS (www.nhs.uk)</a></p>
<p>... Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment. How mindfulness helps mental wellbeing Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted....</p>	<p><a href="https://www.nhs.uk/">Mindfulness - NHS (www.nhs.uk)</a></p>

# Mindfulness and self-reflection

Relevant Excerpt	Citation Source
... Also referred to as introspection, it asks us to examine our thoughts, our feelings, our assumptions, and our judgments, a process which helps us to grow. <b>Mindful self-reflection puts an extra emphasis on non-judgmental, moment to moment awareness.</b> When we mindfully self-reflect, we tend to our feelings, thoughts, experiences, and behaviour with greater curiosity, patience, and compassion than we might otherwise....	<a href="https://mindfulnessexercises.com/20-Mindful-Questions-to-Ask-Yourself-Mindfulness-Exercises">20 Mindful Questions to Ask Yourself - Mindfulness Exercises (mindfulnessexercises.com)</a>
... Hello 2020! Self-reflection We define self-reflection as a "meditation or serious thought about one's character, actions, and motives" or "careful thoughts about one's own behavior and beliefs." <b>Adding a self-reflective component to a mindfulness practice can enhance the experience of assessing our thoughts, behaviors, motives, and the resulting consequences in our lives.</b> Learning from the Past Essential components to growing and learning include the ability to learn from our past....	<a href="https://therapychanges.com/starting-2020-with-mindful-self-reflection-practices-therapy-changes">Starting 2020 with Mindful Self-reflection Practices - Therapy Changes (therapychanges.com)</a>
... In fact, there is really no limit as to what the benefits of self-reflection might be. <b>Put simply, self-reflection (especially when mindfulness is at the forefront) shifts the way we view ourselves, others, and the world around us.</b> When our mindset expands, so do our feelings and behaviors....	<a href="https://mindfulnessexercises.com/20-Mindful-Questions-to-Ask-Yourself-Mindfulness-Exercises">20 Mindful Questions to Ask Yourself - Mindfulness Exercises (mindfulnessexercises.com)</a>
... <b>Mindfulness also makes us better able to reflect-in-action because we are more aware of ourselves and our environment.</b> It can help us to stop and reflect in the course of planning or taking action based on our plans (or actions taken spontaneously or reactively)....	<a href="https://growmindfulness.com/mindfulness-action-learning-and-reflection-grow-mindfulness">Mindfulness, Action Learning and Reflection – Grow Mindfulness (growmindfulness.com)</a>
... You could use a mindfulness colouring book or download mindfulness colouring images. <b>Mindful meditation.</b> This involves sitting quietly to focus on your breathing, thoughts, sensations in your body or things you can sense around you....	<a href="https://mind.org.uk/mindfulness-exercises-and-tips-mind">Mindfulness exercises and tips - Mind (mind.org.uk)</a>

# Promoting Resilience

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Search terms:

- *Building resilience through mindfulness*
- *Mindfulness and resilience*

## Building resilience through mindfulness

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Relevant Excerpt	Citation Source
Helping you build resilience is one of the key benefits to developing a day-to-day mindfulness practice. When dealing with stress or anxiety, it can be hard to cope....	<a href="#">The Relationship Between Mindfulness and Resilience (psychcentral.com)</a>
... Hardship is a statistical certainty. Why not improve your readiness and capacity for resilience with a daily mindfulness practice?...	<a href="#">4 Ways Mindfulness Traits and Practices Build Resilience ... (psychologytoday.com)</a>
... Why not improve your readiness and capacity for resilience with a daily mindfulness practice? Resilience is, yet, another skill you're building through your mindfulness practice.	<a href="#">4 Ways Mindfulness Traits and Practices Build Resilience ... (psychologytoday.com)</a>
... Mindfulness meditation is supported in research as a method of resiliency training. For example, a 2019 study that used a mindfulness meditation-based intervention compared the effects of a 4-day intensive meditation to a control group....	<a href="#">The Relationship Between Mindfulness and Resilience (psychcentral.com)</a>
... Fortunately, resilience is a norm for us humans; many impacted by significant trauma recover without treatment or developing PTSD. How mindfulness fosters resilience 1. Present-focus We cannot show or maintain resilience without present-focus....	<a href="#">4 Ways Mindfulness Traits and Practices Build Resilience ... (psychologytoday.com)</a>

## Mindfulness and resilience

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Relevant Excerpt	Citation Source
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... Resilience also is related to the characteristics that allow you to thrive after an adverse event. Mindfulness and resilience often go hand and hand. Research

[The Relationship Between Mindfulness](#)

Relevant Excerpt	Citation Source
from 2021, evaluated the impact mindfulness-based practice and physical activity have on the development of resilience....	<a href="#">and Resilience (psychcentral.com)</a>
... If you seek to become more self-aware and handle stress better, mindfulness practice may be something to consider. <b>How does mindfulness build resilience?</b> Mindfulness is about living in the present moment and being intentional....	<a href="#">The Relationship Between Mindfulness and Resilience (psychcentral.com)</a>
Resilience is a crucial skill because some amount of adversity in life is inevitable. <b>Mindfulness qualities of present-focus, flexibility, tolerating uncertainty, and self-knowledge foster resilience.</b> Source: Pixabay Life is hard in our fragile bodies and in this unpredictable world; we could all use more resilience....	<a href="#">4 Ways Mindfulness Traits and Practices Build Resilience ... (psychologytoday.com)</a>
... The answer is: building resilience. <b>Well-Being research shows that mindfulness practices can help us become more resilient.</b> The American Psychological Association defines resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress....	<a href="#">Thriving Together Series: How to Find Resilience through Mindfulness (gmu.edu)</a>
... Present-focus We cannot show or maintain resilience without present-focus. <b>The basis of mindfulness, present-focus with acceptance and nonjudgment, is invaluable and frequently evident in those with a penchant toward resilience.</b> For example, as Waldeck, Tyndall, and Chmiel (2015) highlighted, training people to relate more mindfully to their thoughts directly fostered resilience in response to ostracism....	<a href="#">4 Ways Mindfulness Traits and Practices Build Resilience ... (psychologytoday.com)</a>

# Mindfulness Practices and Mental Health Conditions

- [Mindfulness for Depression](#)
- [Mindfulness for Anxiety Disorders](#)
- [Mindfulness for PTSD](#)
- [Mindfulness for Substance Abuse](#)

## Mindfulness for Depression

Search terms:

- *Effects of mindfulness on depressive symptoms*
- *Mindfulness-based interventions for depression*

### Effects of mindfulness on depressive symptoms

Relevant Excerpt	Citation Source
... Many studies have shown that it can be effective for some people. Mindfulness appears to help with depression in two ways. First, it helps you develop the ability to stay grounded in the present, explains Dr. Sona Dimidjian of the University of Colorado Boulder....	<a href="#">Mindfulness for Your Health   NIH News in Health (nih.gov)</a>
If you're experiencing depression, mindfulness might help you feel better. Mindfulness is the practice of focusing on the present moment....	<a href="#">Mindfulness For Depression: Tips And Exercises   Psych Central (psychcentral.com)</a>
Mindfulness-based cognitive therapy (MBCT) is designed especially for depressive people in reducing risk of depression relapse and is recommended in national guidelines as a treatment choice for relapse prevention in recurrent depression. The aim of the current study was to investigate the effects of mindfulness training on depressive symptoms of international students and probe into the mediating role of mindfulness in stressful events and depression. In addition, we introduced a new kind of mindfulness training, the breathing exercise-based mindfulness training, which is based on the integration of Buddhism and Daoism....	<a href="#">The Mediating Effects of Coping Style on the Effects of Breath Count Mindfulness Training on Depressive Symptoms among International Students in China (semanticscholar.org)</a>
... Results: Forty-five studies resulted in 49 comparisons, including 3479 participants (23.0-2.7 years old); 1826 participants practiced mindfulness and 1653 served as controls. Overall, mindfulness interventions showed significant reduction in depression compared with controls (g = 0.44, 95% confidence interval:	<a href="#">Effects of Mindfulness Meditation Intervention on Depressive Symptoms</a>

Relevant Excerpt	Citation Source
<b>0.33-0.55).</b> Mindfulness interventions conducted in Asian countries had a greater decrease in depression ( $g = 0.69$ ) than studies conducted in North America ( $g = 0.44$ ) or Europe ( $g = 0.23$ )....	<a href="#">in Emerging Adults: A Systematic Review and Meta-Analysis. (semanticscholar.org)</a>
... Effect sizes were significantly associated with the length of intervention sessions but not related to methodological quality of studies. <b>Conclusion: The mindfulness-based interventions are efficacious for alleviating depressive symptoms in adults with mental disorders....</b>	<a href="#">Efficacy of mindfulness-based interventions on depressive ... (nih.gov)</a>

## Mindfulness-based interventions for depression

Relevant Excerpt	Citation Source
... "For many chronic illnesses, mindfulness meditation seems to improve quality of life and reduce mental health symptoms," says Dr. Zev Schuman-Olivier of Harvard University. <b>One of the first mindfulness-based therapies was used for depression.</b> Many studies have shown that it can be effective for some people....	<a href="#">Mindfulness for Your Health   NIH News in Health (nih.gov)</a>
... <b>Mindfulness interventions somewhat improved depression in emerging adults....</b>	<a href="#">Effects of Mindfulness Meditation Intervention on Depressive Symptoms in Emerging Adults: A Systematic Review and Meta-Analysis. (semanticscholar.org)</a>
... Health Benefits of Mindfulness Studies suggest that focusing on the present can have a positive impact on health and well-being. <b>Mindfulness-based treatments have been shown to reduce anxiety and depression.</b> There's also evidence that mindfulness can lower blood pressure and improve sleep....	<a href="#">Mindfulness for Your Health   NIH News in Health (nih.gov)</a>
... Awareness of this kind may also help us notice signs of stress or anxiety earlier and deal with them better. <b>Mindfulness-based therapies are recommended by the National Institute for Health and Care Excellence (NICE) as a way to treat less severe depression.</b> NICE also recommends that employers make mindfulness available to all employees, to support mental wellbeing at work....	<a href="#">Mindfulness - NHS (www.nhs.uk)</a>
... In some trials, the primary goal is to determine whether mindfulness is the so-called active ingredient of the intervention. <b>Mindfulness and other behavioral interventions</b>	<a href="#">Mindfulness Interventions for Cancer Survivors: Moving Beyond Wait-List Control Groups. (semanticscholar.org)</a>

# Mindfulness for Anxiety Disorders

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Search terms:

- *Effects of mindfulness on anxiety disorders*
- *Mindfulness-based interventions for anxiety disorders*

## Effects of mindfulness on anxiety disorders

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Relevant Excerpt	Citation Source
<p>... Cognitive behavioral therapy was better for treating social anxiety disorder. However, mindfulness-based treatment had strong outcomes for treating generalized anxiety disorder, panic disorder and anxieties related to other health ailments. Mindfulness-based therapy is revealed to be flexible enough to practice in clinical and non-clinical venues with diverse groups....</p>	<p><a href="#">Understanding the Effects of Mindfulness on Anxiety (semanticscholar.org)</a></p>
<p>... In addition, other interventions such as acceptance and commitment therapy (ACT) (Hayes et al., 2013) and dialectical behavior therapy (DBT) (Linehan &amp; Wilks, 2015), which incorporate mindfulness techniques, have been developed. Meta-analyses of mindfulness-based programs reveal consistent and moderate to strong effect sizes for decreasing symptoms of anxiety, depression, stress, and pain (Goyal et al., 2014; Khoury et al., 2015), and improving the quality of sleep (Rusch et al., 2019) in both clinical and nonclinical samples. In addition, evidence demonstrates that mindfulness decreases burnout in health professionals (Kriakous et al., 2020) and may improve cognitive performance (Gill et al., 2020)....</p>	<p><a href="#">Mindfulness and Health: The Nursing Science Bridge (semanticscholar.org)</a></p>
<p>... The findings appear in JAMA Psychiatry on November 9, 2022, and follow the October 11, 2022, announcement by the United States Preventive Services Task Force that, for the first time, recommended screening for anxiety disorders due to their high prevalence. "Our study provides evidence for clinicians, insurers and health care systems to recommend, include and provide reimbursement for mindfulness-based stress reduction as an effective treatment for anxiety disorders because mindfulness meditation currently is reimbursed by very few providers," says Elizabeth Hoge, MD, director of the Anxiety Disorders Research Program and associate professor of psychiatry at Georgetown and the study's first author. "A big advantage of mindfulness meditation is that it doesn't require a clinical degree to train someone to become a mindfulness facilitator....</p>	<p><a href="#">Mindfulness-Based Stress Reduction is as Effective as an ... (georgetown.edu)</a></p>
<p>... Our meta-analysis was based on 39 studies totaling 1,140 participants receiving mindfulness-based therapy for a range of conditions, including cancer, generalized anxiety disorder, depression, and other psychiatric or medical conditions. Results: Effect size estimates suggest that mindfulness-based therapy was moderately effective for improving anxiety (Hedges's <math>g = 0.63</math>) and mood symptoms (Hedges's <math>g = 0.59</math>) from pre- to posttreatment in the overall sample. In patients with anxiety</p>	<p><a href="#">The effect of mindfulness-based therapy on anxiety and depression ... (nih.gov)</a></p>

Relevant Excerpt	Citation Source
and mood disorders, this intervention was associated with effect sizes (Hedges's g) of 0.97 and 0.95 for improving anxiety and mood symptoms, respectively...	
... Mindfulness-based cognitive therapy (MBCT) is a therapeutic intervention that combines elements of MBSR and cognitive behavioral therapy (CBT) to treat people with depression. Researchers reviewed more than 200 studies of mindfulness among healthy people and found mindfulness-based therapy was especially effective for reducing stress, anxiety and depression. Mindfulness can also help treat people with specific problems including depression, pain, smoking and addiction....	<a href="#">Mindfulness meditation: A research-proven way to reduce stress (apa.org)</a>

## Mindfulness-based interventions for anxiety disorders

Relevant Excerpt	Citation Source
Mindfulnessbased interventions have shown success in reducing anxiety symptoms in adults. This study focused on the effects of an 8-session mindfulness group on the moderate to severe anxiety levels of middle and high school students....	<a href="#">The Effectiveness of Mindfulness Techniques for Decreasing Anxiety Symptoms in Adolescents (semanticscholar.org)</a>
... The small sample size within studies and various constructs of mindfulness are an indication of study limitations. Keywords: mindfulness, mindfulness-based therapies, anxiety	<a href="#">Understanding the Effects of Mindfulness on Anxiety (semanticscholar.org)</a>
... Drugs that are currently prescribed for the disorders can be very effective, but many patients either have difficulty getting them, do not respond to them, or find the side effects (e.g., nausea, sexual dysfunction and drowsiness) a barrier to consistent treatment. Standardized mindfulness-based interventions, such as mindfulness-based stress reduction (MBSR), can decrease anxiety, but prior to this study, the interventions had not been studied in comparison to effective anti-anxiety drugs. Of note, approximately 15% of the U.S. population tried some form of meditation in 2017....	<a href="#">Mindfulness-Based Stress Reduction is as Effective as an ... (georgetown.edu)</a>
... Miller J, Fletcher K, Kabat-Zinn J. Significant results and clinical implications of a mindfulness based stress reduction intervention in the treatment of anxiety disorders....	<a href="#">Traditional Chinese Medicine (semanticscholar.org)</a>
... These effect sizes were robust, were unrelated to publication year or number of treatment sessions, and were maintained over follow-up. Conclusions: These results suggest that mindfulness-based therapy is a promising intervention for treating anxiety and mood problems in clinical populations.	<a href="#">The effect of mindfulness-based therapy on anxiety and depression ... (nih.gov)</a>



# Mindfulness for PTSD

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Search terms:

- *Effects of mindfulness on post-traumatic stress disorder*
- *Mindfulness-based interventions for PTSD*

## Effects of mindfulness on post-traumatic stress disorder

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Relevant Excerpt	Citation Source
<p>... The combined sample included 113 veterans enrolled in MBSR who screened positive for PTSD and completed measures of mindfulness and PTSD symptoms before and after the 8-week intervention. <b>RESULTS Increases in mindfulness were significantly associated with reduced PTSD symptoms.</b> Increases in Acting With Awareness and Non-Reactivity were the facets of mindfulness most strongly and consistently associated with reduced PTSD symptoms....</p>	<p><a href="#">Changes in Mindfulness and Posttraumatic Stress Disorder Symptoms Among Veterans Enrolled in Mindfulness-Based Stress Reduction. (semanticscholar.org)</a></p>
<p>... Mindfulness involves paying attention to the feelings and sensations of these experiences. <b>While researchers have not yet studied the effects of mindfulness practice in helping trauma survivors diagnosed with PTSD, research has shown mindfulness to be helpful with other anxiety problems.</b> It has also been shown to help with symptoms of PTSD, such as avoidance and hyperarousal....</p>	<p><a href="#">Mindfulness Practice in the Treatment of Traumatic Stress - PTSD ... (va.gov)</a></p>
<p>... "Trauma-informed mindfulness might involve choosing a different place to focus attention, say, on the sensations of the feet on the ground, or sound. <b>" How typical mindfulness can cause harm A large and growing body of evidence - as reviewed in 2018 - shows that mindfulness practices can be beneficial for those with post-traumatic stress.</b> Yet recent studies have shown that mindfulness practices can sometimes cause distress and even exacerbate symptoms of anxiety in some individuals....</p>	<p><a href="#">Trauma-Informed Mindfulness: Benefits, Risks, and Getting Started (psychcentral.com)</a></p>
<p>Mindfulness-based approaches have been suggested as possible methods to treat moral injury in military personnel. <b>However, empirical research has yet to evaluate if mindfulness acts as a protective factor for the possible negative effects of moral injury, such as alcohol use, drug use, or posttraumatic stress disorder (PTSD) symptoms.</b> In this study, we investigated if five facets of mindfulness (i.e., observing, nonjudging, nonreactivity, awareness, and describing) moderated associations between moral injury and the outcomes of PTSD symptoms, alcohol misuse, and drug abuse symptoms in a sample of military personnel....</p>	<p><a href="#">Moral Injury, Substance Use, and Posttraumatic Stress Disorder Symptoms Among Military Personnel: An Examination of Trait Mindfulness as a Moderator. (semanticscholar.org)</a></p>

Relevant Excerpt	Citation Source
<p>... RESULTS Increases in mindfulness were significantly associated with reduced PTSD symptoms. <b>Increases in Acting With Awareness and Non-Reactivity were the facets of mindfulness most strongly and consistently associated with reduced PTSD symptoms.</b> Increases in mindfulness were most strongly related to decreases in Hyperarousal and Emotional Numbing....</p>	<p><a href="#">Changes in Mindfulness and Posttraumatic Stress Disorder Symptoms Among Veterans Enrolled in Mindfulness-Based Stress Reduction. (semanticscholar.org)</a></p>

## Mindfulness-based interventions for PTSD

Relevant Excerpt	Citation Source
<p><b>There is promising evidence that mindfulness-based interventions are effective in reducing the symptoms of posttraumatic stress disorder (PTSD).</b> However, until now, studies have often lacked a full clinical PTSD assessment, and interventions are often administered in addition to other interventions....</p>	<p><a href="#">Mindfulness-Based Stress Reduction (MBSR) as a Standalone Intervention for Posttraumatic Stress Disorder after Mixed Traumatic Events: A Mixed-Methods Feasibility Study (semanticscholar.org)</a></p>
<p>... The 12 studies that assessed mindfulness found that the interventions significantly increased mindfulness, Hedges' <math>g=0.52</math>. <b>Moderator analyses indicated that interventions with longer mindfulness training were more efficacious in reducing symptoms of PTSD.</b> Across studies, gender, age, veteran status, or length of time between the intervention and assessment of PTSD symptoms did not moderate the impact of mindfulness-based interventions....</p>	<p><a href="#">A meta-analytic investigation of the impact of mindfulness-based ... (nih.gov)</a></p>
<p>... However, until now, studies have often lacked a full clinical PTSD assessment, and interventions are often administered in addition to other interventions. <b>This study examined the feasibility of mindfulness-based stress reduction (MBSR) as a standalone intervention in patients with PTSD who have experienced mixed traumatic events.</b> Method: Fourteen patients participated in 8 weeks of MBSR....</p>	<p><a href="#">Mindfulness-Based Stress Reduction (MBSR) as a Standalone Intervention for Posttraumatic Stress Disorder after Mixed Traumatic Events: A Mixed-Methods Feasibility Study (semanticscholar.org)</a></p>
<p>... Trauma-informed mindfulness in clinical practice Aspects of mindfulness have made their way into many clinical and therapeutic settings. <b>According to a 2018 review, mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) can be effective adjunct or alternative treatments for individuals with PTSD - but only recently have they begun to adopt a trauma-</b></p>	<p><a href="#">Trauma-Informed Mindfulness: Benefits, Risks, and Getting</a></p>

Relevant Excerpt	Citation Source
<p><b>informed approach.</b> Although MBSR has evidence to show its effectiveness, the program itself is not explicitly trauma-informed, which can be potentially problematic for some individuals dealing with the lasting effects of trauma....</p>	<p><a href="#">Started (psychcentral.com)</a></p>
<p>... Hedges' g was -0.59 for comparison of mindfulness-based interventions to waitlist control conditions. <b>Changes in mindfulness may underpin the effect of mindfulness-based interventions on PTSD symptoms and thus the meta-analysis examined findings regarding increases in mindfulness.</b> The 12 studies that assessed mindfulness found that the interventions significantly increased mindfulness, Hedges' g=0.52....</p>	<p><a href="#">A meta-analytic investigation of the impact of mindfulness-based ... (nih.gov)</a></p>

# Mindfulness for Substance Abuse

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Search terms:

- *Effects of mindfulness on addiction recovery*
- *Mindfulness-based interventions for substance abuse*

## Effects of mindfulness on addiction recovery

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Relevant Excerpt	Citation Source
... Training in meditation is how awareness takes root, sprouts and blossoms - and this can be applied to addictive behaviors with effect. <b>How Can Mindfulness Help Addiction?</b> We all have desires, but what takes desire that extra step into addiction?...	<a href="#">Mindfulness and Addiction Recovery - Mindworks (New Guide)</a> ( <a href="#">mindworks.org</a> )
... This helped them regulate their reactions to the emotions and also be kinder to themselves in a healthy way when emotions were triggered. <b>Mounting evidence suggests that mindfulness can increase addiction recovery odds by strengthening basic positive cognitive processes.</b> Mindfulness-based interventions may be clinically beneficial for treating a variety of substance use disorders, including addictions to alcohol, nicotine, cocaine and prescription opioids....	<a href="#">Mindfulness and Addiction Recovery - Mindworks (New Guide)</a> ( <a href="#">mindworks.org</a> )
... MORE appears to be acceptable to participants and feasible to implement within a residential treatment setting. <b>Mindfulness training could assist marginalized persons in recovering from addiction.</b>	<a href="#">Mindfulness-Oriented Recovery Enhancement for Alcohol Dependence: Therapeutic Mechanisms and Intervention Acceptability</a> ( <a href="#">semanticscholar.org</a> )
... Conceptual framework and findings from a pilot-level research combined with an anecdotal evidence from clinical practice support the use of this innovative therapy for a broad spectrum of substance use disorders and mental health problems in general. <b>If effective, mindfulness meditation based interventions could help improve treatment outcomes in addictive disorders.</b> Mindfulness meditation, originally derived from Buddhist Vipassana meditation, is the cornerstone of the Mindfulness-Based Stress Reduction (MBSR) program developed by KabatZinn in 1979 to teach patients with chronic physical and mental health problems how to improve their lives....	<a href="#">Mindfulness-Based Therapies for Substance Use Disorders: Part 1</a> ( <a href="#">semanticscholar.org</a> )
Mindfulness is a centuries-old contemplative practice that can help you develop awareness, clarity and focus in your daily life. <b>Today, therapies based on</b>	<a href="#">Mindfulness and Addiction Recovery - Mindworks (New</a>

Relevant Excerpt	Citation Source
mindfulness are used effectively to treat addiction. In the context of addiction recovery, mindfulness can be considered a form of mental training....	<a href="#">Guide)</a> <a href="#">(mindworks.org)</a>

## Mindfulness-based interventions for substance abuse

Relevant Excerpt	Citation Source
... Mounting evidence suggests that mindfulness can increase addiction recovery odds by strengthening basic positive cognitive processes. Mindfulness-based interventions may be clinically beneficial for treating a variety of substance use disorders, including addictions to alcohol, nicotine, cocaine and prescription opioids. With the help of addiction neuroscience, many treatment providers and medical practitioners are turning to the ancient practice of mindfulness to address unhealthy behaviors associated with substance abuse....	<a href="#">Mindfulness and Addiction Recovery - Mindworks (New Guide)</a> <a href="#">(mindworks.org)</a>
... It is important to shed light on the value of these interventions and how they can be effective in helping individuals achieve and sustain long-term sobriety. Mindfulness-based interventions focus on cultivating mindfulness-related skills in addiction recovery. MBIs are a type of therapeutic modality that focuses on helping patients cultivate mindfulness-related skills which are necessary for an individual to build a strong recovery foundation....	<a href="#">What Are Mindfulness-Based Interventions in Addiction Recovery?</a> <a href="#">(pinelandsrecovery.com)</a>
... Mindfulness-based interventions have become a popular tool used in mental health and substance abuse treatment, but this is the first mindfulness-based manual specifically developed for adolescents with substance abuse. Mindfulness-based therapies for adults with substance abuse include MindfulnessBased Relapse Prevention, as well as patientdriven self-help groups such as SMART Recovery and Dharma Punx. Mindfulness was originally based on meditative practices common to many eastern religions/philosophies (Hinduism, Buddhism, Zen), but in most modern therapies, the techniques are secularized....	<a href="#">Mindfulness-Based Substance Abuse Treatment for Adolescents.: Sam Himelstein, PhD and Stephen Saul, MS (2016) New York, NY</a> <a href="#">(semanticscholar.org)</a>
... This book is a welcome addition to the mindfulness-based treatment literature. Mindfulness-based interventions have become a popular tool used in mental health and substance abuse treatment, but this is the first mindfulness-based manual specifically developed for adolescents with substance abuse. Mindfulness-based therapies for adults with substance abuse include MindfulnessBased Relapse Prevention, as well as patientdriven self-help groups such as SMART Recovery and Dharma Punx....	<a href="#">Mindfulness-Based Substance Abuse Treatment for Adolescents.: Sam Himelstein, PhD and Stephen Saul, MS (2016) New York, NY</a> <a href="#">(semanticscholar.org)</a>
Preliminary studies on the effects of mindfulness practices on relapse prevention for substance use and behavioral addictions have shown promise. This study sought to determine whether elevated levels of mindfulness were linked to increased spirituality and subsequently decreased the warning signs of relapse among individuals in substance use treatment....	<a href="#">Maximizing recovery through the promotion of mindfulness and spirituality</a> <a href="#">(semanticscholar.org)</a>

