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## Mindfulness and Empathy University of Burgos [↗](#)

PLOS One

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### ABSTRACT

Mediating effect of mindfulness cognition on the development of empathy in a university context

We are conducting a study related to Mindfulness and Empathy in the university population in order to explore the psychological variables underlying both.

The study consists of a series of sociodemographic questions and two tests, the duration of which is estimated at 10-20 minutes.

The instruments used were Five Facet Mindfulness Questionnaire (Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006) and Toronto Empathy Questionnaire (Spreng, McKinnon, Mar, & Levine, 2009).

Participation is completely voluntary. The Research Team undertakes to maintain the anonymity of all participants, as well as to treat the information following the ethical rules of research for this type of study, so we ask you to answer with the utmost sincerity.

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