

Mindfulness-to-Meaning Theory: A Pathway to Improve Meaning in Life and Overall Wellbeing

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Background

Pandemic Stress

Effects of stress on well-being are mitigated by positive coping strategies¹ and decentering skills²



Mindfulness Training

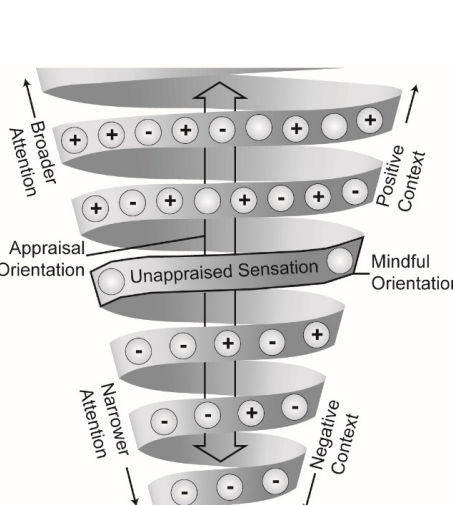
Cultivates present moment awareness to promote wellbeing³

Stress Reappraisal

Reappraises stress as potentially enhancing performance⁴



Mindfulness-to-Meaning Theory (MMT)



Reflection → Decentering → Appraisal → Wellbeing⁵

Research Questions

1. Would increases in Decentering promote Reappraisal, resulting in improved Wellbeing?
2. What would be the effects of intervention on Decentering, Reappraisal, and Wellbeing?
3. Would interoception and Stress Mindset be mediators that indirectly impact Wellbeing through Decentering and Reappraisal?

Hypotheses

1. Main path: Decentering → Reappraisal → Wellbeing
2. Interoception and stress mindset would be 2 mediators that indirectly impact wellbeing through the main path
3. Intervention groups would directly impact decentering, and reappraisal and indirectly affect wellbeing through the main path

Methods

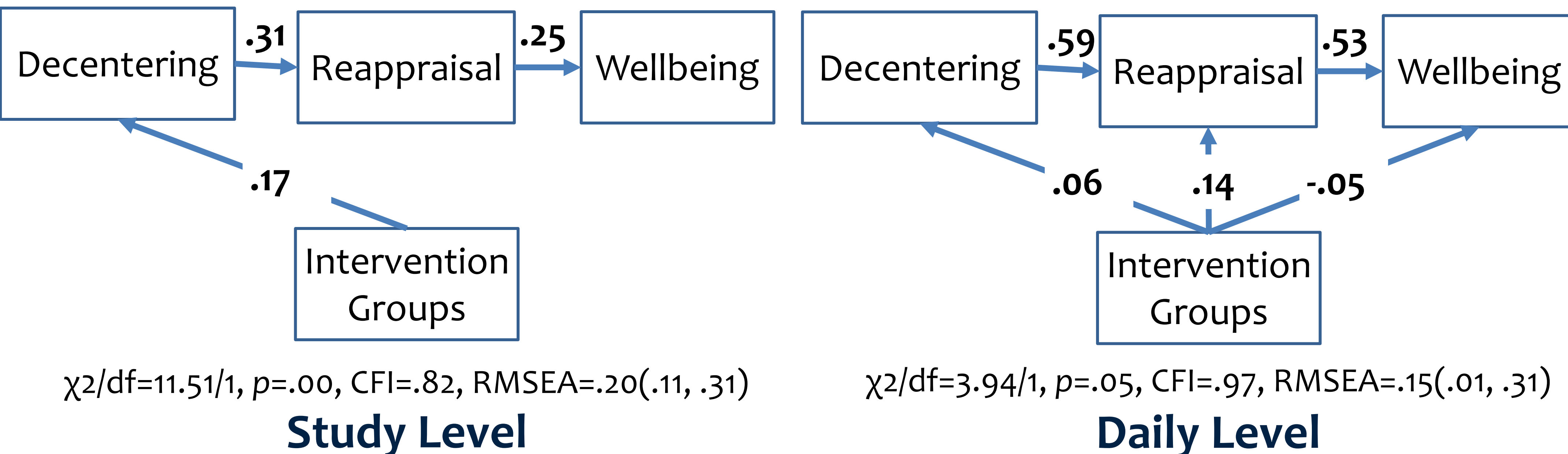
- **Design:** Mixed-model, multilevel randomized control trial;
- 3 levels: the study level (baseline vs. post study), the daily level (2 sessions + 5 daily check-ins/week), and the sessions level (pre-post session change)
- 4 conditions: Control Condition (AC), Stress Reappraisal (SM), Mindfulness Condition (MC), Combined Condition (CC)
- **Participants:** Undergraduates (N=135); randomly assigned
- **Procedure:** up to 21 sessions (3 weeks): 2 training sessions each week delivering condition-specific training videos (15min); 15 optional daily check-in (1min)
- **Outcome Variables (analyzed with Structural Equation Model)**
- The Study Level (baseline vs. post-study):

Decentering	Metacognitive Processes of Decentering-Trait (MPoD-T)
Reappraisal	Emotion Regulation Questionnaire-Reappraisal (ERQ)
Wellbeing	Satisfaction with Life Scale (SWLS) Positive and Negative Affect Scale (PANAS)-Positive Affect
Stress Mindset	Stress Mindset Measures (SMM)
Mindfulness	Five Facet Mindfulness Questionnaire (FFMQ-15)

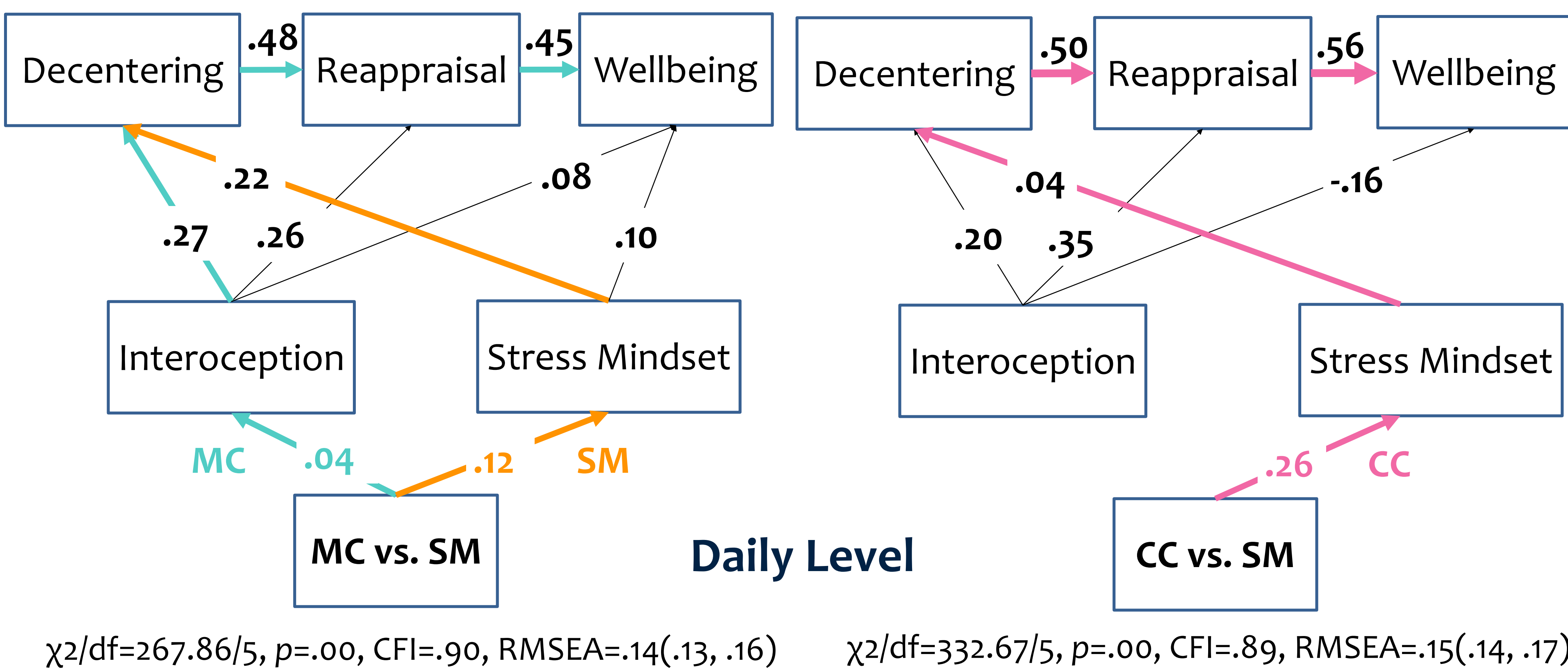
- The Daily Level (2 training sessions + 5 daily check-ins/week):
 - 2-item Likert Scale: Decentering, Reappraisal, Interoception, Stress Mindset
 - 10-point Slider: Coping & Arousal
 - Mood Board: Positive Affect & Negative Affect
 - Wellbeing: Coping + Positive Affect

Results

1. Main path: Decentering → Reappraisal → Wellbeing was significant
Only significant paths are displayed



2. Interventions promoted Mindfulness to Meaning



Conclusions

1. Increases in decentering promote improvements in reappraisal, which lead to a greater sense of meaning in life and contributes powerfully to wellbeing
2. All intervention groups improved decentering and reappraisal skills compared to the control condition
3. Limitation: poorer improvements in interoception in CC compared to MC

References

1. Jamieson et al (2016)
2. Farb et al (2007)
3. Brown & Ryan (2003)
4. Jamieson et al (2018)
5. Garland et al (2015)

Lab Site:



RAD Lab

<http://www.radlab.zone/>