INTRODUCTION

- Mindfulness is generally defined as the process of attending to experiences in the present moment without judgment
- The construct of mindfulness has become a popular research topic in recent decades due to its potential benefits on psychological and physiological health
- The present study examined whether a brief mindfulness meditation intervention could increase state mindfulness and positive affect and reduce negative affect as compared to a control. Additionally, this study compared the influence of two different meditations

HYPOTHESES

- It is hypothesized that brief mindfulness-based meditations will increase state mindfulness and positive affect and decrease negative affect, with a self-compassionate body scan meditation showing greater efficacy than a traditional body scan

METHOD

- Procedure
- Measures
- Five Facet Mindfulness Questionnaire (FFMQ)
- Toronto Mindfulness Scale (TMS)
- Curiosity subscale, Decentering subscale
- Positive and Negative Affect Schedule (PANAS)
- Audio
  1) Traditional Body Scan Meditation (traditional condition)(N=19)
  2) Self-Compassionate Body Scan Meditation (compassionate condition)(N=19)
  3) Harry Potter and the Sorcerer’s Stone excerpt (control)(N=21)

RESULTS

- Change in state mindfulness did not significantly vary between conditions: meditations vs. control t(56) = .86, p = .40, traditional vs. compassionate t(56) = .56, p = .62
- Change in positive affect did not significantly vary between conditions: meditations vs. control t(56) = .29, p = .80, traditional vs. compassionate t(56) = .30, p = .68, nor did negative affect: meditations vs. control t(56) = .13, p = .10, traditional vs. compassionate t(56) = .08, p = .60
- Due to power concerns, effect size analyses were conducted to further elucidate the pattern of results, as shown in the following graphs:

CONCLUSIONS

- The individual response to meditation is a very personal, variable, and subjective experience and may require more qualitative analyses to understand fully
- Self-compassionate and traditional meditations may be targeting specific and distinct subconstructs of mindfulness (i.e. curiosity and decentering), which calls for more direct comparisons between the two in future research
- Based on the disparity between the TMS and PANAS results, it appears that the PANAS is not an adequate measure of state mindfulness on its own
- In future research, I would collect at least double the participants, administer more than one meditation session, select a less potent control, and code subjective reports as part of a qualitative analysis

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