

# An Examination of Immediate Outcomes Following a Single Session of Mindfulness Meditation

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## Introduction

- Mindfulness refers to a cognitive state in which an individual has complete attention focused on the present moment and is accepting of the experience.
- Evidence for links between mindfulness and adaptive outcomes:
  - **Emotion Regulation**
    - Mindfulness related to fewer emotion regulation difficulties in college students (Hill & Updegraff, 2012)
  - **Anxiety**
    - Significant decrease of anxiety and fear scores immediately after and 3 years after a group stress reduction intervention based on mindfulness and meditation (Miller, Fletcher & Kabat-Zinn, 1995)
    - Decrease in social anxiety after mindfulness-based stress reduction (MBSR) (Goldin, Ramel, & Gross, 2009)
    - Significant decrease in stress, anxiety and depression in 7 individuals with severe mental disorders after weekly MBSR (Paulik, Simcocks, Weiss, & Albert, 2010)
  - **Social Relationships**
    - Significant correlation between mindfulness and level of attachment (Goodall, Trejnowska, & Darling, 2012)
    - MBSR provided a decrease in perceived stress for insecurely attached and securely attached individuals (Cordon, Brown & Gibson, 2009)

## Current Research

In the present research, we examined whether a short mindfulness meditation session would improve several aspects of psychological functioning immediately following the session and at a one-week follow-up.

## Method

### Materials

- **Mindfulness**
  - Five Facet Mindfulness Questionnaire (FFMQ)
    - 39 item self-report questionnaire
    - 5 - point Likert scale
  - Measures dispositional mindfulness
  - Toronto Mindfulness Scale (TMS)
    - 13 item self-report questionnaire
    - 5-point Likert scale
    - Measures state mindfulness
- **Emotion Regulation Difficulties**
  - Difficulties in Emotion Regulation Scale (DERS)
    - 36 item self-report questionnaire
    - 5-point Likert scale
- **Social Relationships**
  - Social Relationships Questionnaire (SRQ)
    - 7 item self-report questionnaire
    - 4-point Likert scale
    - Measures argument frequency, patience, and social behavior

### Stress

- Perceived Stress Scale (PSS)
  - 10 item self-report questionnaire
  - 5-point Likert scale

### Mood

- Positive and Negative Affect Schedule (PANAS)
  - 20 item self-report questionnaire
  - 5-point Likert scale

### Participants

- Our study has a total of 103 participants (67.3% female)
- Ages ranged from 18 years to 25 (Median = 19.7, SD = 2.4)
- All participants were from Florida Atlantic University and were compensated through extra credit points or \$10 gift cards.

### Procedure

1. Pre-Treatment Measures (FFMQ, TMS, DERS, SRQ, PSS, PANAS)

## 2. Mindfulness Meditation Session

- 45 minutes alternating between 4 meditations and psycho-education about mindfulness skills and techniques

## 3. Post-Treatment Measures (TMS, PANAS)

## 4. One-Week Follow-Up Measures (FFMQ, TMS, DERS, SRQ, PSS)

## Discussion

- Consistent with my hypothesis, mindfulness increased after the mindfulness meditation session (FFMQ, TMS).
- Consistent with my hypotheses, participants had less difficulty with emotion regulation, less perceived social stress and less negative mood one week after the session. This shows the potential effectiveness for decreasing maladaptive behaviors via mindfulness-based therapy, even in a single session.
- Consistent with my hypotheses, participants showed a significant increase in the quality of social relationships and positive mood, also indicating effectiveness for increasing adaptive behaviors after a single mindfulness meditation session.

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## References

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## Results

Comparing Scores on Primary Variables at Pre-Treatment and One-Week Follow-Up

Variable Measured	Pre Treatment		Follow Up		T-value
	N	103	N	103	
<b>Adaptive Outcomes</b>					
Dispositional Mindfulness	126.83	17.80	133.65	18.54	5.38***
State Mindfulness	24.14	8.52	34.98	8.87	11.25***
Social Relationships	21.43	3.45	22.58	2.94	3.84***
Positive Mood†	34.38	7.93	32.59	8.56	2.00*
<b>Maladaptive Outcomes</b>					
Emotion Regulation	80.38	22.74	76.6	21.24	2.619*
Perceived Stress	17.28	7.02	13.52	6.19	6.67***
Negative Mood†	20.62	8.19	11.00	1.99	12.78***
* p<.05					
*** p<.001					
† Means from Pre Session and immediately Post Session instead of one week later					