

A Brief Mindfulness-Based Intervention Enhances Psychological Measures of Well-being

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To better understand and treat mental health issues such as anxiety, depression, and chronic stress, a growing body of research has targeted how interoception, the felt sense of the body, informs appraisals of subjective well-being. Mindfulness training (MT) describes a collection of attention practices aimed at cultivating such awareness, in an effort to renegotiate maladaptive self-referential tendencies. In the present study, we report results obtained from a brief MT intervention relative to a randomized control condition, investigating the mechanisms by which MT mitigates the response to a well-validated stress reactivity paradigm in an adult healthy sample. The MT group performed a 30 minute breath-focused mindfulness practice at 3 consecutive days in a laboratory environment. The control group performed a coloring activity for 30 minutes, also for 3 consecutive days in the laboratory. Based on Wilcoxon signed-rank tests, our results show consistent within-group improvements in the MT but not control groups in measures of interoception (Mindfulness: $V=23$, $p=0.004$; Control: $V=88$, $p=0.793$); State Mindfulness (Mindfulness: $V=32$, $p=0.006$, Control: $V=135.5$, $p=0.262$); and Anxiety (Mindfulness: $V=148$, $p=0.03$; Control: $V=115$, $p=0.72$). There is a difference in both groups after the training in Perceived Stress (Mindfulness: $V=201.5$, $p=0.0003$; Control: $V=150$, $p=0.027$); and Negative affect (Mindfulness: $V=176.5$, $p=0.001$; Control: $V=156$, $p=0.002$) which suggests some relaxation or placebo effect in the control group. Our data also show a difference in between groups in regard to Interoception ($W=112.5$, $p=0.01$) and State of Mindfulness ($W=92$, $p=0.003$). Both measures present higher scores in the mindfulness group post-training. These results suggest a rapid improvement in psychometric measures, significantly decreasing negative affect, stress, and anxiety, and increasing interoception and mindfulness. Our data corroborate with similar results obtained from studies that use traditional interventions such as the 8-week Mindfulness-Based Stress Reduction Program.