

## **Are those who are more mindful also more resilient? Dispositional resilience and mindfulness among U.S. Military active duty and veterans**

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**Background & objectives:** Resilience is the ability to bounce back after a traumatic event, and is critical for U.S. military service members. Articles investigating resilience and mindfulness tend to use bi-variate correlations, and few such studies involving military exist. This study investigated the relationship between dispositional resilience and mindfulness using percentile ranks in U.S. military active duty service members and veterans.

**Methods:** Participants were 233 active and veteran US military. Measures of interest were demographics, Resilience Scale (RS-14), Mindful Awareness Attention Scale (MAAS) and the Five Facet Mindfulness Questionnaire (FFMQ). The study was IRB approved.

**Results:** Scores on the RS-14, MAAS, and FFMQ were significantly positively correlated. Participants were grouped by percentile rank based on scores on the RS-14: 25th % (25%), 50th (27%), 75th (25%), and 95th percentiles (24%). Although individuals in the 25th and 50th percentile ranks had significantly lower total scores on the MAAS as compared with those in the 75th and 95th percentile, scores were not significantly different between those in the 25th and 50th percentiles or those in the 75th and 95th percentiles. Total scores on the FFMQ showed significant linear increases across the four percentile groups. However, subscale scores on the FFMQ showed differential trends. For example, the 25th and 50th percentiles and 75th and 95th percentiles scored similarly on the Observe subscale. Also, the 50th and 75th percentiles scored similarly on the Describe, Non-judge, and Non-react subscales.

**Discussion & Conclusion:** These results reveal that even among those who have never taken mindfulness training, resilience and mindfulness are closely related among military personnel. In addition, the relationship between resilience and mindfulness appears more nuanced than a bivariate correlation can reveal. Most importantly, this suggests that not only could mindfulness training significantly boost resilience, but adding resilience to mindfulness training might also enhance facets of mindfulness. In either case, improvements will not be linear.