

The internal dynamics of mindfulness state: its impact on postformal stages of development and working memory release

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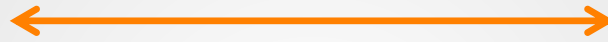
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Summary

- Main Purpose
- Literature Review
- Hypotheses
- Methodology
- Applicability
- Some Questions

Main Purpose

Mindfulness
State



Stage of
Development

Observation of experience

Describe experience

Non-judgmentally accept experience

Awareness / "automatic-pilot mode"

Non-reactivity to emotional experience

Literature Review

Mindfulness
State



Impacts on
anxiety levels
and cognition



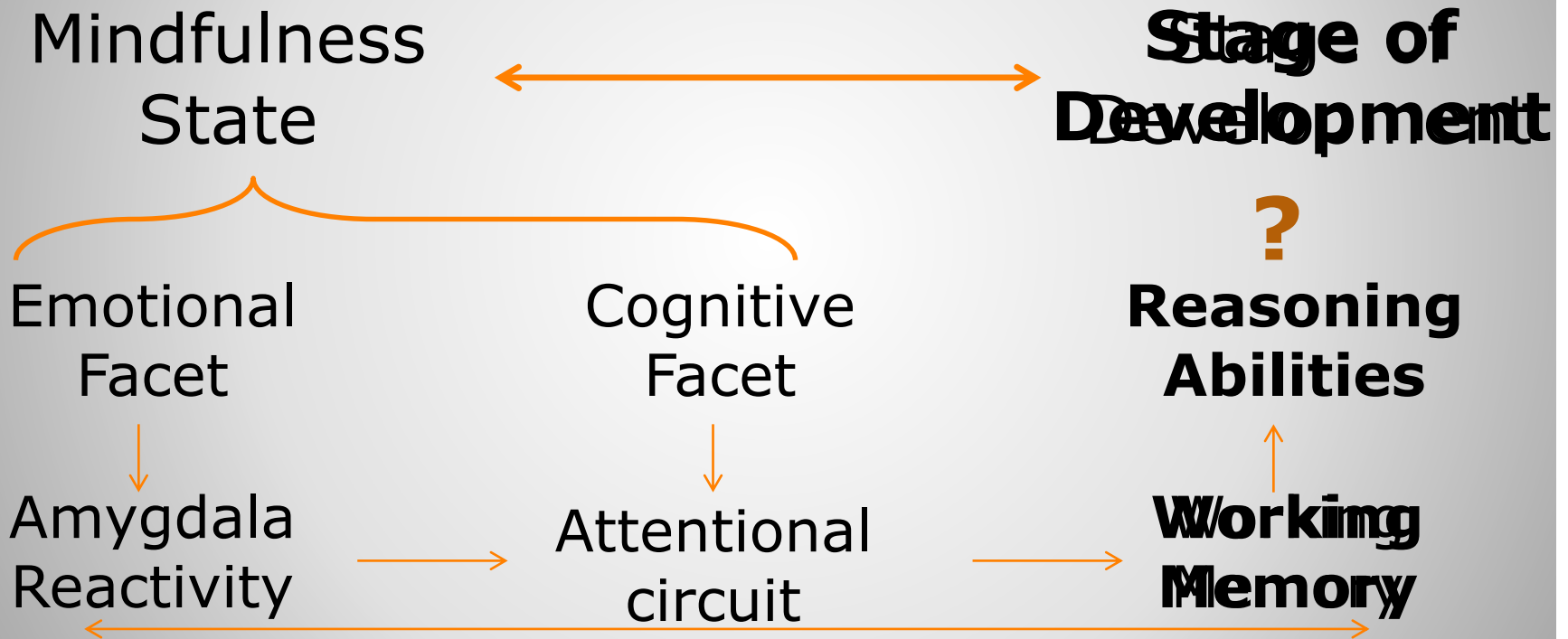
Vital energy
constant in
one's life

Stage of
Development



General stage
model that
assesses
development
across lifespan

Literature Review



Literature Review (cont.)

**Stage of
Development**

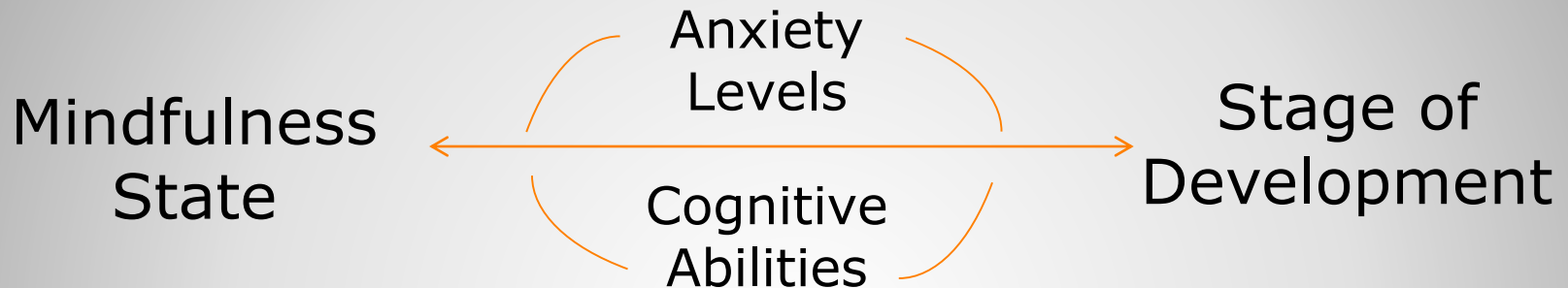


**Reasoning
Abilities**

Mental models

**Working
Memory**

Hypotheses



H1: Individuals performing at higher stages of development (postformal stages) show decreased levels of anxiety and increased levels of dispositional mindfulness than individuals performing at formal stages.

H2: Individuals performing at formal stages of development will improve their performance up to postformal stages of development after receiving an 8-week Mindfulness Stress Reduction Program.

Methodology

60 participants performing at various stages

1	2	3	4
Pre-assessment	8-week MBSR program	Post-assessment	Follow-Up

Stage of development → Helper-person dilemmas (MHC)

Anxiety measures → Self-report scale; SGR

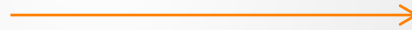
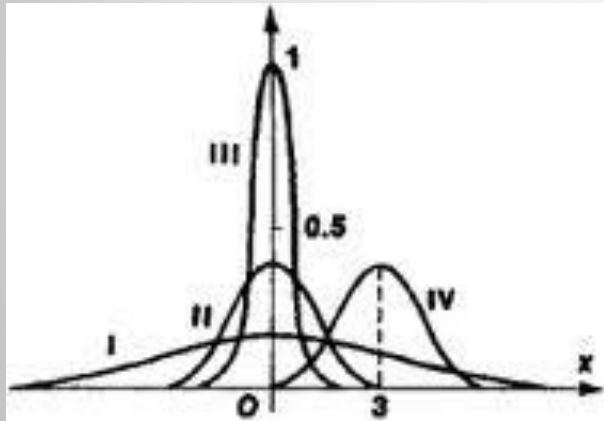
Mindfulness State
measures → Self-report scale

Methodology

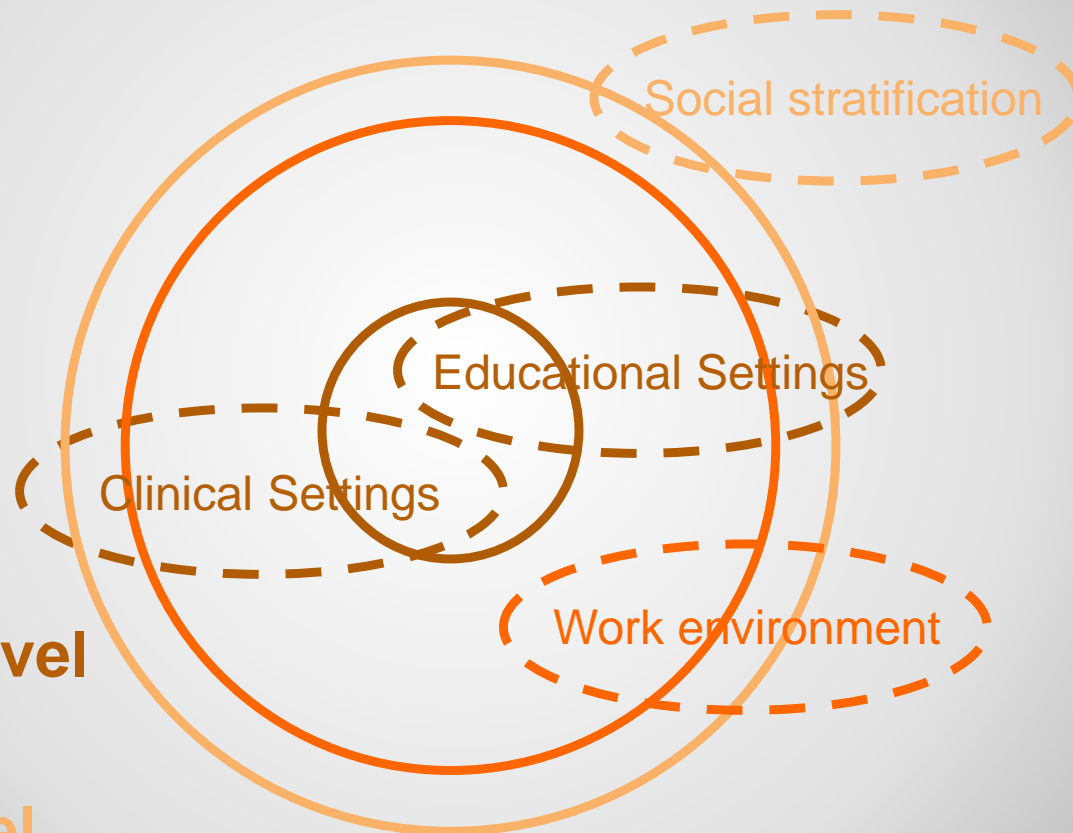
experimental design

	Control groups <i>No training</i> <i>(systematic and</i> <i>metasystematic stages)</i>	Experimental groups <i>8week MBSR program</i> <i>(systematic and</i> <i>metasystematic stages)</i>
Pre-test	Dependent Variables: Skin Galvanic Response Anxiety Scale Dispositional Mindfulness Scale Stage of Development (in posttest and follow-up)	
Post-test		
Follow-up		

Applicability



Applicability



Individual level

Social level

Societal level

Some Questions

References

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