

# Trial examines how mindfulness meditation may improve mood

21 November 2018

Provided by Wiley



Credit: CC0 Public Domain

In a randomized controlled trial of 134 mildly stressed, middle-aged to older adults, participants who were assigned to a six-week mindfulness-meditation training program experienced significantly reduced negative affect variability—which refers to subjective distress and includes a range of mood states such as worry, anxiety, anger, self-criticism, and life dissatisfaction—compared with participants assigned to a waitlist control.

The effects seen in the *Stress & Health* study were mediated by a reduction in perceived stress.

The findings support the theory that mindfulness training facilitates a capacity to observe and experience internal reactions to stressors as they arise with acceptance and equanimity. "In turn, this impartial receptiveness buffers initial threat appraisals, and subsequently, reduces emotional reactivity, potentially leading to greater health," the authors wrote.

**More information:** *Stress & Health*, [DOI: 10.1002/smi.2845](https://doi.org/10.1002/smi.2845)

APA citation: Trial examines how mindfulness meditation may improve mood (2018, November 21) retrieved 1 May 2021 from <https://medicalxpress.com/news/2018-11-trial-mindfulness-meditation-mood.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*