

# Mindfulness Meditation in Mental Health



This program is paid for by  
Otsuka Pharmaceutical Development &  
Commercialization, Inc. (OPDC) and Lundbeck, LLC.

# What is Mindfulness Meditation?

*“There are few people I know on the planet who couldn’t benefit more from a greater dose of awareness.”*

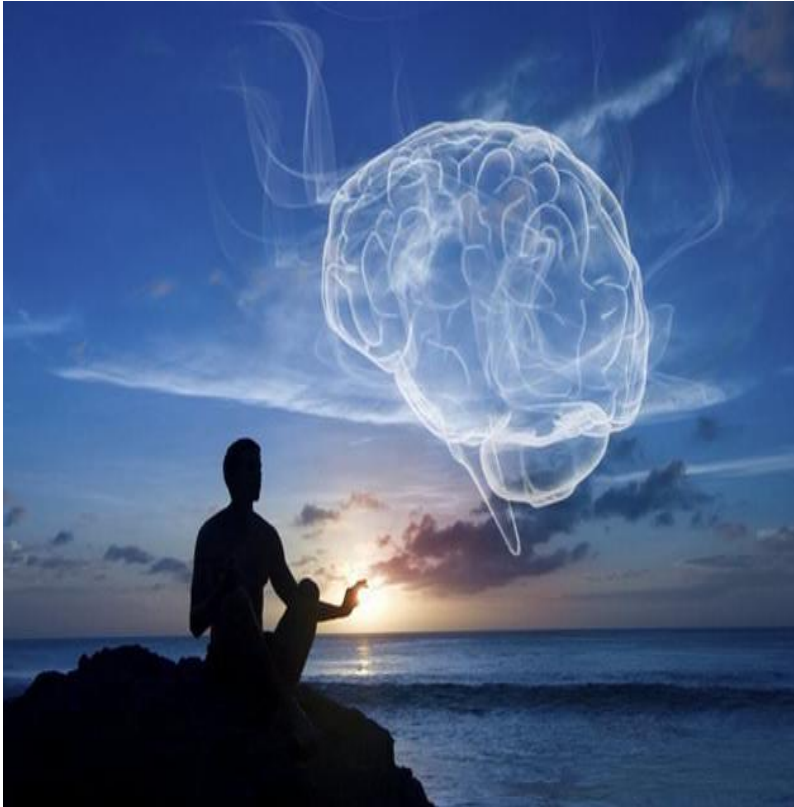
Jon Kabat-Zinn (on Bill Moyers, Healing and the Mind)

- Mindfulness Meditation is a family of meditation practices that shares an emphasis on reducing distraction and enhancing awareness of present moment experience.<sup>1</sup>
  - Most rely on ideas from Mindfulness-based stress reduction (MBSR)<sup>2</sup>
  - Other mindfulness practices:<sup>1</sup>
    - Mindfulness-based cognitive therapy (MBCT)
    - Mindfulness-based relapse prevention (MBRP)
    - Brief mindfulness meditation training interventions

1. Creswell JD, *Annu Rev. Psychol.*, 2017;68: 491-516.

2. Wielgosz J et al., *Annu Rev. Psychol.*, 2019;15: 285-316..

# Mindfulness Meditation Methods



- Posture could be seated, lying on back, walking, or yoga positions
- Begin with a focal object of meditation (e.g., breathing)
- Have an open and curious attitude toward experience
- Attend moment-by-moment to the object in a neutral way
- Have a relaxed awareness for distractions
- Notice any distractions, without judgement or reactivity, and return attention to the object

Wielgosz J et al., *Annu Rev. Psychol*, 2019;15: 285-316.

# Core Targets of Mindfulness Meditation

## Meta-Awareness

- Ability to monitor and report on the current thoughts
  - Example: Able to identify when starting to daydreaming about a vacation while trying to read a book

## Present-Centered Awareness

- Keep attention on current mental content, as compared with past or future thinking
  - Example: Focus attention on breathing instead of thinking about tonight's dinner or last year's Christmas party

## Not Reacting to Experience

- Stopping usual emotional reactions to a current experience
  - Example: Instead of feeling anxious, having an open attitude when you notice you are breathing slower

## Dereification

- Recognition that one's thoughts and experiences are not true reflections of reality
  - Example: Knowing that one's thoughts about an upcoming presentation are not real depictions of what will happen during the presentation

Wielgosz J et al., *Annu Rev. Psychol*, 2019;15: 285-316.

# Effect of Mindfulness Meditation on Mental Health Factors

## Changes in Thinking

- **Cognitive Control**
  - Results using cognitive testing have been mixed
- **Targeted Mindfulness Skills**
  - Improvements found in meta-awareness, cognitive flexibility, recalling details of memories, & mind wandering
- **Attention Being Captured by Distractions**
  - Strong support for reducing attention being captured by distractions as an important reason by which mindfulness meditation can improve mental health symptoms

## Changes in Emotions

- **Enhanced Emotion Awareness**
  - Results on improvements have been mixed
- **Changes in Emotional Reactions**
  - Repeated experience of emotional states without avoidance may lead to adapting or loss of trained emotional reactions
- **Restructuring Thoughts**
  - Evidence is currently lacking; however, reductions in stress has been shown to be partially due to self-reported reappraisal
- **Altered reward processing**
  - Evidence has emerged from study of reward-related disorders, such as smoking

Wielgosz J et al., *Annu Rev. Psychol*, 2019;15: 285-316.

# Use of Mindfulness-based Interventions (MMBI) in Mental Health Disorders

MMBI vs. No Treatment	<b>MMBI &gt; No Treatment</b>	Depression Anxiety Pain Schizophrenia Weight/ Eating-related disorders Substance Use/ Addictions
MMBI vs. Active Control	<b>MMBI &gt; Active Control:</b>	Depression Substance Use/ Addictions
	<b>MMBI = Active Control:</b>	Anxiety Pain Weight/ Eating-related disorders
MMBI vs. EBTs	<b>MMBI &gt; EBTs:</b>	Smoking
	<b>MMBI = EBTs:</b>	Depression Anxiety

Note. *d* = Cohen's *d* effect size; EBTs = evidence-based treatments.  
Goldberg, SB et al. *Clinical Psychology Review*, 2018; 59: 52-60.

# Delivery Challenges & Advances



(-) Teacher training and mindfulness experience is essential<sup>1</sup>

(+) Scales have been made to monitor the quality of MMBIs being delivered<sup>1</sup>



(-) Treatment length, the format of training, & practice setting may limit the ability to delivery MMBI<sup>1</sup>

(+) Online delivery has been shown to work or depression, anxiety, & well-being<sup>2</sup>



(-) Cultural specific versions of traditional MMBIs are not available<sup>1</sup>

(+) Promising support for using MMBI in people from diverse, underserved backgrounds

Note. MMBI = mindfulness-based interventions; g = Hedges' g

1. Wielgosz J et al., *Annu Rev. Psychol*, 2019;15: 285-316.
2. Spijkerman MPJ et al., *Clinical Psychology Review*, 2019; 45: 102-114.
3. Fuchs C et al., *Cogn Behav Pract*, 2013; 20: 1-12.



# Let's Practice Mindfulness Meditation



# Summary

---

- Mindfulness meditation is a family of meditation practices that shares an emphasis on reducing distraction and enhancing awareness of present moment experience
- Evidence for mindfulness meditation improving functioning in cognitive and emotional factors
- Mindfulness-based interventions can be comparable to established treatments for symptoms of depression, anxiety, pain, & substance use
- While advances have been made to improve access and delivery of mindfulness-based interventions, continued work is needed to address additional challenges

For more information or to request a more detailed live presentation on this topic from your local Medical Science Liaison, please visit [www.PsychU.org/events](http://www.PsychU.org/events)

[www.PsychU.org](http://www.PsychU.org)



# Mindfulness Meditation in Mental Health