

A Study on Mindfulness: Its Benefits, Limitations, and Association with Psychological Well-Being and its Validation

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Abstract: *Mindfulness is an important tool of psychological well-being because of its potential association with stress reduction, emotional regulation, attention. The present study, titled “A Study on Mindfulness: Its Benefits, Limitations, and Association with Psychological Well-Being and its Validation,” was conducted to determine the capacity of mindfulness among participants and to cross-verify the findings obtained from a primary mindfulness assessment. The study dealt the situation with a quantitative, cross-sectional manner. Data were collected from 103 participants through an online questionnaire consisting of demographic items along with 13 primary mindfulness questions based on the MAAS scale, and four additional verification questions. The 13 primary items were scored on a four-point scale, with total score ranging from 13 to 52, while the remaining four verification questions assessed stress and anxiety, emotional regulation, overall psychological well-being, and concentration and performance. The four verification questions were evaluated separately and were not included in the primary mindfulness score. The 13-item mindfulness measure demonstrated acceptable internal consistency and proved that the persons who are having high degree of mindfulness have more internal mechanisms to deal with stress and anxiety.*

Keywords: Mindfulness, psychological well-being, stress and anxiety, emotional regulation, MAAS

1. Introduction

The concept of Mindfulness has evolved from ancient traditions into a widely researched and applied field in modern psychology, healthcare, and education. Understanding its theme is very important for situating any research study within its historical, theoretical, and empirical context. The concept of Mindfulness has gained widespread attention as an effective approach to enhancing mental health, emotional regulation, and overall well-being. Despite its growing popularity and empirical support, several unresolved issues and challenges made it necessary to have a clear and focused problem statement for research.

In present society, individuals are exposed to various threats such as Stress and anxiety, Academic and occupational pressures, rapid technological and lifestyle changes, reduced attention span and increased mental distractions.

These factors contribute to a rise in mental health concerns such as depression, burnout, and emotional issues. Although mindfulness-based practices are widely promoted as effective interventions, their actual impact, consistency, and applicability across different populations remain areas of concern.

The topic of research, mindfulness is the practice of being intentionally aware of the present moment, without judgment. It has roots in Buddhist philosophy and has gained popularity in psychology and mental health fields due to its proven benefits in emotional regulation and stress reduction. It can be developed through techniques such as meditation, breathing exercises, and body scanning.

Mindfulness techniques are Mindful Meditation, Body Scan, Mindful Movement, Mindful Breathing, Mindful Eating,

Mindful Walking, Mindful Listening, Mindful Appreciation, One-Mindfully Doing Things.

1.1 Research Growth

Over the past few decades, there has been a significant increase in empirical studies on mindfulness. Mindfulness is now considered a **core component of positive psychology**, focusing on well-being, resilience, and quality of life.

1.2 Need for the Present Study

Despite extensive research, several gaps are left which necessitated justify further study Such as variation in effectiveness of mindfulness in different populations, limited research in specific cultural contexts (e.g., Indian settings), Need for long-term impact studies, scalability mismatches, Integration with traditional practices and modern interventions. Thus, studying mindfulness in a systematic and contextualized manner is crucial for expanding its applicability and effectiveness.

2. Literature Survey

2.1. Overview of Relevant Past Research on Mindfulness

The significance of Mindfulness has developed into a rich and multidisciplinary field, encompassing psychology, neuroscience, education, and healthcare. Over the past four decades, a majority of empirical research has examined the effectiveness, mechanisms, and applications of mindfulness-based interventions.

2.2. Mindfulness and Mental Health

A large body of research has focused on the impact of mindfulness on psychological well-being. The important arenas which were studied are use of mindfulness in Depression and Anxiety, Cognitive and Emotional Processes, Neuroscientific Research, Mindfulness in Positive Psychology, Mindfulness in Educational Settings, Workplace and Organizational Research, Physical Health and Well-Being, Digital and Technology-Based Mindfulness, Cross-Cultural Research, Criticisms and Limitations in Past Research, Recent Trends and Future Directions.

2.2.1 Thematic and Chronological Organization of Mindfulness Research

The research of Mindfulness can be systematically organized in two major ways: **chronologically** and **thematically**. Both methods are important for presenting a clear and coherent review in academic research, especially in research.

2.2.1.1. Chronological Organization of Mindfulness Research

A chronological approach presents the development of mindfulness from its origins to contemporary scientific research, which are Ancient and Classical Period (Pre-20th Century), Early Western Adaptation (1950s–1970s), Clinical Integration Phase (1970s–1990s), Expansion and Theoretical Development (1990s–2010), Contemporary Research Era (2010–Present).

2.2.1.2 Thematic Organization of Mindfulness Research

A thematic approach categorizes research based on key topics or domains, allowing deeper understanding of specific aspects such as Mindfulness and Mental Health, Cognitive and Emotional Processes, Neurobiological Studies, Mindfulness in Positive Psychology, Educational Applications, Workplace and Organizational Context, Physical Health and Medical Applications, Digital and Technological Interventions, Cultural and Cross-Cultural Studies, Mechanisms and Theoretical Models, Integrating Chronological and Thematic Approaches, etc.

2.3 Synthesis of Research on Mindfulness

A study of Mindfulness goes beyond merely summarizing individual studies. It involves integrating findings across theories, methodologies, and domains to develop a coherent and critical understanding of the field. The important arenas are Combining Historical and Scientific Perspectives, Convergence of Theoretical Models, Combination of Empirical Findings, Relationship with Positive Psychology, Application Across various Contexts, Contradictions and Inconsistencies in Research, Methodological Integration and Limitations, Cultural and Contextual Considerations, Mechanisms of Action: An Integrated View, Emerging Trends and Future Directions.

2.4 Relevance to the Current Study

The concept of Mindfulness has emerged as an important area of research due to its wide-ranging applications in the

betterment of psychological, cognitive, and emotional well-being. Establishing the **relevance of mindfulness to the present study** is essential to justify the research focus, connect it with existing literature, and highlight its contribution to knowledge and practice. Our aim is to rectify the scalability differences from person to person and to validate the findings.

3. Problem Definition

The flourishing body of research on Mindfulness has considerably contributed to understanding its benefits and applications. However, a critical review of existing literature reveals several **important gaps** that limit the depth, consistency, and generalizability of findings. Identifying these gaps is essential for guiding future research and strengthening the academic foundation of mindfulness studies. One of such gap is the difference in scalability of opinions. The decision is to be arrived based on the opinion of the subject. But its scale is different from person to person and this makes the decision taking to a dilemma.

4. Methodology

4.1 Introduction

The present study was conducted to examine mindfulness, its perceived benefits and limitations, and its association with psychological well-being. An additional and important purpose of the study was to **cross-verify the result obtained from the primary mindfulness assessment**.

Mindfulness is generally understood as the capacity to maintain awareness of present-moment experiences with attention and openness. Brown and Ryan (2003) conceptualised mindfulness as a state of receptive attention to current experience, while Bishop et al. (2004) described mindfulness as involving attention regulation together with an attitude of openness and acceptance.

In the current study, the questionnaire was published via google forms . The questionnaire was purposefully divided into two parts. The **first 13 questions constituted the primary mindfulness assessment**, consisting of questions based on the content of the Mindful Attention Awareness Scale (MAAS). The **remaining four questions were not included in the calculation of the primary mindfulness score**. Instead, they were designed to provide an independent indication of whether the result obtained from the first 13 questions was consistent with participants' reported experiences concerning stress and anxiety, emotional regulation, psychological well-being, and concentration/performance.

This system was adopted because the study recognises an important methodological difficulty: a self-report mindfulness questionnaire cannot be directly "validated" simply by comparing it with another set of questions that were created by the same researcher. However, an additional set of conceptually related questions can provide **empirical verification or corroboration** of the primary result.

4.2 Objectives of the Data Collection

The data collection was undertaken with the following purposes:

- 1) To understand the level of mindfulness among the participants using the 13 primary mindfulness questions.
- 2) To calculate the total mindfulness score for each participant.
- 3) To check the internal consistency of the 13-item mindfulness measure.
- 4) To get participants' responses concerning stress and anxiety, emotional regulation, psychological well-being, and concentration/performance through four separate verification questions.
- 5) To calculate a verification score from the four additional questions.
- 6) To check whether the result obtained from the 13-item mindfulness assessment was in tune with the result obtained from the four verification questions.
- 7) To check whether a statistically significant relationship existed between the primary mindfulness score and the verification score.

Thus, the study did not rely exclusively on the first 13 questions. The four additional questions were included specifically to **cross-check the direction and accuracy of the primary findings**.

4.3 Research Design

The study adopted a quantitative, cross-sectional, descriptive-correlational research design.

The quantitative approach was appropriate because responses were changed into numerical scores and subjected to statistical analysis. The cross-sectional approach enabled the researcher to check mindfulness and psychological well-being-related experiences at one point in time.

The correlational component was particularly important because the study sought to check whether the outcome of the 13-item mindfulness assessment corresponded with the outcome of the four-question verification section.

4.4 Research Instrument

The questionnaire consisted of three broad components:

- 1) Demographic information.
- 2) 13 primary mindfulness questions, and
- 3) 4 verification questions.

4.5 Primary Mindfulness Assessment

The first 13 questions were considered the **primary assessment of mindfulness**. The questions were created around experiences of automatic functioning, absence of present-moment attention, and lowered awareness. The scoring system was designed so that a response indicating less frequent occurrence of such experiences received a higher score.

The four response options were Never-4, Rarely-3, Sometimes-2, Often-1. The total possible score was

therefore: **Minimum = 13, Maximum = 52**, A higher score represented a higher level of mindful attention within the context of this adapted questionnaire.

4.6 Verification Section

The last four questions were purposefully excluded from the calculation of the primary mindfulness score. They addressed four areas, Stress and anxiety, Emotional regulation, Overall psychological well-being and Concentration and performance. The purpose of these questions was not to create another independent mindfulness scale. Instead, their purpose was to verify whether the result obtained from the first 13 questions was broadly reflected in participants' responses to psychologically relevant outcomes.

For example, if a participant obtained a relatively high mindfulness score from the first 13 questions and simultaneously reported relatively favourable responses concerning stress, emotional regulation, well-being, and concentration, the second set of responses would provide support for the consistency of the primary assessment.

Similarly, if participants with higher mindfulness scores generally reported more favourable outcomes on the four verification questions, a positive correlation between the two sets of scores would provide statistical evidence supporting the internal consistency of the overall research finding.

4.7 Conceptual Basis of the Verification Procedure

An important methodological limitation in mindfulness research is that mindfulness is a psychological construct and cannot be observed directly in the same way as a physical measurement. The current study therefore does not claim that the four additional questions constitute an independent gold-standard validation of mindfulness. Instead, the study adopted a **cross-verification approach**. The logic was:

13-item question mindfulness assessment -> individual mindfulness score -> comparison with four psychological well-being indicators -> statistical correlation -> empirical corroboration of the primary result.

The four questions therefore functioned as **external verification indicators within the current study**. This approach allowed the researcher to check whether the direction of the primary mindfulness result agrees with participants' reports regarding related psychological experiences.

4.8 Ethical Considerations

Participation was voluntary. The responses were collected electronically and analysed for academic research purposes. The results were interpreted at the group level. The questionnaire was not used to make psychiatric or psychological diagnoses of individual participants.

5. Results and Discussion:

The analysis was therefore conducted in two stages.

Stage 1: The first 13 questions were scored to obtain the primary mindfulness score.

Stage 2: The four additional questions were scored separately and compared with the primary mindfulness score.

This procedure made it possible to see the study to go beyond simply reporting a mindfulness score and check whether the obtained result showed consistency with participants' reported psychological experiences.

5.1 Descriptive Statistics of the Primary Mindfulness Score

Descriptive Statistics of the 13-Item Mindfulness Score

Statistic	Value
Number of participants	103
Number of mindfulness items	13
Possible score range	13–52
Observed minimum	17
Observed maximum	46
Mean	32.97
Standard deviation	5.7
Mean item score	2.54
Cronbach's alpha	0.706

The mean mindfulness score was **32.97**, with a standard deviation of **5.70**. The observed scores ranged from 17 to 46. The mean item score was **2.54 out of 4**. This indicates that the participants, on average, demonstrated a moderate degree of mindful attention according to the scoring system used in the current study. The result should be interpreted as a descriptive finding rather than as a clinical classification because no validated cut-off scores were established for the adapted 13-item questionnaire.

5.2 Item-wise Analysis

The item-level responses demonstrated variation across different aspects of mindfulness. The highest mean was obtained for the item concerning eating or snacking without being fully aware of the activity (**M = 3.11**). Nearly half of the participants reported that this experience never occurred. The lowest mean was observed for the item concerning forgetting a person's name shortly after being introduced (**M = 2.05**). Approximately one-third of participants reported that this occurred often. The item concerning delayed awareness of physical tension or discomfort also showed a comparatively low mean (**M = 2.29**). These results suggest that mindfulness was not identical across all areas of everyday functioning. Participants may demonstrate awareness in some situations while experiencing automatic or inattentive behaviour in others.

5.3 Analysis of the Four Verification Questions

The four verification questions were analysed separately.

Descriptive Statistics of the Verification Questions

Verification indicator	Mean
Stress and anxiety	2.51
Emotional regulation	2.55
Overall mental well-being	2.89
Concentration and performance	2.78
Overall verification mean	2.68

The overall verification mean was **2.68 out of 4**. The highest mean was obtained for overall mental well-being (**M = 2.89**), followed by concentration and performance (**M = 2.78**). The lowest mean was observed for stress and anxiety (**M = 2.51**). This suggests that although participants generally reported reasonably favourable psychological functioning, stress and anxiety remained a comparatively important concern.

5.4 Verification of the 13-Item Mindfulness Result

The central purpose of including the four additional questions was to check whether the result obtained from the primary mindfulness assessment was in tune with the participants' responses to the four psychologically relevant indicators.

The mindfulness score had a mean of:
M = 32.97, SD = 5.70

The verification composite had a mean of:
M = 2.68, SD = 0.72

Pearson's correlation was calculated between the two scores.

Correlation Between the Primary Mindfulness Score and Verification Score

Variables	Pearson's r	Significance
13-item mindfulness score × 4-item verification score	0.519	p < .001

The correlation coefficient was **r = .519**, which represents a moderate positive relationship.

The relationship was statistically significant at **p < .001**. Therefore, participants who obtained higher scores on the 13-item mindfulness assessment also tended to obtain more favourable scores on the four-question verification measure. This is the most important statistical finding of the study.

5.5 Interpretation of the Verification Finding

The significant positive correlation provides empirical corroboration of the primary mindfulness result within the current study. In simple terms, the two parts of the questionnaire moved in the expected direction. Participants who were reported as having high mindful attention through the first 13 questions generally reported:

- Low problematic stress/anxiety experiences;
- More emotional regulation;
- Higher favourable overall psychological well-being; and
- Higher concentration and performance.

Thus, the outcome obtained from the 13 mindfulness questions was not considered in isolation. It was compared against four additional indicators that represented psychological experiences expected to be related to

mindfulness. The statistically significant correlation therefore strengthens the interpretation that the primary 13-item assessment was capturing a meaningful pattern of psychological functioning within this sample.

The result is also broadly in tune with Brown and Ryan's (2003) findings concerning the relationship between dispositional mindfulness and psychological well-being.

5.6 Benefits of Mindfulness Indicated by the Findings

The current study provides evidence of associations between mindfulness and several favourable psychological experiences.

These include:

- 1) **Stress management:** Higher mindfulness was associated with more favourable stress/anxiety responses.
- 2) **Emotional regulation:** Higher mindfulness was associated with better self-reported emotional regulation.
- 3) **Psychological well-being:** Higher mindfulness was associated with more favourable overall well-being.
- 4) **Concentration:** Higher mindfulness was associated with better concentration and performance.
- 5) **Present-moment awareness:** The 13 primary questions directly indicated variation in everyday awareness and automatic functioning.

These findings support the proposition that mindfulness may function as a useful psychological resource.

5.7 Limitations of Mindfulness

The findings also indicate that mindfulness does not eliminate psychological difficulties. Stress and anxiety remained the least favourable of the four verification areas. Therefore, even participants with relatively favourable mindfulness scores could experience stress and anxiety. Mindfulness should consequently not be regarded as a complete substitute for professional psychological or psychiatric intervention when such intervention is required. Mindfulness practices may not produce identical effects in all individuals. Some research has reported unpleasant or adverse experiences associated with meditation and mindfulness practices. The benefits of mindfulness should therefore be discussed together with its limitations and individual variability.

5.8 Overall Discussion

The output of the current study can be briefed at three levels.

First, the 13-item mindfulness assessment produced a measurable variation in mindful attention among the participants.

Second, the four verification questions produced a separate measure reflecting participants' psychological experiences.

Third, the statistically significant positive relationship between these two measures demonstrated that the primary mindfulness result was in tune with the participants'

responses to the psychologically relevant verification questions.

The correlation of $r = .519$ ($p < .001$) is particularly important because it provides quantitative evidence supporting the expected relationship. Thus, the study did not merely assume that the 13-item mindfulness result was meaningful. It attempted to test the consistency of that result using an additional set of questions that were purposefully excluded from the primary score. The current study therefore provides supportive empirical evidence and cross-verification,

6. Conclusion

6.1 Summary of the Study

The current study was conducted under the title "A Study on Mindfulness: Its Benefits, Limitations, and Association with Psychological Well-Being and its validation." The study checked mindfulness and its relationship with psychological well-being. An additional purpose was to check whether the result obtained from the primary mindfulness assessment could be cross-verified using four separate questions concerning psychological functioning. A quantitative, cross-sectional, descriptive-correlational research design was preferred. Data were collected from **103 participants** using an online questionnaire. The questionnaire contained: demographic questions, 13 primary mindfulness questions based on MAAS items and four additional verification questions. The first 13 questions were used to calculate the primary mindfulness score. The final four questions were purposefully excluded from that score and were analysed separately. The 13 mindfulness items were scored on a four-point scale, producing a possible total score from 13 to 52.

6.2 Major Findings

The major findings are as follows:

- The participants demonstrated a moderate level of mindful attention according to the adapted 13-item assessment.
- There was substantial variation in mindfulness scores among the participants.
- The 13 primary mindfulness items demonstrated acceptable internal consistency
- The four verification questions produced a separate measure of psychological well-being-related experiences.
- The primary mindfulness score was significantly associated with the verification score.
- The correlation between the two scores was $r = .519$ ($p < .001$).
- All four individual verification indicators were significantly associated with mindfulness.
- The strongest individual association was between mindfulness and the stress/anxiety indicator.
- The results therefore provide **empirical corroboration of the primary mindfulness assessment** within the current sample.
- The study also demonstrates that the relationship between mindfulness and psychological well-being is not necessarily absolute; participants with mindfulness-related strengths may still experience stress and anxiety.

6.3 Limitations of the Study

The study has the following limitations:

- The sample consisted of 103 participants and may not recurrent the wider population.
- The sample was obtained through an online questionnaire and may therefore be subjected to sampling bias.
- The study relied on self-report responses.
- The four verification questions were researcher-developed and were not independently validated psychological scales.
- Consequently, the correlation between the mindfulness score and verification score should be interpreted as **empirical corroboration rather than formal psychometric validation**.
- The cross-sectional design prevents causal conclusions.
- One erroneous age entry was identified in the dataset and was excluded from age-related analysis.
- The study did not comprehensively check adverse effects or negative experiences associated with mindfulness practice.

6.4 Final Conclusion

The study demonstrates that the 13-item mindfulness assessment produced a meaningful pattern of results among the 103 participants. Although there is **no direct method within the current study to prove that the calculated mindfulness score is an absolutely accurate measure of an individual's true level of mindfulness**, the researcher attempted to address this limitation by incorporating four additional questions that were kept independent of the primary score. Thus, the study provides **empirical cross-verification and supportive evidence**, rather than definitive psychometric validation.

The central conclusion is therefore: **The findings of the current study indicate that higher mindfulness, as assessed through the 13-item MAAS-based questionnaire, is associated with more favourable psychological well-being-related experiences. The significant relationship between the primary mindfulness score and the independently calculated four-question verification score provides empirical verification.**

7. Future Scope

The current research shows that the mindfulness is very useful for stress management, emotional regulation and concentration. The positive relationship between the 13 item mindfulness assessment and verification score shows that there is relationship between mindfulness and psychological well being. But it needs further study and verification. Hence the following activities can be done to explore more opportunities in mindfulness:

- a) The present study is conducted with a small size of participants. It can be done with a wide varied section of people.
- b) To find the effectiveness of mindfulness, the test can be done on people before mindfulness training and after mindfulness training.
- c) Even though, mindfulness was originated in eastern countries, it was developed in western countries. So it

should be studied among varied cultural, ethnicity of people, to find the impact of ethnicity in mindfulness.

- d) In some workplaces, people have a feeling that they are cursed to do the present job, where the mindfulness can be applied to have higher satisfaction and to increase productivity.
- e) It can be applied on students to increase their concentration and grasping power to decrease the exam fear and tension and it is highly relevant in present scenario where plenty of students underperform due to their tension and some may commit suicide with the tension about the result.
- f) There is more scope of mindfulness training through various ways such as through mobile phones, video conferencing, etc. This can be explored more in future.
- g) Already mindfulness is integrated with various psychological techniques. But more research is to be carried out to find out more research in this area.

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