



Connor Ferguson Presents...

The Effects of Mindfulness on Anxiety and Depression

SECTION 1

Topic Description





Topic Description

- ❖ What is anxiety?
 - ❖ -Anxiety is a common emotion that can become a disorder, causing excessive fear and physical symptoms, impacting daily life.
- ❖ What is depression?
 - ❖ -Depression is a mood disorder that affects how a person feels, thinks, and handles daily activities. It can cause persistent feelings of sadness, loss of interest, and a lack of energy.
- ❖ What is Open Mindfulness?
 - ❖ -Open Mindfulness is practiced by observing thoughts and feelings without judgment, focusing on the breath, and gently returning to focus when distracted...

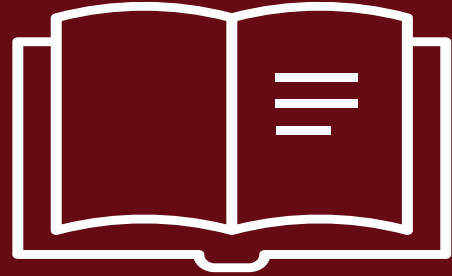


Importance of Topic



- ❖ Studying mindfulness in relation to anxiety and depression is important because studies have shown promising benefits in reducing symptoms and improving overall well-being.
- ❖ Roughly 301 million people suffer from anxiety while roughly 280 million people suffer from depression.
- ❖ By cultivating non-judgmental awareness and acceptance of thoughts and emotions, mindfulness can help people develop effective coping strategies and reduce rumination, which is often associated with anxiety and depression.
- ❖ Mindfulness can also promote a sense of calm and relaxation, helping to alleviate stress and improve emotional regulation.





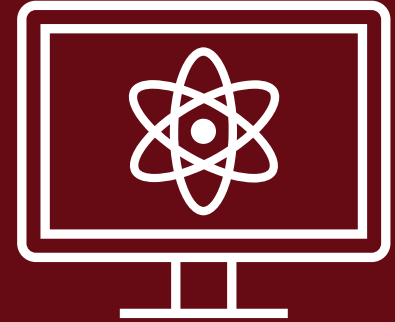
SECTION 2

Literature Findings



Literature Findings

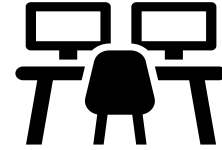
- ❖ The Effects of Mindfulness Based Therapy on Anxiety and Depression: A Meta Analytic Review.
- ❖ 39 different studies
- ❖ Discovered that those who received mindfulness-based therapy saw reductions in anxiety and depression levels.
- ❖ Breath Counting as a Measure of Sustained Attention in Mindfulness Meditation and its Effects on Mood.
- ❖ Discovered that breath counting increased focus and decreased mind wandering.
- ❖ Noted that individuals also had positive changes in mood and reduced stress.
- ❖ The Efficacy of a Mindfulness-Based Intervention for College Students Under Extremely Stressful Conditions.
- ❖ Students reported lowered levels of stress.
- ❖ Students reported being able to cope with the high stress after mindfulness practice.



SECTION 3

Current Study/Hypotheses

Current Study



- ❖ Overall, this study aims to examine if the effects of mindfulness practice is correlated with lowered levels of anxiety and depression.
- ❖ But what are some examples of mindfulness?

Meditation

Journaling

Relaxing with peers

Yoga

Drawing

Gaming

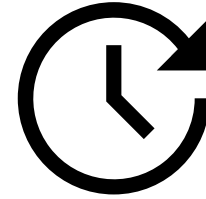
Focus on Breathing

Taking Walks

Working Out

Listening to Music

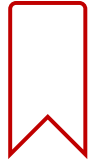




Hypotheses



Mindfulness practice will correlate with both lowered levels of anxiety and depression.

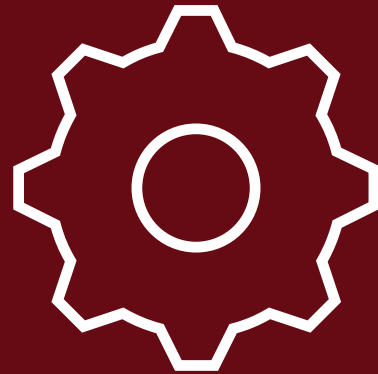


Open mindfulness practice will correlate with lowered levels of anxiety but not depression.



SECTION 4

Method



Method observations



63 Valid Observations

44 Male

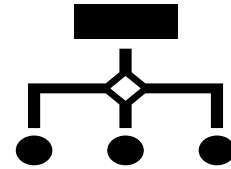
18 Female

1 Did Not Disclose

37 Years Old Average



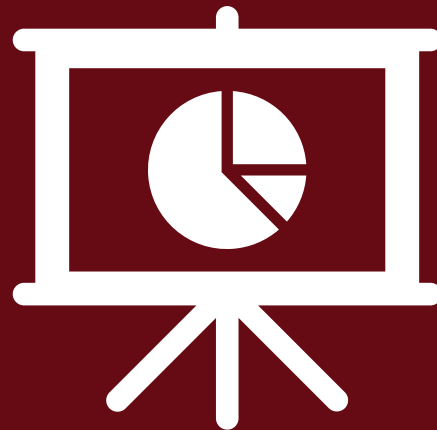
Method Measures/Procedure

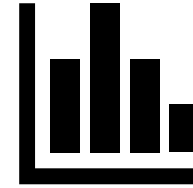


- ❖ We measured individuals' mindfulness practices along with their anxiety and depression from the past two weeks when the survey was sent out.
- ❖ Likert scale was used to measure mindfulness, anxiety, and depression
 - ❖ Mindfulness 5-point Likert scale options.
 - ❖ Never practiced
 - ❖ Rarely practiced
 - ❖ Sometimes practiced
 - ❖ Practiced often
 - ❖ Practiced very often
 - ❖ Anxiety and depression 4-point Likert scale options.
 - ❖ Not at all
 - ❖ Several days
 - ❖ More than half the days
 - ❖ Nearly everyday

SECTION 5

Results



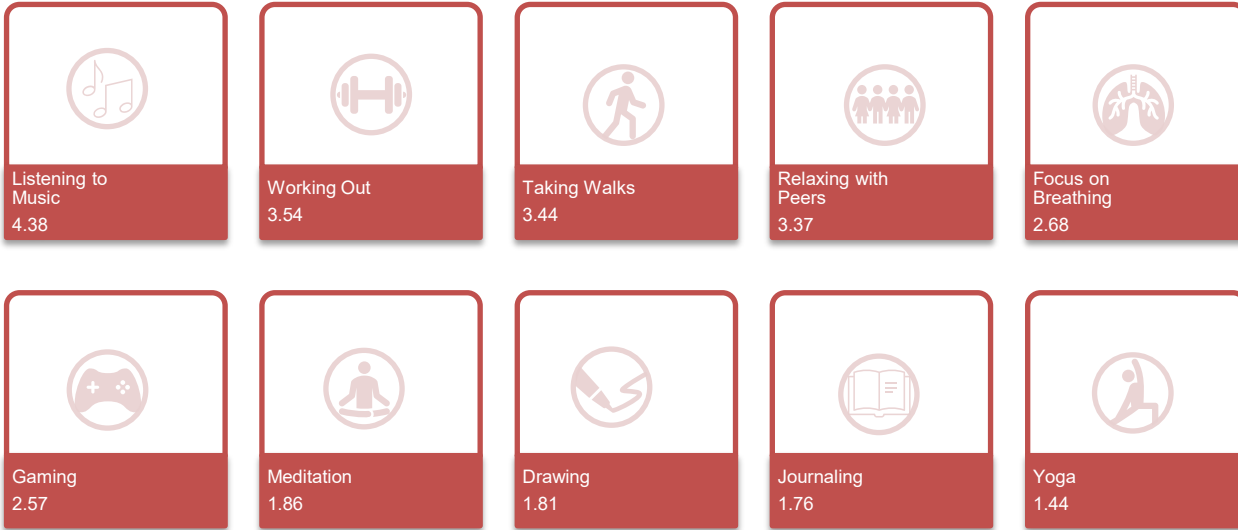


Descriptive Results

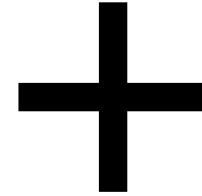
X	Mindfulness	Anxiety	Depression
Number of Observations	63	63	63
Mean	26.86	13.24	10.52
Standard Deviation	5.77	4.96	3.42
Range Low to High	10 to 50	7 to 28	7 to 28

Mindfulness Results

- ❖ These represent the mean of each mindfulness activity participants most used.
- ❖ The top 3 most used mindfulness activities goes by,
 - ❖ 1st Listening to Music
 - ❖ 2nd Working Out
 - ❖ 3rd Taking Walks



Correlation Results



Correlation for mindfulness and anxiety

($r = .113, P > .05$)

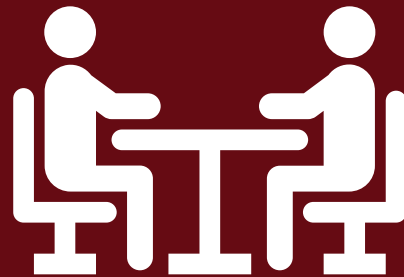
Correlation for mindfulness and depression

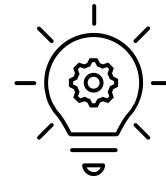
($r = .066, P > .05$)



SECTION 6

Discussion

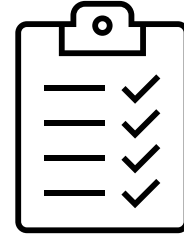




Discussion

- ❖ The results found were not significant unfortunately.
- ❖ This is a correlation study not an experiment.
- ❖ Though, this does not mean mindfulness can't work for those with high anxiety and depression!
- ❖ Studies mentioned earlier indicate that mindfulness can be an effective way to reduce anxiety and depression.

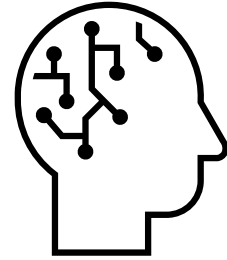




Implications/Applications

- ❖ Implications
 - ❖ Alternative Treatment Options
 - ❖ Long-Term Benefits
 - ❖ Educational and Workplace Programs
- ❖ Applications
 - ❖ School-Based Programs
 - ❖ Self-Help Resources
 - ❖ Primary Care Settings

Future Research



- ❖ Future methods that could be used...
- ❖ Having a larger sample.
- ❖ Having participants practice mindfulness methods for a month and track their anxiety and depression.
- ❖ Including Post Traumatic Stress Disorder (PTSD) as another variable.

Thank you for tuning in!

Questions???

