



Mindfulness Group Training In Mackay

Significant Reduction in Depression, Anxiety and Stress

The benefits of the Mindfulness 4 and 8 week training programs were analysed in part by a questionnaire to assess reduction in Depression, Anxiety and Stress (assessed before the start-*pre*, and after the end- *post*).

The questionnaire used was the DASS-21 - a 21 item self -report measure of symptoms over the past week. The participants attended one session a week of 1- 1.5 hours and were encouraged to do 10 minutes of mindfulness practice each day. Results from those who completed both pre and post questionnaires were statistically analysed using SPSS-x (by psychology honours candidate, Nikki Horsford).

The data was independently reviewed by Research Psychologist Christina Stothard of University of South Australia. She writes

In essence, there is a ***significant improvement in depression and stress*** (Pre vs Post), however only marginal or borderline ***significant improvement in anxiety***. In my opinion, since you've only got a small sample, it's great to get a significant result, that would mean there is a large effect.

Mindfulness Training