

Mindfulness and Psychological Health

Analysis of 29 controlled studies of mindfulness-based stress reduction classes

- Large effect size
 - Decreased perceived stress
- Moderate effect size
 - Decreased anxiety
 - Decreased depression
 - Increased quality of life
- Small effect size
 - Decreased burnout



- Khoury, et al. J Psychosomatic Research 2015;78:519-28