



Landelijk
Mindfulness Symposium
2020

Symposium 1.5 | Working mechanisms of Mindfulness-Based Interventions

Proposed timeslot	13.30 – 14.30
Language	English
Speakers:	<ul style="list-style-type: none">• Lianne Hulsbosch• Kim Lien van der Schans• Ivan Nyklicek• Liesbeth Bogaert
Convenor	tba
Abstracts	see following pages

Trait Mindfulness during Pregnancy and Perception of Childbirth

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Background: Women's subjective childbirth experience is a risk factor for postpartum depression and childbirth-related posttraumatic stress symptoms. Subjective childbirth experience is not only influenced by characteristics of the childbirth itself, but also by maternal characteristics. A maternal characteristic that may be associated with a more positive childbirth experience is trait mindfulness. The current study aimed to assess this association, and to assess whether trait mindfulness during pregnancy had a moderating role in the possible association between non-spontaneous delivery and perception of childbirth.

Methods: A subsample of 486 women, participating in a longitudinal prospective cohort study (HAPPY study), completed the Three Facet Mindfulness Questionnaire-Short Form at 22 weeks of pregnancy. Women completed the Childbirth Perception Scale and the Edinburgh Postnatal Depression Scale between 7 and 21 days postpartum.

Results: The mindfulness facets acting with awareness and non-reacting were significantly associated with a more positive perception of childbirth, after adjusting for covariates. Moderation analyses showed a significant interaction between acting with awareness and non-spontaneous delivery and non-judging and non-spontaneous delivery. Non-spontaneous delivery was associated with a more negative perception of childbirth for low/medium scores of acting with awareness and non-judging, but not for high scores on these mindfulness facets.

Discussion: Trait mindfulness during pregnancy may enhance a positive perception of childbirth. Because this is among the first studies examining the association between maternal dispositional mindfulness and perception of childbirth, future research is needed to confirm the results of the current study.

Attend to understand:

Does mindfulness benefit empathic accuracy in romantic relationships?

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Background: Mindfulness may benefit romantic relationships. Converging evidence indicates a positive relation between trait mindfulness and relationship satisfaction. Yet, little is known about *how* mindfulness may benefit romantic relationships. In the present study, we assessed whether a prime element of mindfulness – *attention* – is related to empathic accuracy of one's partner's affective state during a stressful partner interaction. Do we need to attend to one's partner in order to understand them?

Methods: Data of 130 couples were collected who have been together for more than 4 months for the purpose of a broader research project. Couples were invited into the lab and had a videotaped conversation about a current divergence of interest. Afterwards, partners were separated to individually assess their own as well as their partners' affective states during the just occurred conversation.

Results: Linear-mixed effects modeling is used to assess the expected positive relation between dispositional mindfulness and empathic accuracy of one's partners affective states during a stressful partner interaction. Empathic accuracy is conceptualized as the amount of agreement between participant's ratings of their partner's affect and partner's ratings of their own affect. Furthermore, it is explored whether dispositional mindfulness can positively predict perceived partner responsiveness and relationship satisfaction via increased empathic accuracy. Note: these analyses are carried out during summer and will be presented at the conference.

Discussion: Results from this study will further inform whether and how mindfulness may benefit romantic relationships and provides greater insights into the process of empathic accuracy.

Does Mindfulness-Based Stress Reduction have effects on psychophysiological changes during a laboratory stress protocol?

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Background: Mindfulness Based Stress Reduction (MBSR) has been shown to have favorable effects on psychological functioning of people with various psychological and somatic conditions. Less is known about stress related physiological effects of MBI's.

Methods: Participants were 89 people from the general population (75% female, mean age 41.7 years). Fifty-nine of them signed up for participation in a standard MBSR intervention and agreed to also participate in a laboratory psychophysiological investigation before and after the intervention. Another 30 people signed up to be part of an age and sex matched control group undergoing the same laboratory protocol twice, which included recall of a recently occurred stressful situation. Continuous measurements of the electrocardiogram and electroencephalogram were performed during the protocol.

Results: The MBSR group showed stronger overall decreases in mood symptoms compared to the control group, but no interaction effects were obtained regarding any of the physiological parameters testing differential changes between groups. These results could not be explained by the level of experienced stressfulness of the recalled episodes, differences between groups in experienced stressfulness or lack of physiological responses to the task.

Discussion: The present results suggest that the overall favorable effects of MBSR on psychological functioning may not be easily translatable to cardiac or brain electrical wave activity during recall of a recent stressful episode.

Response styles to positive affect: An exploration of the relationship between mindfulness and dampening of positive emotions in adolescents

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Background: Emotional distress, and depression in particular, is highly prevalent in adolescence. In accordance with cognitive models of depression, research has shown that vulnerable youngsters are typically characterised by non-acceptance of negative emotions and dampening of positive emotions. Dampening of positive emotions is robustly linked to higher levels of concurrent depressive symptoms and anhedonia, a prognostically important feature of depression. However, current interventions for depression mainly focus on reducing negative affect, while insufficiently targeting anhedonia. Mindfulness skills, non-judgmental and non-reactive awareness in particular, may help individuals to merely notice and acknowledge dampening appraisals instead of engaging with them.

Methods: The aim of the present study is twofold. The first aim is to examine whether mindfulness skills, acceptance and non-reactivity in particular, are related to concurrent levels of dampening appraisals (and anhedonia). The second aim is to investigate the potential mediating role of dampening in the cross-sectional relationship between mindfulness and anhedonia. The sample consists of 107 adolescents (14-19 years), who completed self-report questionnaires and experience sampling (dampening and anhedonia) assessments via a smartphone application.

Results: Mindfulness skills, acceptance and non-reactivity in particular, are expected to be negatively related to dampening and anhedonia. We also expect that dampening mediates the negative relationship between mindfulness skills and anhedonia.

Discussion: We were not able to conduct data analyses yet, because raw data could not be imputed due to the corona restrictions. All required analyses will be conducted before the actual Symposium.