

The Relationship Between Impulsivity and Mindfulness in University Students

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In this study, we aimed to make clear the relationship between impulsivity and mindfulness in university students. The definition of mindfulness is an awareness that emerges through paying attention with intent, in the present moment, and through a nonjudgmental viewpoint regarding unfolding experiences as they occur moment-to-moment. First, as a preliminary investigation, I investigated a measuring method that is suitable for measuring impulsivity for 136 university students using questionnaires in Study 1. I used the Japanese version of the Five Facet Mindfulness Questionnaire.

As impulsivity is a multidimensional concept, I thought that it was necessary to take measurement from the plural sides. In this study, I examined impulsivity from two sides using the YG personality test of the questionnaire method and the delay discounting of the behavioral index. As a result, the association between mindfulness and impulsivity was shown. The person who had a high R factor score had a low score regarding “Acting-with-Awareness.” Then, in Study 2, I inspected the effect of mindfulness exercises on impulsivity for two university students. In the measuring of such mindfulness, I used the Implicit Relational Assessment Procedure (IRAP) in addition to FFMQ. In impulsivity measuring, I carried out the delay discounting of the computer program in addition to the R factor of the YG personality test. As a result, impulsivity measured by delay discounting was not affected by this exercise. On the other hand, the score of the R factor decreased due to mindfulness exercise. The results suggested that the acting-with-awareness component of mindfulness was related to impulsivity. Through the mindfulness exercise, the awareness of ongoing activities deepens, and it will thus be easier to control behavior.