

# Effects of mindfulness group practice on participants

- Study using questionnaires for mindfulness tendencies  
vital signs, and interviews -

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**Key words:** Mindfulness, FFMQ, Vital signs

## Abstract

The purpose of this study is to explore the effect of mindfulness group program (following Mindfulness Based Stress Reduction) on participants and the experiences of these participants. In this study, five participants were selected using the General Health Questionnaire (GHQ60) regarding psychological well-being, before the mindfulness group was held. Analysis was made via a questionnaire (Five Fact Mindfulness Questionnaire: FFMQ) regarding mindfulness tendencies, vital signs, total time for home practice, GHQ60, as well as through semi-structured interviews. The results show that the average total FFMQ score increased over time. Pulses and systolic blood pressures also decreased. However, blood oxygen saturation levels are maintained when vital signs were measured before and after each practice. Furthermore, the mental health of participants did not deteriorate throughout this program. It is concluded that the mindfulness group program extends the relaxation for physical body, and the program induces peace of mind in the participants through the change of cognitive states, feelings, moods, interpersonal relationships, and behavior in daily life. The study also proposes significant points for mindfulness group program regarding safety.