

# **The Effects of Mindfulness Training Using Body Scans**

Immediate effects and effects through repeated practice

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This study discusses the effect of body scans, a type of mindfulness training, on the students who participated in this investigation. To explore the effect of body scans, I used two types of indices. One is an index measuring the body scan's immediate effect, while the other measures the effects of practicing it repeatedly over two weeks. First, to measure the trait of mindfulness in study 2, study 1 assessed the test-retest reliability of the FFMQ (Five-facet Mindfulness Questionnaire). Among 44 students, one of the coefficients of the test-retest reliability consisted of stability, excluding the factor of the non-judging of the inner experience. Study 2 assessed the body scan's immediate effects and the effects due to practicing it repeatedly. In the immediate effects, a decrease of positive, depressive, and anxious moods was observed. In the effects due to repeated practice, participants who achieved a better handling of this type of private event, such as that regarding their thinking or feeling, increased their psychological flexibility and decreased their anxiety.