Mindfulness is the mental state in which an individual is aware of the present moment and is conscious and accepting of their thoughts, feelings, and bodily sensations. The purpose of our study was to investigate the relationship between mindfulness and depression symptoms, anxiety symptoms, addictive behaviors, religiosity, technology usage, and religiosity. We hypothesized that those who were more mindful would have fewer depression symptoms, fewer anxiety symptoms, fewer addictive behaviors, higher religiosity, and lower technology usage.

100 participants enrolled in UWSP introductory psychology course were recruited by Sona System. Participants were asked to complete a demographic questionnaire, Mindfulness Attention Awareness Scale (MAAS), Spielberger Trait Anxiety Inventory (STAI), Center for Epidemiologic Studies Depression Scale (CESD), Technology Usage Questionnaire, and Health Behaviors Questionnaire.

Both depression and anxiety correlated negatively with our mindfulness measure. This is consistent with findings from previous studies that have used mindfulness to treat symptoms (Oman et al. 2008). There was also a negative correlation between mindfulness and one's belief in God. It was interesting that there was a positive correlation for age of starting smoking and religiosity. There was a negative correlation between chewing tobacco and our mindfulness measure. The relation between technology usage and mindfulness was not significant.

References