

Original Paper

Effects of Mobile Mindfulness Meditation on the Mental Health of University Students: Systematic Review and Meta-analysis

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Abstract

Background: Mobile mindfulness meditation (MMM) is a mindfulness meditation intervention implemented using mobile devices such as smartphones and apps. MMM has been used to help manage the mental health of university students.

Objective: This study aims to evaluate the effectiveness of MMM on the mental health of university students in the areas of stress, anxiety, depression, mindfulness, well-being, and resilience.

Methods: We conducted a systematic review and meta-analysis of the effectiveness of MMM on the mental health of university students. This study followed the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. An electronic literature search was performed on PubMed, Web of Science, EBSCO, Cochrane Library, and Embase databases, from inception to July 16, 2021. This study was conducted to identify studies that reported the effects of MMM on the primary outcomes including stress, anxiety, and depression, and on the secondary outcomes including mindfulness, well-being, and resilience. Two reviewers retrieved articles, evaluated quality, and extracted data independently. The methodological quality of the selected studies was determined using the Cochrane criteria for risk-of-bias assessment. Standardized mean differences (SMDs) for continuous outcomes and risk ratios for dichotomous outcomes were calculated. Sensitivity analyses and subgroup analyses were performed for results with high heterogeneity. The RevMan version 5.3 was used to perform meta-analysis.

Results: A total of 10 studies, including 958 university students, were selected for this meta-analysis. Results of the primary outcome showed that the MMM groups were more effective than the control groups in decreasing stress (SMD -0.41 , 95% CI -0.59 to -0.23 ; $P<.001$) and alleviating anxiety (SMD -0.29 , 95% CI -0.50 to -0.09 ; $P=.004$). However, there was no difference between the MMM groups and the control groups in depression (SMD -0.14 , 95% CI -0.30 to 0.03 ; $P=.11$). The use of either waitlist control or traditional face-to-face intervention in the control group was identified as the source of heterogeneity. Specifically, the waitlist control subgroup (SMD -0.33 , 95% CI -0.53 to -0.13 ; $P=.002$) was superior when compared with the face-to-face subgroup (SMD 0.29 , 95% CI -0.01 to 0.59 ; $P=.06$). Results of the secondary outcome showed that the MMM groups were more effective than the control groups in enhancing well-being (SMD 0.30 , 95% CI 0.11 – 0.50 ; $P=.003$) and improving mindfulness (SMD 2.66 , 95% CI 0.77 – 4.55 ; $P=.006$). Whether commercial sponsorship was obtained was considered as the source of heterogeneity. The “without company support” group (SMD 17.60 , 95% CI 11.32 – 23.87 ; $P<.001$) was superior to the “with company support” group (SMD 1.17 , 95% CI -0.82 to 3.15 ; $P=.25$) in raising the level of mindfulness. However, there was no difference between the MMM and control groups in resilience (SMD -0.06 , 95% CI -0.26 to 0.15 ; $P=.59$). The evidence level of the results from the 10 studies was determined to be moderate to low.

Conclusions: MMM was an effective method to reduce stress and anxiety, and to increase the well-being and mindfulness of university students. However, further studies are needed to confirm our findings.

Trial Registration: PROSPERO International Prospective Register of Systematic Reviews CRD42022303585; https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=303585

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Review Mindfulness Meditation

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Review Mindfulness Meditation:

Handbook of Mindfulness , **The Impact of Mindfulness Meditation Programs on Performance-Related**

Outcomes Kimberly A. Hepner,Erika Litvin Bloom,Sydne Newberry,Jessica L. Sousa,Karen Chan Osilla,Marika Booth,Armenda Bialas,Carolyn M. Rutter,2022-05-10 This report presents results from a systematic review and meta analyses of research examining how mindfulness meditation affects 13 performance related outcomes of interest to the U S Army and broader military The authors supplemented the systematic review by examining how mindfulness meditation could support stress management and exploring characteristics of selected mindfulness programs **Clinical Handbook of Mindfulness**

Fabrizio Didonna,2008-12-04 Over the last two decades Eastern psychology has provided fertile ground for therapists as a cornerstone a component or an adjunct of their work In particular research studies are identifying the Buddhist practice of mindfulness a non judgmental self observation that promotes personal awareness as a basis for effective interventions for a variety of disorders The Clinical Handbook of Mindfulness is a clearly written theory to practice guide to this powerful therapeutic approach and related concepts in meditation acceptance and compassion and its potential for treating a range of frequently encountered psychological problems Key features of the Handbook A neurobiological review of how mindfulness works Strategies for engaging patients in practicing mindfulness Tools and techniques for assessing mindfulness Interventions for high profile conditions including depression anxiety trauma Special chapters on using mindfulness in oncology and chronic pain Interventions specific to children and elders Unique applications to inpatient settings Issues in professional training Appendix of exercises The Clinical Handbook of Mindfulness includes the contributions of some of the most important authors and researchers in the field of mindfulness based interventions It will have wide appeal among clinicians researchers and scholars in mental health and its potential for application makes it an excellent reference for students and trainees *Wherever You Go, There You Are* Jon Kabat-Zinn,2016-05-05 THE TIME HONOURED

INTERNATIONAL BESTSELLER UPDATED AND WITH A NEW INTRODUCTION AND AFTERWORD CELEBRATING THIRTY YEARS OF INFLUENCING THE WAY WE LIVE For the past three decades *Wherever You Go There You Are* has helped catalyse the explosion of interest in mindfulness around the world While mindfulness is considered the heart of Buddhist meditation its essence is universal and of deep practical benefit potentially to all In essence mindfulness is about embodied wakefulness Our minds are such that we are often more asleep than awake to the unique beauty and possibilities of each present moment While it is in the nature of all our minds to default to autopilot and lose touch with the only time we actually have to live to feel to grow to love to learn to give shape to things to heal our mind also holds the innate capacity to awaken to each moment This book gives you a variety of ways to experiment with not missing your moments and take maximal advantage of them by tending what most needs tending to now Given the myriad mega challenges humanity and planet Earth are facing at this time *Wherever You Go There You Are* can provide both a personal refuge for meaning making healing and

transformation as well as a locus for collaborating with others to heal the suffering of the world The Oxford Handbook of Meditation Miguel Farias,David Brazier,Mansur Lalljee,2021 A state of the art guide to meditation science and history its facts and myths Covers the development of meditation practices across the world exploring how the varieties of meditation techniques were created in different cultural and religious contexts Explores ethical social and religious implications and discusses controversial topics Book jacket **Steps towards a Mindful Organisation** Fabrice Mielke,2021-03-23 This book presents a guideline for turning any organisation into a more mindful one allowing it to manage unexpected events and develop stronger resilience The author conducted empirical research with a German IT company s staff and its leadership in a longitudinal way The whole team was trained in individual mindfulness competencies Individual mindfulness is a state of being that can be developed through mindfulness mediation When combined with social interactions cultural adaptations and structural changes collective mindfulness develops Collective mindfulness allows an organisation to become more agile The author argues that mindfulness training influences the openness and knowledge sharing behaviour of an organisation first on an individual and then a collective level Such training can generate awareness increase empathy between the team members and lead towards a more successful organisation This study can inspire team managers to improve the work environment as well as academics to update their current level of research in the field of individual and collective mindfulness

Handbook of Assessment in Mindfulness Research Oleg N. Medvedev,Christian U. Krägeloh,Richard J. Siegert,Nirbhay N. Singh,2025-08-03 This handbook provides comprehensive coverage of assessment instruments used in mindfulness research It discusses traditional and modern approaches used to develop psychometric measures and to establish their reliability and validity such as classical test theory item response theory and Rasch model generalizability theory facet benchmarking and network analysis The handbook provides information on conceptual foundations development and psychometric properties of assessment instruments used to measure mindfulness in children adolescents and adults In addition it provides similar information on scales used in specific contexts and for various purposes It reviews behavioral cognitive and psychophysiological assessment measures of mindfulness The handbook examines a broad range of psychological physical health and mental health and related measures that are used in mindfulness research This reference work enables researchers to choose appropriate measurement tools fora broad range of mindfulness research Key areas of coverage include Nature and theoretical foundations of assessment Origins and definitions of mindfulness Mindfulness scales for children and adolescents Mindfulness scales for adults Mindfulness scales for specific contexts and purposes Mindfulness and Buddhist related scales Behavioral assessments of mindfulness Cognitive and psychophysiological assessments of mindfulness The Handbook of Assessment in Mindfulness Research is an essential reference for researchers professors and graduate students as well as clinicians therapists and other mental health practitioners in clinical psychology and affiliated medical and mental health disciplines including complementary and alternative medicine social work occupational and

rehabilitation therapy **Handbook of Mindfulness and Self-Regulation: Theoretical, Cognitive Neuroscience, Social-Personality, and Clinical Perspectives** Brian D. Ostafin, Michael D. Robinson, Brian P. Meier, 2025-09-26 The second edition of the handbook provides an updated and expanded overview of theoretical models empirical studies and critical perspectives concerning the interface between mindfulness and self regulation The 20 chapters cover advances in the field since the first edition was published and 85% of the chapters cover new material Chapters are grouped by Theoretical Perspectives Cognitive Neuroscience Perspectives Social Personality Perspectives and Clinical Perspectives representing most major areas of psychology and cognitive science Given the expanded scope the new edition is titled Handbook of Mindfulness and Self Regulation Theoretical Cognitive Neuroscience Social Personality and Clinical Perspectives

Mindfulness Sophie Sansom, David Shannon, Taravajra, 2025-11-24 Mindfulness The Basics provides a comprehensive introduction to what mindfulness is how and why it s useful and guidance for practice Mindfulness practice can help reduce anxiety stress and low mood giving way to creativity happiness and tranquillity It also offers us a way in which to acknowledge the limitations and challenges inherent in the human condition This book covers a brief history of mindfulness its applications and a review of the current evidence base as well as some key debates in the field Divided into three broad sections this book explores understanding mindfulness practicing mindfulness and future directions Chapters particularly emphasise the role mindfulness can play in addressing the major environmental social and political challenges of our time The book also contains a glossary of key terms chapter summaries diagrams and an e resource of audio guided practices This book is essential for anyone interested in learning more about practising mindfulness Students of mindfulness as well as those in healthcare training programmes such as nursing medicine psychology and psychotherapy will find this an invaluable guide *Mindfulness, Mind-body Exercises, and Health Promotion* Guodong Zhang, Yang Cao, Zi Yan, 2025-02-14 High

intensity sports and physical exercise have been linked to various health benefits However when it comes to increasing longevity these activities may not be an ideal option for the general population Mind body exercise which combines physical exercise with mindfulness may be more effective in promoting and restoring health especially for those with chronic symptoms or poor health conditions Many mind body exercises such as Taichi Qigong Chan Chuang and Yoga have their roots in Eastern cultures They have gained popularity around the world and became a new fashion in the post COVID 19 era These exercises typically help practitioners shift their focus from the outside world past or future to the present moment through gentle body movements Mind body exercises emphasize the body s innate ability to heal itself By disconnecting from the noisy outside world the body is given the opportunity to heal This aligns with the classic belief in Chinese medicine that the body itself is the best medicine **Meditation - Neuroscientific Approaches and Philosophical Implications**

Stefan Schmidt, Harald Walach, 2013-11-19 This volume features a collection of essays on consciousness which has become one of the hot topics at the crossroads between neuroscience philosophy and religious studies Is consciousness something

the brain produces How can we study it Is there just one type of consciousness or are there different states that can be discriminated Are so called higher states of consciousness that some people report during meditation pointing towards a new understanding of consciousness Meditation research is a new discipline that shows new inroads into the study of consciousness If a meditative practice changes brain structure itself this is direct proof of the causal influence of consciousness onto its substrate If different states of consciousness can be linked with properties and states of the brain this can be used to study consciousness more directly If the sense of self is modifiable through meditative techniques and this can be objectively shown through neuro imaging this has profound implications for our understanding of who we are Can consciousness in deep states of meditative absorption actually access some aspect of reality which we normally don't Meditation research can potentially foster us with a new access to the phenomenological method in general This has even been branded with a new catch phrase Contemplative Science It brings together the most modern neuroscientific approach and the most advanced phenomenological methodology of studying the mind from within through highly skilled self observation that has gone through many thousand hours of honing the capacity to look carefully without distraction This book addresses these issues by bringing together some of the leading researchers and thinkers in the field The scope of the volume reaches from first person neuroscience to Indian philosophy from pedagogic applications to epistemological aspects and from compassion meditation to the study of brain activity

Decolonising Social Work in Finland Kris Clarke, Leece Lee-Oliver, Satu Ranta-Tyrkkö, 2024-03-28 Introduction and Chapter 10 available open access under CC BY NC ND licence This book examines the contemporary social care realities and practices of Finland a small nation with a history enmeshed in social relations as both coloniser and colonised Decolonising Social Work in Finland Interrogates coloniality racialisation and diversity in the context of Finnish social work and social care Brings together racialised and mainstream White Finnish researchers activists and community members to challenge relations of epistemic violence on racialised populations in Finland Critically unpacks colonial views of care and wellbeing It will be essential reading for international scholars and students in the fields of Social Work Sociology Indigenous Studies Health Sciences Social Sciences and Education

The Psychology of Meditation Peter Sedlmeier, 2022-05-10 All you need to know about the psychology of meditation Written by an expert in the field Provides unique theories of meditation approaches Explores traditional and Western approaches Recommends how to improve future research Explores new topics e.g. negative effects More about the book What is meditation What do people hope to get from practicing it and what do they really get How can the effects of meditation be explained And what are the best approaches to researching the psychology of meditation so we can understand more This unique book by a leading expert provides state of the art answers to these questions Contrary to commonly accepted wisdom meditation comes in a range of varieties and the reasons why people begin to meditate and stay with it are also numerous and varied Even mindfulness which is often wrongly used as a synonym for meditation comes in many forms The book

succinctly summarizes the beneficial effects found in the avalanche of studies available especially in clinical contexts and also explores recently emerging topics such as negative effects and the impact of ethics and spirituality The author expertly provides theories of the four traditional meditation approaches which has never been done before in this form and gives a critical overview of Western approaches to explain the effects of meditation In conclusion he makes recommendations on how to improve future meditation research This book is of interest to mental health practitioners researchers students interested in meditation and mindfulness approaches

Mindfulness Meditation for Chronic Pain Margaret Maglione, 2016 RAND researchers conducted a systematic review that synthesized evidence from randomized controlled trials of mindfulness meditation interventions used adjunctively or as monotherapy to provide estimates of their efficacy and safety in alleviating chronic pain in adults Outcomes of interest included changes in pain symptomatology use of analgesics functional status health related quality of life functional impairment disability measures and adverse events Meta analyses for efficacy outcomes were conducted using the Hartung Knapp Sidik Jonkman method for random effects models Quality of evidence was assessed using the Grades of Recommendation Assessment Development and Evaluation or GRADE approach In total 28 studies met inclusion criteria Mindfulness meditation was associated with a small effect of improved pain symptoms compared with control groups in a meta analysis of 24 randomized controlled trials However there was evidence of substantial heterogeneity among studies resulting in a low quality of evidence assessment for this outcome We were unable to determine which patient subgroups or intervention characteristics were associated with greater efficacy Mindfulness meditation statistically significantly improved depression and health related quality of life Adverse events were rare and not serious but the vast majority of studies did not collect adverse event data The low quality of evidence prevents any strong conclusions about mindfulness meditation for chronic pain Additional trials with adequate power greater efforts to prevent attrition monitoring of adherence to meditation practice active collection of adverse events and better reporting of methods are suggested Publisher's description

Burned Out - Exploring the Causes, Consequences, and Solutions of Workplace Stress in Public Service Organizations, 2025-04-10 Explore the comprehensive examination of stress and burnout in public service with this edited volume compiled by Dr Leonard Bright featuring contributions from esteemed scholars worldwide This book investigates the underlying causes repercussions and mitigation strategies associated with stress in highly demanding and critical professions The chapters in this book comprise thorough literature reviews that provide extensive overviews of stress and burnout present empirical research studies that scrutinize how work related factors influence perceived stress and furnish public servants with easy actionable exercises and insights to bolster their resilience and well being in stressful public service occupations This book is an invaluable resource for public service professionals researchers and educators interested in improving their understanding of the art and science of mitigating stress in public service workplaces

[Handbook of Mindfulness and Self-Regulation](#) Brian D. Ostafin, Michael D. Robinson, Brian P.

Meier,2015-10-12 This empirically robust resource examines multiple ways mindfulness can be harnessed to support self regulation in part as a real world component of therapy Its authoritative coverage approaches complex mind brain connections from neuroscience cognitive personality social clinical and Buddhist perspectives both within and outside traditional meditation practice In domains such as letting go of harmful habits and addictions dealing with depression and anxiety regulating emotions and training cognitive function contributors show how mindfulness based interventions encourage and inspire change In addition to scientific coverage experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians Included in the Handbook Mindfulness and its role in overcoming automatic mental processes Burning issues in dispositional mindfulness research Self compassion what it is what it does and how it relates to mindfulness Mindfulness based cognitive therapy and mood disorders Mindfulness as a general ingredient of successful psychotherapy The emperor s clothes a look behind the Western mindfulness mystique Heralding a new era of mind brain research and deftly explaining our enduring fascination with mindfulness in the process the Handbook of Mindfulness and Self Regulation will enhance the work of scholars and practitioners **Neuroimaging and**

Neuropsychology of Meditation States Barbara Tomasino,Franco Fabbro,2017 Neurophysiological and psychological modifications induced by meditation practice have been consistently addressed by neuroscience Training meditation practice induced plasticity Barinaga 2003 Knight 2004 and as a consequence several benefit for mental and physical health Davidson McEwen 2012 and cognitive performance One goal of meditation is to achieve the light of consciousness observing with equanimity the right distance clouds of the mind wandering This Frontiers Research Topic brings together studies from groups of authors whose research focus on neuropsychological systems involved in meditation demonstrating how meditation activates and can modify brain areas cognitive mechanisms and well being Meditative practice and behavioral

neuroscience Junling Gao,2023-12-13 *The varieties of contemplative experiences and practices* Sucharit Katyal,Sisir Roy,Philippe R. Goldin,Anna-Lena Lumma,2023-07-05 **Principles and Practice of Stress Management** Paul M.

Lehrer,Robert L. Woolfolk,2021-06 The leading clinical reference and text on stress management has now been significantly revised with 60% new material reflecting key developments in the field Foremost experts review the whats whys and how tos of progressive relaxation biofeedback meditation hypnosis cognitive methods and other therapies Chapters describe each method s theoretical foundations evidence base procedures applications and contraindications Assessment and implementation are illustrated with extensive case examples The volume examines the effects of stress on both mind and body from basic science to practical implications for everyday life and health care Subject areas key words managing reduction relaxation mindfulness meditation pain biofeedback interventions anxiety disorders techniques psychotherapy hypnosis cognitive therapy breathing retraining treatments textbooks clinical health psychology behavioral medicine psychosomatic Audience Clinical and health psychologists psychiatrists clinical social workers counselors and nurses

advanced students in these fields

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