

8-20-2013

Brief Mindfulness Training: Can a Single Session of Mindfulness Influence Altruism, Trust and Cooperation Among College Students?

Kimberly C. Tappen
Indiana University of Pennsylvania

Follow this and additional works at: <http://knowledge.library.iup.edu/etd>

Recommended Citation

Tappen, Kimberly C., "Brief Mindfulness Training: Can a Single Session of Mindfulness Influence Altruism, Trust and Cooperation Among College Students?" (2013). *Theses and Dissertations (All)*. 382.
<http://knowledge.library.iup.edu/etd/382>

This Dissertation is brought to you for free and open access by Knowledge Repository @ IUP. It has been accepted for inclusion in Theses and Dissertations (All) by an authorized administrator of Knowledge Repository @ IUP. For more information, please contact cclouser@iup.edu, sara.parme@iup.edu.

STUDENT HAS RESTRICTED ACCESS TO FULL TEXT OF THE DISSERTATION.

ONLY COVER PAGES AND ABSTRACT ARE AVAILABLE AT THIS TIME

BRIEF MINDFULNESS TRAINING: CAN A SINGLE SESSION OF MINDFULNESS
INFLUENCE ALTRUISM, TRUST AND COOPERATION AMONG COLLEGE STUDENTS?

A Dissertation

Submitted to the School of Graduate Studies and Research

in Partial Fulfillment of the

Requirements for the Degree

Doctor of Psychology

Kimberly C. Tappen

Indiana University of Pennsylvania

August 2013

Indiana University of Pennsylvania
School of Graduate Studies and Research
Department of Psychology

We hereby approve the dissertation of

Kimberly C. Tappen

Candidate for the degree of Doctor of Psychology

John A. Mills, Ph.D., ABPP
Professor of Psychology, Advisor

Donald U. Robertson, Ph.D.
Professor of Psychology

Beverly J. Goodwin, Ph.D.
Professor of Psychology

ACCEPTED

Timothy P. Mack, Ph.D.
Dean
School of Graduate Studies and Research

Title: Brief Mindfulness Training: Can a Single Session of Mindfulness Influence Altruism, Trust and Cooperation Among College Students?

Author: Kimberly C. Tappen

Dissertation Chair: Dr. John A. Mills

Dissertation Committee Members: Dr. Donald U. Robertson
Dr. Beverly J. Goodwin

The psychological, physical, and interpersonal benefits of mindfulness have been researched extensively over the last three decades; however, the majority of studies have investigated these benefits in the context of Mindfulness-Based Stress Reduction (MBSR), a group intervention requiring an extensive time commitment that may deter certain populations (e.g., college students) from participating. Brief mindfulness training is an area emerging in the research, and though studies have shown promising results, they are few in number. If programs consisting of shorter time demands can also lead to benefits in functioning, it would support their utility and might lead to greater interest and participation among those who cannot commit to a full MBSR program. 54 females and 41 males participated in the present study, which examined the benefits of a single-session mindfulness intervention conducted with college students. Potential mechanisms through which a single-session mindfulness intervention may be effective were also explored. Multivariate analyses did not reveal significant differences between the three intervention conditions (i.e., individual meditation, group meditation, and a relaxation control group) on measures of emotional regulation, trust, cooperation, or altruism, as measured by a series of economic decision-making games. A positive relation was found to exist between levels of state mindfulness and feelings of connectedness among group members. This finding suggests that interventions that foster mindfulness may also promote group cohesion. Thus, increased feelings of connection may be a beneficial outcome of single-session mindfulness. Future research is necessary in order to better understand this relation.