



Synopsis of Clinical Applications and Mechanisms of Change

1. Metacognitive Awareness and Insight

- 50% reduction in relapse among patients with three prior episodes of major depression. (Teasdale et al. 2000)

2. Affect Tolerance

- Significant reduction in anxiety and panic attack maintained over three years with excellent compliance. (Miller and Kabat-Zinn, 1995)
- Significant decrease in parasuicidal behavior among patients with borderline personality disorder. (Linehan et al., 1993)
- Significant decreases in anxiety, depression and stress in mixed cancer patient population (Specia et al. 2000).

3. Behavioral Change

- Significant reductions in drug and alcohol use with an incarcerated population. (Marlatt et al. 2006)
- Significant decreases in binge eating behavior with patients with eating disorders (Kristeller and Hallett, 1990).
- Effective in reducing symptoms of obsessive-compulsive disorder and preventing relapse. (Faifax, 2008)

4. Acceptance

- 72% of chronic pain patients report moderate to great improvement in quality of life up to three years post intervention with a remarkable 96% treatment compliance (Kabat-Zinn, 1987)
- Significantly more rapid advancement through stages of grief with a chronic pain population. (Sugala and Rice, 2004)

5. Relaxation / Decreased Autonomic Arousal

- Cardiac patients reduce mortality by 41% during the first two years, and a 46% reduction in recurrence rates of coronary artery disease (Linden, 1996).
- 80% of hypertensive patients have lowered blood pressure and decreased medications -16% are able to discontinue all of their medications. These results lasted at least 3 years (Dusek et al. 2008).

6. Brain Changes

- Mindfulness decreased left hemispheric activation and improves overall brain and immune functioning (Davidson and Kabat-Zinn,2003).
- Compassion meditation increases right hemispheric activity and demonstrates that empathy and other positive emotions are like psychological skills that can be developed over time (Lutz et al. 2008).