



**BE MINDFUL:  
EXAMINING THE IMPACT OF A BRIEF  
MINDFULNESS MEDITATION INTERVENTION  
ON COGNITIVE FUNCTIONING**



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Wednesday, February 17<sup>th</sup>, 2016

12:00 – 1:00pm

Parker Building Room 254

The examination of the benefits of mindfulness meditation on cognitive functioning has received a great deal of interest in the last decade. Mindfulness meditation training appears to improve several basic cognitive functions including, working memory (Mzarek, Franklin, Phillips, Baird, & Schooler, 2013), sustained attention (Morrison, Gooldarran, Rogers, & Jha, 2014), and decision-making (Hafenbrack, Kinias, & Barsade, 2014). Mindfulness meditation training also appears to reduce the impact of stress on working memory (Banks, Welhaf, & Srouf, 2015). The current study examined a 2-week at home mindfulness and relaxation training on working memory, sustained attention, mind wandering, and affect. One-hundred undergraduates from Nova Southeastern University were randomly assigned to either a meditation training, relaxation training, or a control condition. Following the two week intervention, mindfulness intervention participants evidenced higher levels of sustained attention task performance but not higher levels of working memory. The implications of these findings will be discussed at the presentation.