

Abstract

This study investigated the relationships between everyday mindfulness and two kinds of negative affect, depression and anxiety, through depressive and anxious negative automatic cognitions, respectively. Three hundred and nineteen participants were recruited from universities in Hong Kong and they included both students and staff. All of them completed self-report measures on mindfulness, negative cognitions, depression and anxiety at one time. Separate hierarchical regression analyses were performed to test mediation models of depression and anxiety. Results suggested that depressive cognitions partially mediated the relationship between mindfulness and depression while anxious cognitions also partially mediated the relationship between mindfulness and anxiety. These indicated that mindfulness helps alleviate depressive and anxious emotions through reducing automatic negative ruminative thoughts and worrisome thoughts correspondingly.