

Abstract

The main objectives of this study were to examine the effectiveness of an internet-based mindfulness program and to investigate the potentially mediating effects of mindfulness. The relationship between home practice of mindfulness and levels of mindfulness was also examined. Three hundred and sixty Chinese community adults were randomized into a group receiving internet-based mindfulness training or a waiting-list control group. They were asked to complete measures of mindfulness, psychological well-being, and life satisfaction at three time points: pre-, post-intervention and 3-month follow-up. Home mindfulness practice data was also collected throughout the intervention. Repeated measures multiple analysis of covariance (MANCOVAs) showed that the treatment group resulted in a significantly greater increase in psychological well-being, life satisfaction, and mindfulness. When mindfulness was included as a potential mediator in the MANCOVA, the treatment effects on psychological well-being and life satisfaction were reduced to non-significance. Results also suggested that the extent of home practice of mindfulness was significantly correlated with the degree of change in mindfulness. This program was found to be effective in enhancing the mindfulness, psychological well-being and life satisfaction. Also, the increased mindfulness was the changing mechanism. Finally, it is implied that regular practice of mindfulness could cultivate mindfulness levels in everyday life.