

## ABSTRACT

Increasing attention has been given to the incorporation of the Buddhist tradition and Western psychology in discussing means to cultivate mindfulness and nonattachment. This study examines whether self-reflection and insight can contribute to the potential mechanism between mindfulness and nonattachment among Chinese adults ( $n = 117$ ). Participants completed online questionnaires which consisted the Five Facet Mindfulness Questionnaire (FFMQ), the Self-Reflection and Insight Scale (SRIS) and the Nonattachment Scale (NAS). Findings show that mindfulness positively associated with self-reflection and insight. However, self-reflection and insight were not a mediating path between mindfulness and nonattachment. Nonetheless, this study was the first to examine such mechanism and further explored the bridge between the Buddhist tradition and Western psychology.

*Keywords:* mindfulness, nonattachment, self-reflection, insight, Buddhist tradition