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Exploring the Relationships Between Mindfulness and Biobehavioral Factors Associated with CVD in Women



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Purpose

This purpose of this study was to examine the relationship between mindfulness and biobehavioral factors associated with increased cardiovascular disease (CVD) risk in women.

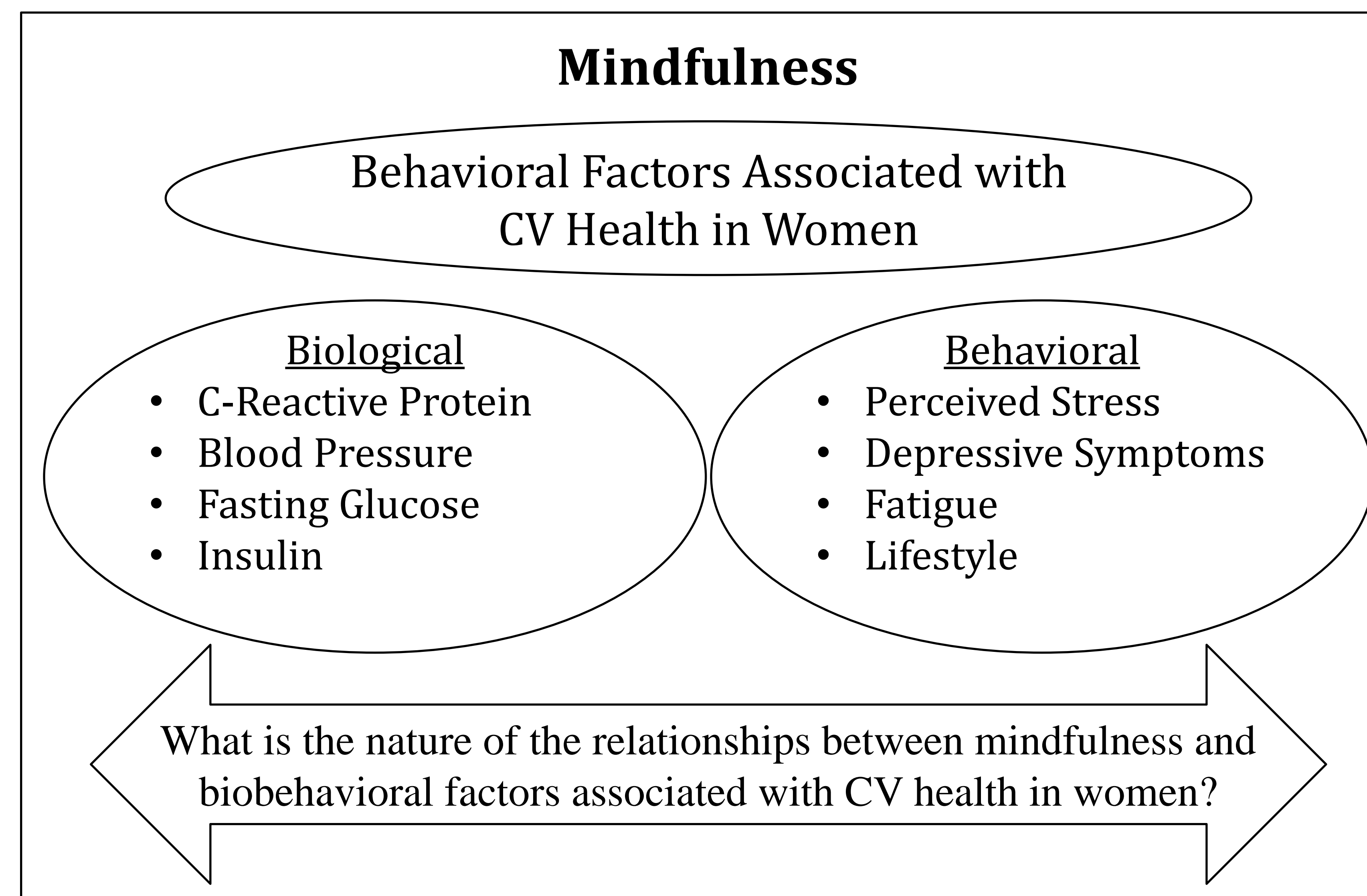
What is Mindfulness?

Mindfulness involves purposefully paying attention to the present moment in a curious, open way without judgment. It is a unique aspect of consciousness and self-awareness thought to enhance well-being and health outcomes. This quality of awareness and attention can potentially be developed with various mind-body techniques such as meditation, yoga, and tai chi, among others (Speca, 2000).



Model

Mindfulness and Biobehavioral Factors and Health in Women



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Biological Variables	Behavioral Variables
Fasting Insulin and Glucose (HOMA-IR)	Mindfulness
Fasting Lipids	Perceived Stress
C-Reactive Protein	Depressive Symptoms
Adiponectin	Social Support
Cytokines (17-plex)	Self-Compassion
Waist Circumference	
Body Mass Index	
Blood Pressure	
Fatigue	

Specific Aims

In a sample of 96 premenopausal women with increased waist circumference and a family history of CVD, the primary aim of this study was to:

1. Examine the strength and direction of relationships between mindfulness and biobehavioral factors associated with CVD risk in women.

Results

Mindfulness was significantly related to levels of **perceived stress, depressive symptoms, as well as fatigue.**

	Fatigue (MFSI-SF)	Perceived Stress (PSS)	Depressive Symptoms (CES-D)
Mindfulness	-0.52 (p<0.001)	-0.39 (p<0.001)	-0.45 (p<0.001)

Discussion

The results of this study provide a basis for further research examining the role of mindfulness practice in decreasing perceived stress and depressive symptoms to ultimately decrease cardiovascular disease risk in women.

