

The impact of a mindfulness-based intervention on body awareness

Marbella Pérez-Peña, Jessica Notermans, Olivier Desmedt, Katleen Van der Gucht, & Pierre Philippot

$N = 148$ ($n = 59$ Control; $n = 89$ MBCT)

Legend



Questionnaires

FBSQ

MAIA

S-EQ

Mini-CERTS

MEAQ

SD-S

SCL-90

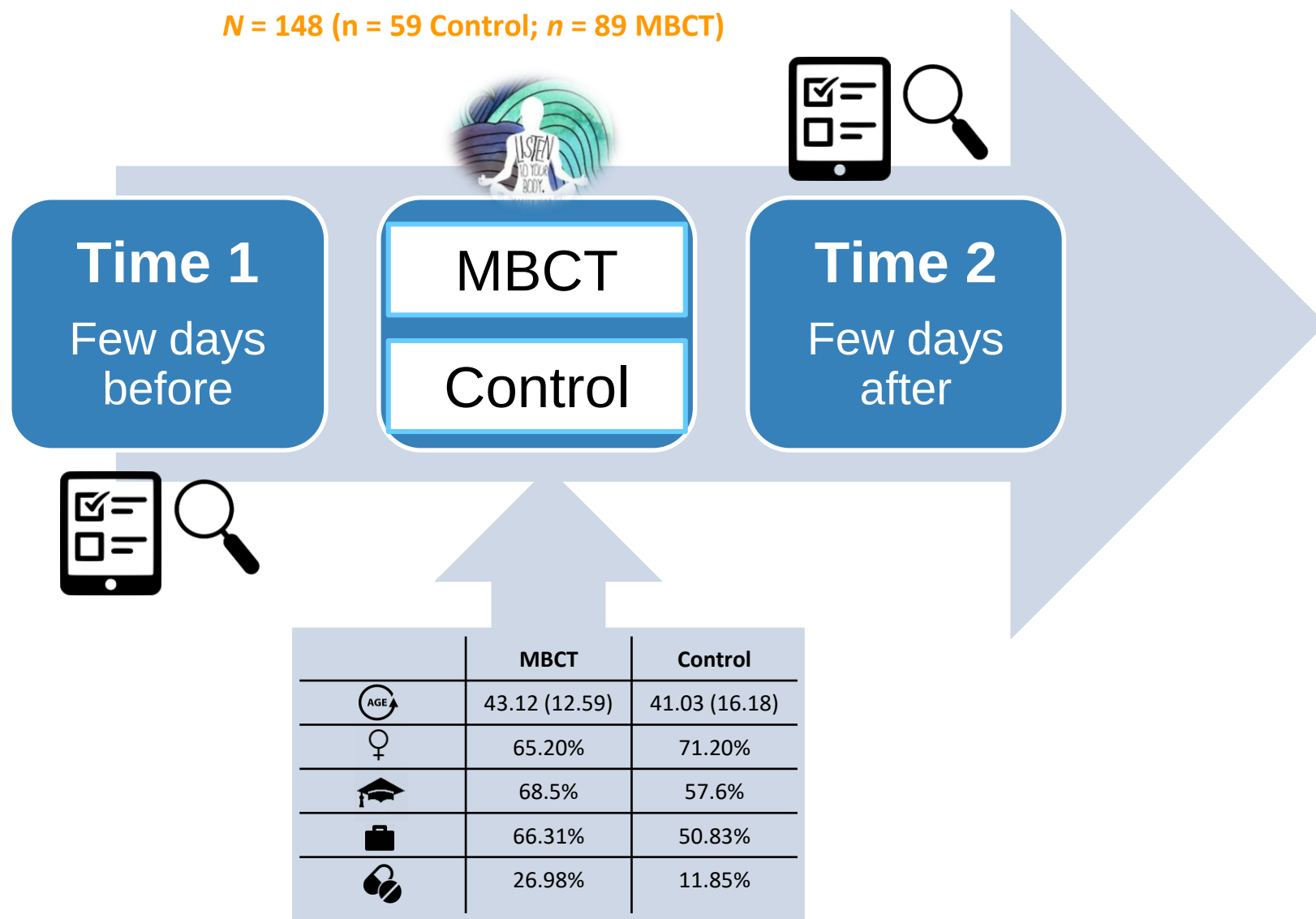


Adapted version of
AMT

MBI

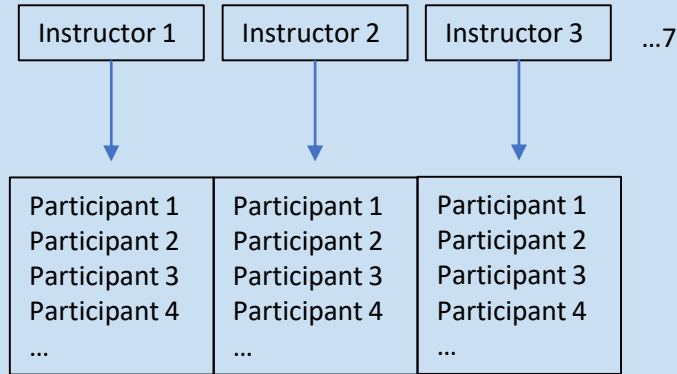
Control

8 weeks of an MBI or
age-, gender- and
education-matched
controls



Data analysis

Random-intercept multilevel models



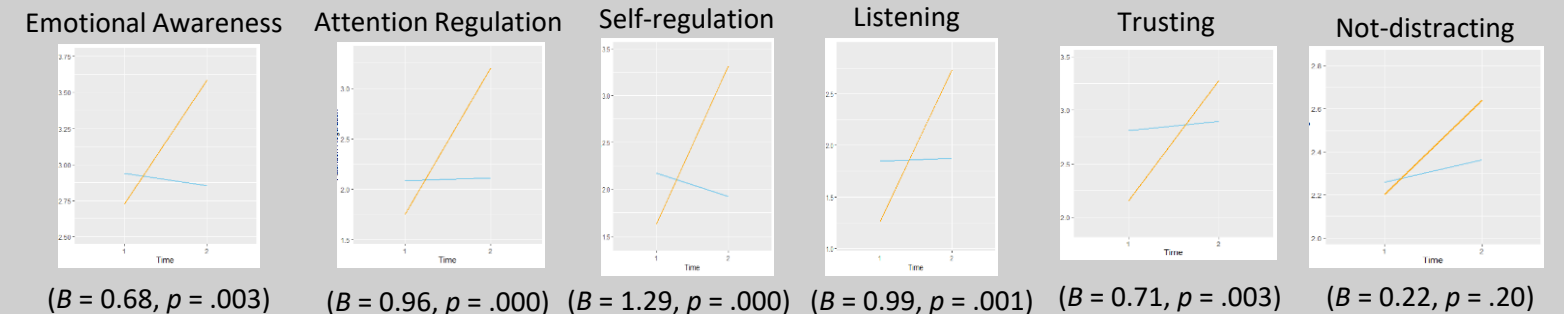
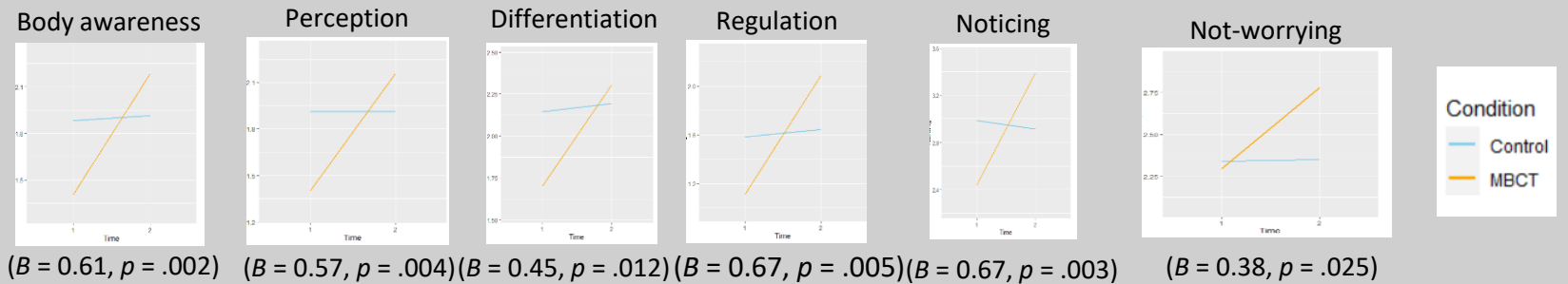
Conclusions

Evidence for impact of MBCT on body awareness (observational and self-regulatory facets) in heterogeneous clinical population

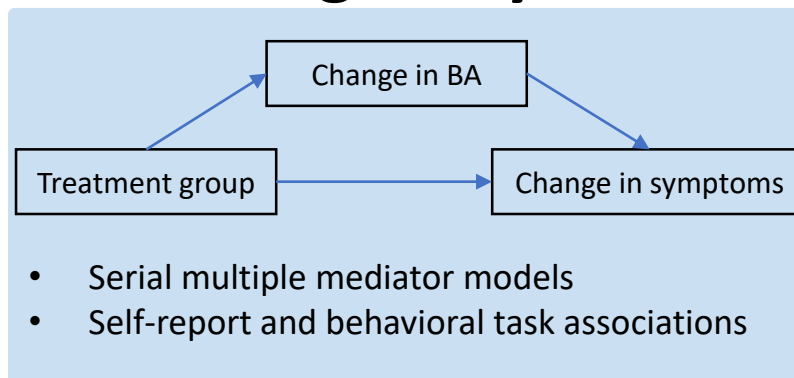


Results

Significant improvements in body awareness and its facets (except Not-Distracting)



Remaining analyses



Pre-registration & contact info:

The impact of a mindfulness-based intervention on body awareness

Pre-registration: <https://osf.io/uwngd>

Contact: Marbella Pérez Peña

Affiliations: UCLouvain, Leuven Mindfulness Center

marbella.perezpena@uclouvain.be

