

Original Paper

## Effect of mindfulness training on reduction of depressive symptoms among students

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### Abstract

**Background and Objective:** In psychotherapy, mindfulness is intended as a mode promotion of self-awareness think to improve well-being. This study was done to determine the effect of mindfulness training on reduction of depressive symptoms among students.

**Methods:** In this quasi-experimental study, 40 female students with depressive symptoms were divided into mindfulness training and control groups. Subjects in experimental group received training mindfulness-based stress reduction and the control group did not receive any training. Training was performed eight sessions for experimentl group. Subjects completed the beck depression questionnaire prior and after the training.

**Results:** The mean±SD of depression symptoms was 21.10±5.6 but after mindfulness training significantly reduced to 11.5±3.70 (P<0.05).

**Conclusion:** Mindfulness training reduces depression symptoms among female students.

**Keywords:** Depression, Teaching mindfulness, Beck depression questionnaire

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