

Gabriel Zieff

The Effects of a Brief, Daily Mindfulness Meditation Intervention on Cardiometabolic Risk Factors in People with High-Stress, Sedentary Jobs

Skidmore College Department of Health and Exercise Sciences

Faculty Advisor: Maxwell Ruby

Abstract:

Introduction: Cardiometabolic disease is a growing national and global concern. Mindfulness Based Stress Reduction (MBSR) is a non-pharmaceutical stress reduction program shown to reduce stress and improve health. MBSR

participants (n = 12; mean

age = 49.36 ± 9.68)

from the Saratoga Springs, NY community listened to a 15-minute guided meditation CD every day for 7 weeks. Pre and post testing measurements consisted of heart rate, SBP, DBP, body fat (%), perceived stress, fasting blood glucose (FBG), and area under the curve (AUC). Results: DBP showed a significant increase from baseline to post testing ($p = 0.01$). No other variables changed significantly. Post Hoc analysis showed that SBP decreased in participants who attended >5 meetings compared to participants who attended <5 meetings ($p = 0.052$).

Conclusion: 7 weeks of a daily 15-minute mindfulness meditation intervention did not induce clinical changes in perceived stress and physiologic markers of cardiometabolic disease.

Future studies should examine the same variables with a less radically deviated mindfulness meditation dosage. A major emphasis should be placed on daily compliance.