

### **Abstract**

*INTRODUCTION:* Even though there was a flourish of empirical researches on mindfulness and Mindfulness-Based Interventions (MBIs) after the concepts of mindfulness became popular in psychological literature, reviews to date indicated a substantial gap between what is clinically expected and empirically known regarding effects of home practice on intervention outcomes of Mindfulness-Based Cognitive Therapy (MBCT) in clinical populations with active recurrent depression.

*OBJECTIVE:* This study aimed to examine the association between quantity and quality of home practice with key MBCT intervention outcomes concerning mindfulness level and depressive symptoms with a pre-test, post-test research design.

*METHODS:* Participants ( $N = 87$ ) in this secondary analysis finished an 8-week MBCT in the parent study, and completed self-report home practice records throughout 7 intervention weeks. Intervention outcomes were assessed at baseline, post-intervention, and 3-month follow-up time points. Data collected were analyzed with SPSS.

*RESULTS:* Higher quality of home practice was significantly associated with higher level of mindfulness and reduced depressive symptoms at both post-intervention and 3-month follow-up. Larger quantity of home practice only has such significant association at 3-month follow-up; the association at post-intervention was marginally significant.

*CONCLUSION:* These findings have important implications for clinicians to discuss home practice in MBIs with participants, notably in relation to MBCT, in which quantity and quality of participant engagement in home practice appears to have a significant positive impact on intervention outcomes.