

Abstract

Mindfulness has been popular in the research field in recent decades owing to its possible benefits on well-being and stress reduction. Noticing the detrimental effects of stress, this study utilized experimental approach to investigate the effectiveness of brief mindfulness induction in social stress reduction. As emotional regulation was suggested to be highly associated with mindfulness and stress, its moderating role between mindfulness and stress reduction was further assessed in the present study. 50 university students were recruited in the study. Trier Social Stress Test (TSST) was used to induce social stress. All participants were randomly assigned to two groups: (a) mindfulness, and (b) control group. Self-reports were used to examine emotional regulation, mood, state anxiety and mindfulness among participants. Repeated measure ANOVA indicated a significant main effect of mindfulness in enhancement of mood, state mindfulness as well as social stress reduction. However, the moderation effect of emotional regulation was not significant in the current study. Limitations that might influence the study findings were noted. Findings provided consistent evidence for the instrumental effects of mindfulness in stress reduction, and highlighted the use of brief mindfulness practices in promoting mental well-being, which was highly valuable in a bustling society.