

Abstract

Introduction. Paranoid ideations are common in the general public and bring negative impacts to one's mental health. A vast amount of studies showed that brief online mindfulness-based interventions (MBI) effectively improve people's mental health, such as depression and anxiety in non-clinical samples. However, only two studies have been conducted, which showed MBI as effective in reducing paranoid ideations. The current study compared the effectiveness of MBI and a classical music relaxation practice (as active control) in reducing paranoid ideations and improving psychological well-being in a non-clinical young adult sample in Hong Kong. The mediating effect of mindfulness on the change in paranoid ideations was also investigated. **Methodology.** Participants (n = 157) were randomly assigned to either the MBI or active control condition. Participants in the MBI group were instructed to practice mindfulness ten minutes a day for 14 days using an audio guide, while the participants in the active control group listened to classical music. Measures of mindfulness, paranoid ideations, depression, anxiety and subjective psychological well-being were administered at pre-intervention, post-intervention, and 1-month follow up. **Result.** Participants in both groups showed a significant reduction in paranoia and improved psychological well-being at post-intervention. A sustained effect at 1-month follow up was observed in the MBI group only. However, no significant Group x Time effect was observed. Mediation analysis revealed no mediating effect of mindfulness on the change in paranoia. **Discussion.** This study provides evidence that brief MBI can significantly reduce paranoid ideations in non-clinical population. However, the effect was not superior to classical music relaxation practice, and may not have been mediated by improvement in mindfulness skills.