

## **Abstract**

Equanimity is defined as a mental state acquiring even-mindedness and hedonic independence. In recent years, equanimity has received more attention in the academic field, however, most considers equanimity as an outcome measures of meditation or mindfulness practices. This study attempts to cultivate equanimity directly through video with both didactic and experiential components. The study investigated effects of equanimity induction towards equanimity and mindfulness, psychological well-being, stigma reduction and pro-sociality. A Buddhist-based mindfulness induction is designed to compare its effects with equanimity cultivation. A total of 147 participants were randomized into 3 conditions (equanimity, mindfulness, control), given a pre-experiment, post-experiment and a one-week follow up questionnaire. Results suggested a significant improvement in levels of equanimity and mindfulness through the equanimity condition, while mindfulness condition fails to induce equanimity. In the equanimity condition, there is also a significant increase in psychological well-being and in willingness to engage with social minorities, change is more significant than mindfulness condition. The study provided empirical evidence that equanimity could be cultivated directly among people regardless of meditation experiences, and that casual relations exist among equanimity and mindfulness, in which equanimity causes mindfulness while mindfulness does not necessarily cause equanimity.

*Keywords:* Equanimity, Mindfulness, Meditation, Buddhist psychology,  
Psychological well-being, Stigma, Prosocial advocacy