

Abstract

There has been a growing literature on nonattachment, a Buddhist psychological construct which is related but distinct to mindfulness. Previous research has revealed that nonattachment could be beneficial to psychological well-being and harmonious relationships. Long-term regular mindfulness practice has been found to be effective in cultivating nonattachment along with mindfulness. In addition to the literature on ongoing mindfulness meditation and trait mindfulness, there are also studies showing that brief mindfulness exercise can also have immediate effects on the improvement of state mindfulness during the mindful state and helpful in situations appear in daily life. However, there is no research that explore whether nonattachment can also be promoted during brief mindfulness exercise. The aim of this study was to examine the effects of brief mindfulness exercise on nonattachment during the mindful state. The association of nonattachment with state mindfulness was also explored. 100 participants were recruited and randomized to follow a 15-minute mindfulness or control exercise, and rate on their nonattachment and state mindfulness immediately before and after the exercise. As hypothesized, current results showed that the brief mindfulness exercise significantly increased the nonattachment and state mindfulness. Positive association between nonattachment and state mindfulness was also being identified.

Keywords

nonattachment; brief mindfulness exercise; state mindfulness; mindfulness