

Abstract of thesis entitled: A Meta-Analysis of Trait Mindfulness, Mindfulness Interventions, and Pro-Environmental Behaviors

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Abstract

Mindfulness and pro-environmental behavior may be positively associated, as a growing body of literature suggests. The current meta-analysis reviewed this relationship across age groups and countries ($k = 43$, $N = 12,152$). A significant correlation between mindfulness and pro-environmental behavior with a mean effect size corrected for measurement error of .25 ($SE = .027$; $CI [.20; .30]$; $p < .001$) indicated that a higher level of mindfulness predicted more pro-environmental behavior. The relationship between mindfulness and pro-environmental behavior was significantly moderated by country, but not age or gender. Subgroup analyses of all samples ($k = 43$, $N = 12,152$) revealed that the effect size of mindfulness was the largest in predicting pro-environmental behavior in the samples of India. For the intervention samples ($k = 10$, $N = 981$), the moderating effects of intervention types, randomization, and the type of control condition were significant, but the effect of duration was non-significant. Subgroup analyses showed that the effect was largest in samples with a singular intervention, a randomized control design, and an active control group. Limitations and future directions are discussed.

Keywords: trait mindfulness, mindfulness interventions, pro-environmental behavior

越来越多的文献表明正念和亲环境行为可能存在正相关关系。本元分析回顾了以往跨年龄组和国家的关于这种关系的研究($k = 43$, $N = 12,152$)。结果发现 , 正念与亲环境行为之间存在显著的相关性 , 经过校正测量误差得到的平均效应大小为 0.25 ($SE = .027$; $CI [.20 ; .30]$; $p < .001$) , 表明更高水平的正念预示着更多的亲环境行为。国家/地区显著调节了正念与亲环境行为之间的关系 , 但年龄和性别的调节作用不显著。整体的亚组分析显示($k = 43$, $N = 12,152$) , 在 41-55 岁样本和美国样本中 , 正念在预测亲环境行为方面的效应最大。而在干预样本中($k = 10$, $N = 981$) , 干预类型 , 随机化的调节作用 , 和控制条件类型的调节作用均显著 , 然而持续时间的调节作用不显著。亚组分析显示 , 采用单一干预的样本 , 采用随机对照设计的样本 , 和积极对照组的样本得到的效应最大。最后讨论了本研究的不足和未来的研究方向。

关键词 : 特质正念 , 正念干预 , 亲环境行为