

Exploring the relationship between mindfulness and episodic memory performance

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Introduction

- Mindfulness and meditation has been widely practiced in Eastern cultures for centuries and has recently been adopted in the West as a holistic approach to improve well-being and quality of life.
- Empirical evidence is needed to establish the link between mindfulness and quality of life, including its potential impact on cognitive functions such as episodic memory
- Episodic memory is a type of long-term, declarative, memory that relates to one's conscious recollection of past experiences.
- Mindfulness will be quantified using the Five Facet Mindfulness Questionnaire (FFMQ), which assesses different features of mindfulness.
- Episodic memory performance will be evaluated through two lab-based tasks that simulate memory processes in everyday experiences.

Research Questions

- What is the relationship between mindfulness and episodic memory performance?
- Do any of the five facets of mindfulness facilitate episodic memory?
 - If so, which facets?

Hypothesis

- Individuals who score higher on the Five Facet Mindfulness Questionnaire (FFMQ) will perform more accurately in the lab-based episodic memory tasks.

Methods

Quantifying mindfulness

Five Facet Mindfulness Questionnaire



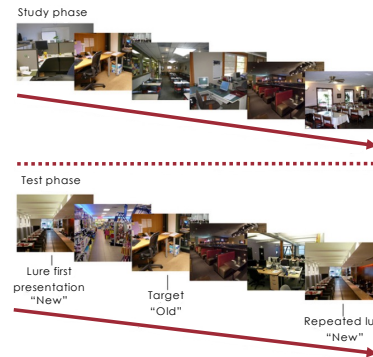
1. **Observing:** The ability to attend to and recognize present moment experiences, such as physical sensations, thoughts, and emotions.
2. **Describing:** The ability to label and describe present moment experiences, particularly thoughts and emotions, in a non-judgmental way.
3. **Acting with awareness:** The ability to remain fully engaged and focused in the present moment while engaging in daily activities.
4. **Non-judging:** The ability to take an objective and non-evaluative stance towards one's own thoughts and emotions as they arise.
5. **Non-reactivity:** The ability to allow thoughts and emotions to come and go without becoming attached to them or getting caught up in them.

Evaluating episodic memory

Logical Memory Test

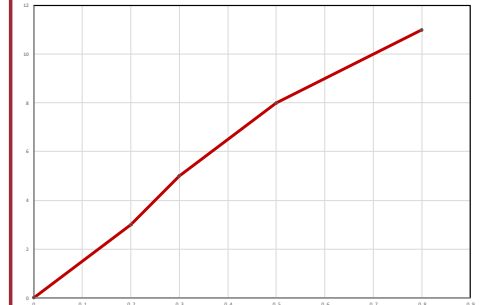
Short story orally presented
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 Immediate recall
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 20-30 minutes
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 Delayed recall
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 Recognition Questions

Exclusion Task

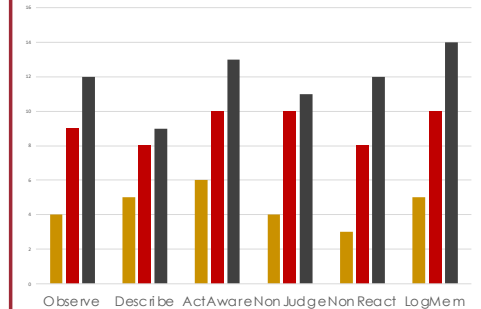


Anticipated Results

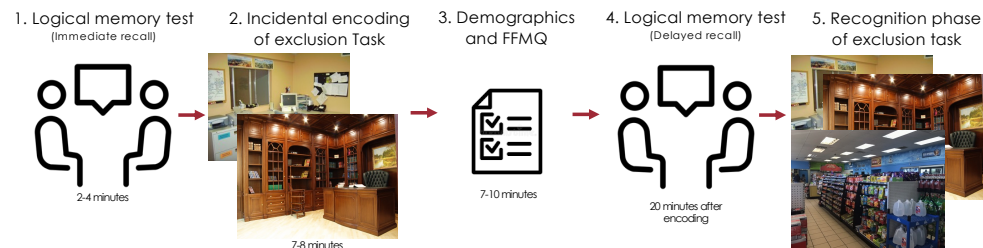
FFMQ & Exclusion Task



Five Facets & Logical Memory Test



Experimental Design



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