

# 35<sup>th</sup> World Summit on Positive Psychology, Happiness, Mindfulness and Wellness April 28-29, 2022 | Webinar

Volume: 12

## A moderated mediation model of mindfulness, wellbeing and age among Chinese adults in community settings: a parallel process latent growth curve approach from a randomized controlled trial

**Man Ying Kangl**

Hong Kong Baptist University, Hong Kong

**Objectives:** To test the effectiveness of online short-term audio-based mindfulness (SAM) in enhancing mental wellbeing and mindfulness levels in community settings in China and to explore possible moderators and mediators of the efficacy.

**Methods:** Participants (n=100) were randomized into the intervention group (n=50) and the waitlist control group (n=50). Participants in the mindfulness group needed to finish 3-week with 21 sessions mindfulness practice and complete four-time online measures while those in the waitlist control group needed to fill in the same scales twice. T-tests were used to compare the effects on the two groups and moderated mediation analysis was used to analyze intervention outcomes. Mediation was tested through the path of the mindfulness intervention to the growth factors of the mediator (individual mindfulness levels) to growth factors of the **individual wellbeing**. Lastly, the moderation by the potential moderator (e.g., age) on the mediation effects was tested.

**Results:** **Online SAM** was found to be effective in improving mental wellbeing as well as mindfulness levels. Age as the moderator was found to be significant between SAM and mindfulness at post-intervention, whose indirect effects were found between SAM and wellbeing.

**Conclusions:** Online SAM was effective in promoting mental wellbeing and mindfulness levels in community settings in China. Age affected the direct effect of **mindfulness meditation** on wellbeing.

### Biography

Man Ying Kang has her expertise in mindfulness-based therapy in improving the mental health and wellbeing. She is a PhD student in Department of Social Work in Hong Kong Baptist University.

20481985@life.hkbu.edu.hk