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**Cognitive effects of a mindfulness training with fifth graders**

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### Introduction

- **Mindfulness** is the nonjudgmental, accepting awareness of moment-by-moment experience (Bishop et al., 2004; Kabat-Zinn, 2005).

- **Goals** of the present study: investigating the cognitive effects of mindfulness practice in fifth graders by contrast: mindfulness training with a concentration training (active control group) and effects of maturation/schooling (passive control group).

- **Hypotheses:** Mindfulness practice enhances sustained attention, cognitive flexibility, cognitive inhibition, data-driven (as opposed to concept-driven) information processing more strongly than a concentration training (active control group) and maturation/schooling (passive control group).

### Method

- **Design**

<table>
<thead>
<tr>
<th>Condition</th>
<th>T1 (9/2013)</th>
<th>Treatment</th>
<th>T2 (2/2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experimental</td>
<td>Pretest</td>
<td>Mindfulness training</td>
<td>Posttest</td>
</tr>
<tr>
<td>(n=16)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Active control</td>
<td>Pretest</td>
<td>Concentration training</td>
<td>Posttest</td>
</tr>
<tr>
<td>(n=8)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Passive control</td>
<td>Pretest</td>
<td>-</td>
<td>Posttest</td>
</tr>
<tr>
<td>(n=10)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Participants:** 34 pupils (age: mean=10.80, SD=0.53; gender: 16 male, 18 female)

### Results

**General approach for analyses:**

- Non-parametric analysis methods due to high heterogeneity
- Pairwise comparisons for each experimental condition
- Interpretation of results based on effect sizes

Graphs display results of selected dependent measures.

### Conclusions

- As shown by all corresponding dependent measures, mindfulness training was superior to maturation/schooling and concentration training in fostering sustained attention, cognitive inhibition, data-driven information processing.

- Cognitive flexibility was not specifically promoted by mindfulness practice.

- Results are generally in line with meta-analysis by Zemner et al. (2014): Mindfulness trainings with pupils effectively enhance cognitive abilities.

### References


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