

Abstract for

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"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male  / Female  / Diverse

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Presentation title: **Effectiveness of Mindful-Based Cognitive Therapy for Improving Well-Being  
of Healthy Individuals**

Abstract text up to 15 lines in English:

**Introduction:** Better subjective and eudaimonic well-being fosters better health conditions. Several studies have confirmed that mindfulness-based interventions are effective for improving well-being. The present study examined the effectiveness of MBCT for improving subjective and eudaimonic well-being among community residents. **Methods:** The study design featured an 8-week randomized, waiting-list controlled, parallel-group study. 8 weekly mindfulness classes, followed by 2 monthly classes, were provided for healthy individuals aged 20–65 years who had a Satisfaction with Life Scale score of  $\leq 24$  indicating average to low cognitive aspect of subjective well-being. **Results:** The results showed that cognitive aspect of subjective well-being and mindfulness skills were significantly improved at 8 weeks, and this effect was enhanced up to the end of the follow-up period. Positive affective aspect of subjective and eudaimonic well-being were significantly improved at 16 weeks. **Conclusions:** Eight weeks of MBCT with a 2-month follow-up period improved cognitive and affective aspects of subjective and eudaimonic well-being in healthy individuals.