

Mindfulness, self-compassion, and emotion regulation in well-being among childhood maltreatment survivors

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Introduction

- Childhood maltreatment (CM) is positively associated with emotion regulation (ER) difficulties and negatively associated with psychological well-being (Barlow et al., 2017; Green et al., 2010)
- Trait mindfulness and self-compassion mediate these relationships:
 - Between CM and ER difficulties (Boughner et al., 2016; Vettese et al., 2011)
 - Between CM and psychological well-being (Tarber et al., 2016; Thompson et al., 2011)
- No previous studies have examined the links between these variables in one serial mediation model; thus the relationship between these variables remains unclear and cannot be fully understood

Methods

Participants: 157 UD undergraduate students in exchange for SONA credit

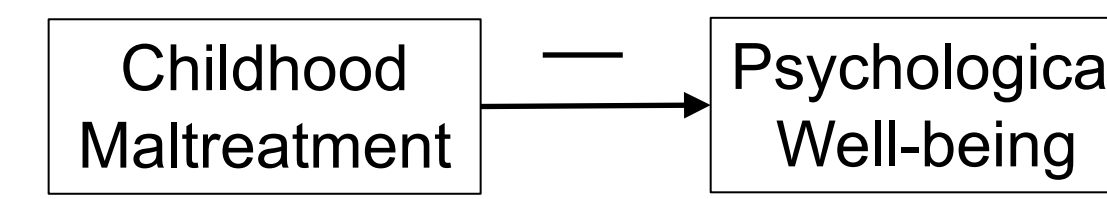
Participants were asked to complete the following measures:

- Childhood Trauma Questionnaire** (CTQ; Bernstein et al., 2003)
- Self-Compassion Scale** (SCS; Neff, 2003)
- Five Facet Mindfulness Questionnaire** (FFMQ; Baer et al., 2006)
- Difficulty in Emotion Regulation Scale** (DERS; Gratz & Roemer, 2004)
- Psychological Well Being** (PWB; Ryff & Keyes, 1995)

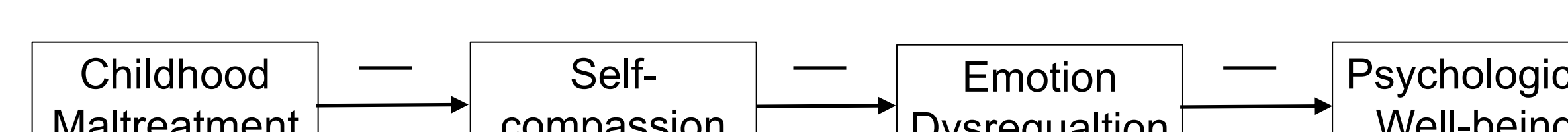
Analysis: SPSS PROCESS macro serial mediation; Bootstrapping; model 80 (Preacher et al., 2007)

Hypotheses

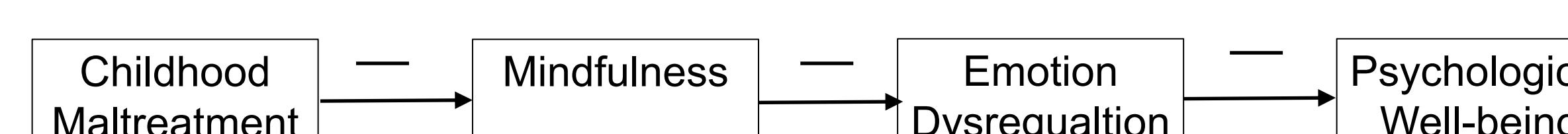
Hypothesis 1: There will be a negative direct effect of childhood maltreatment on psychological well-being.



Hypothesis 2: There will be a negative indirect effect of childhood maltreatment on psychological well-being through self-compassion and emotion dysregulation.



Hypothesis 3: There will be a negative indirect effect of childhood maltreatment on psychological well-being through mindfulness and emotion dysregulation.



Results

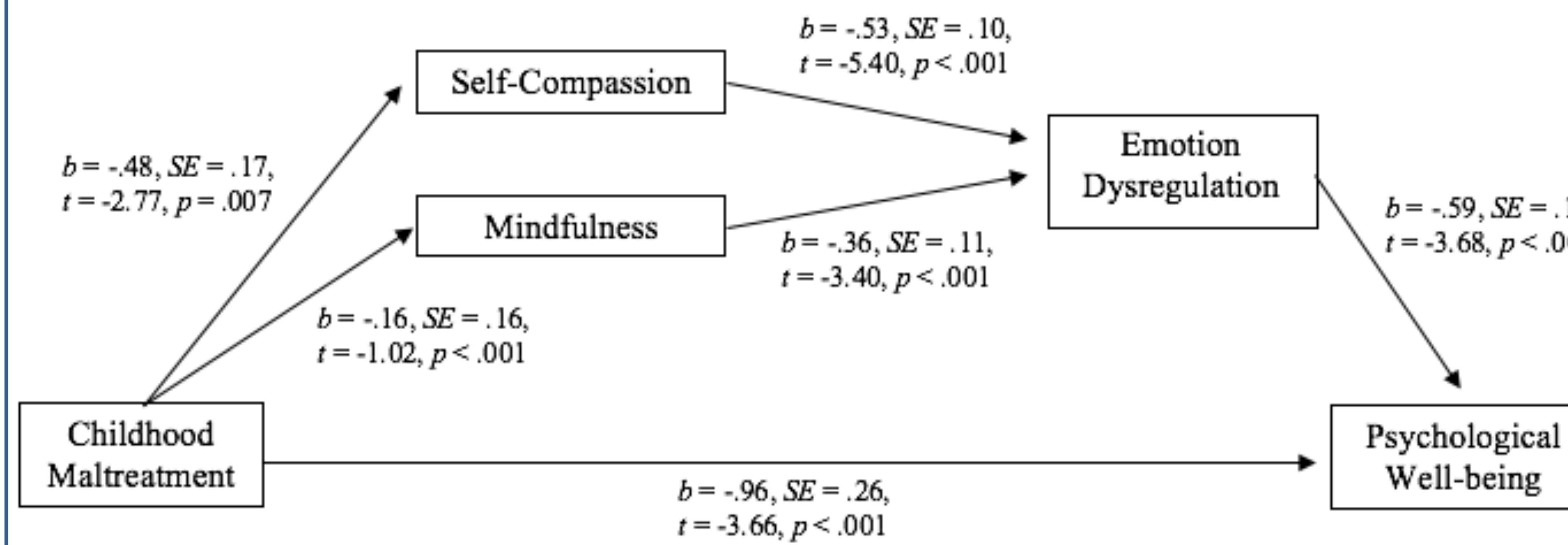


Figure 1. Direct effects of the mediation model

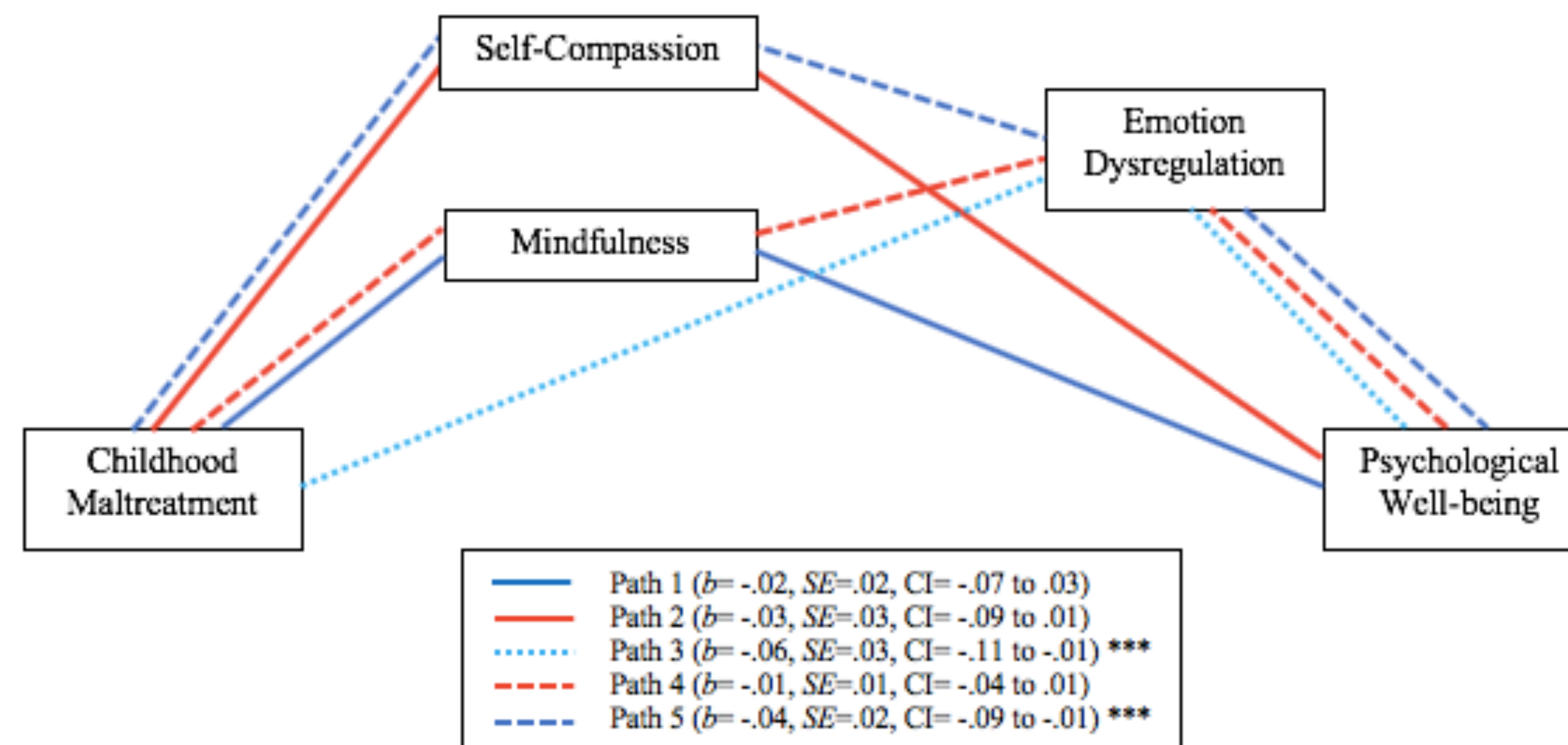


Figure 2. Indirect effects of the mediation model

Secondary Analysis

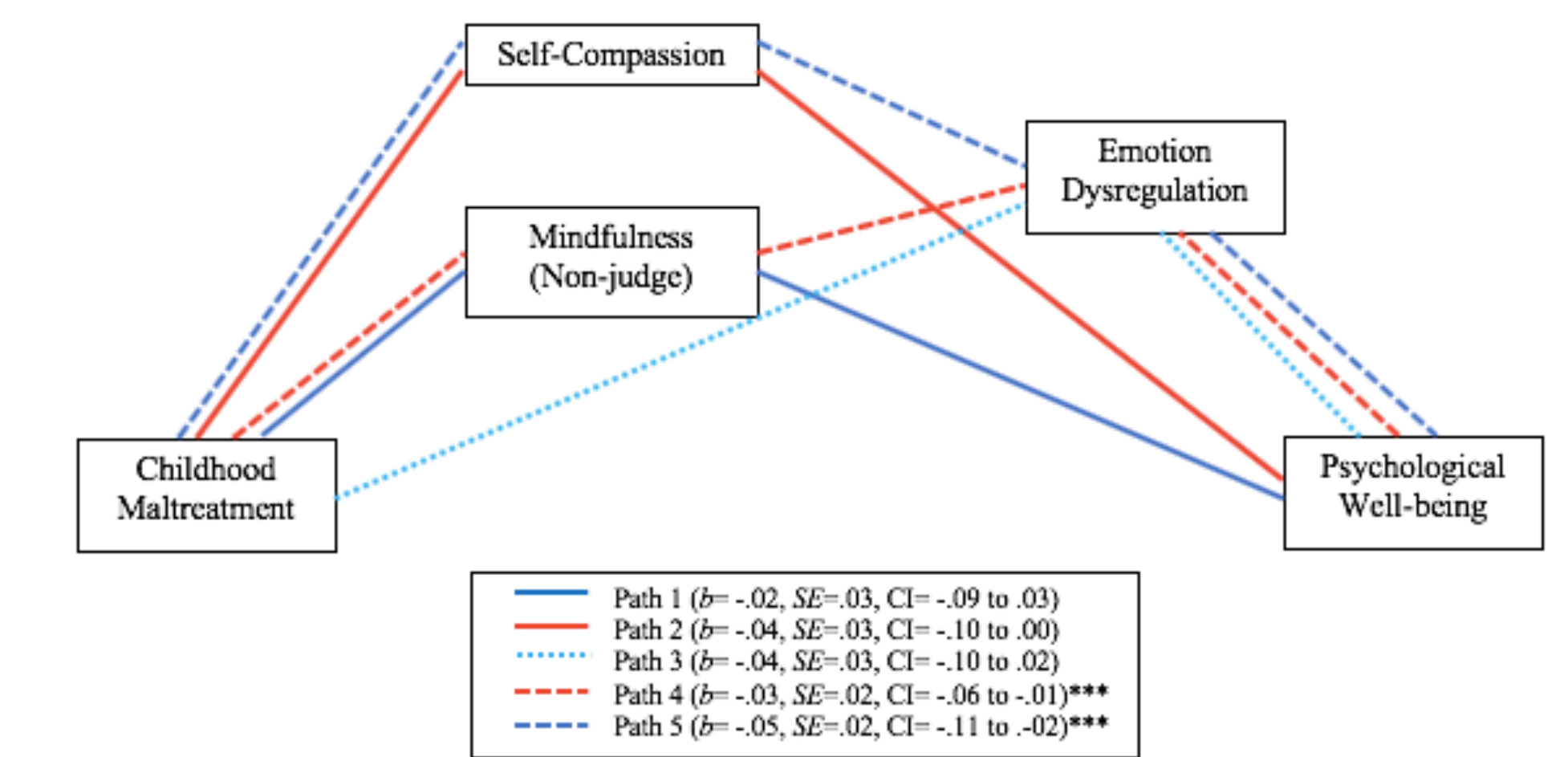


Figure 3. Indirect effects using non-judge facet of mindfulness

Discussion

- As anticipated, a negative indirect effect emerged such that more severe experiences of child maltreatment was linked to lower self-compassion, which was linked to more emotion dysregulation, which in turn was associated with less well-being
- Unexpectedly, no indirect effect emerged through trait mindfulness and emotion dysregulation
- When facets of mindfulness were tested separately, a negative indirect effect emerged through lower non-judgment and subsequent difficulty with emotion dysregulation, but no other facets of mindfulness mediated the relation
- Results suggest that while mindfulness is an increasingly popular treatment for survivors of child maltreatment, non-judging might be an essential target for this population

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