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Mindfulness Meditation on the Effects of Cognitive Enhancement

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INTRODUCTION

- Mindfulness meditation has been used to improve attention, reduce emotional vulnerability, improving sequencing tasks and shifting attention (Hebler, 2012).
- The trail Making Test also known as the TMT is a neuropsychological assessment used by clinical psychologists to reflect the performance of same cognitive processes (Salthouse, 2011)

HYPOTHESIS

- Participants will show improved TMT scores in the meditation group versus the relaxation group

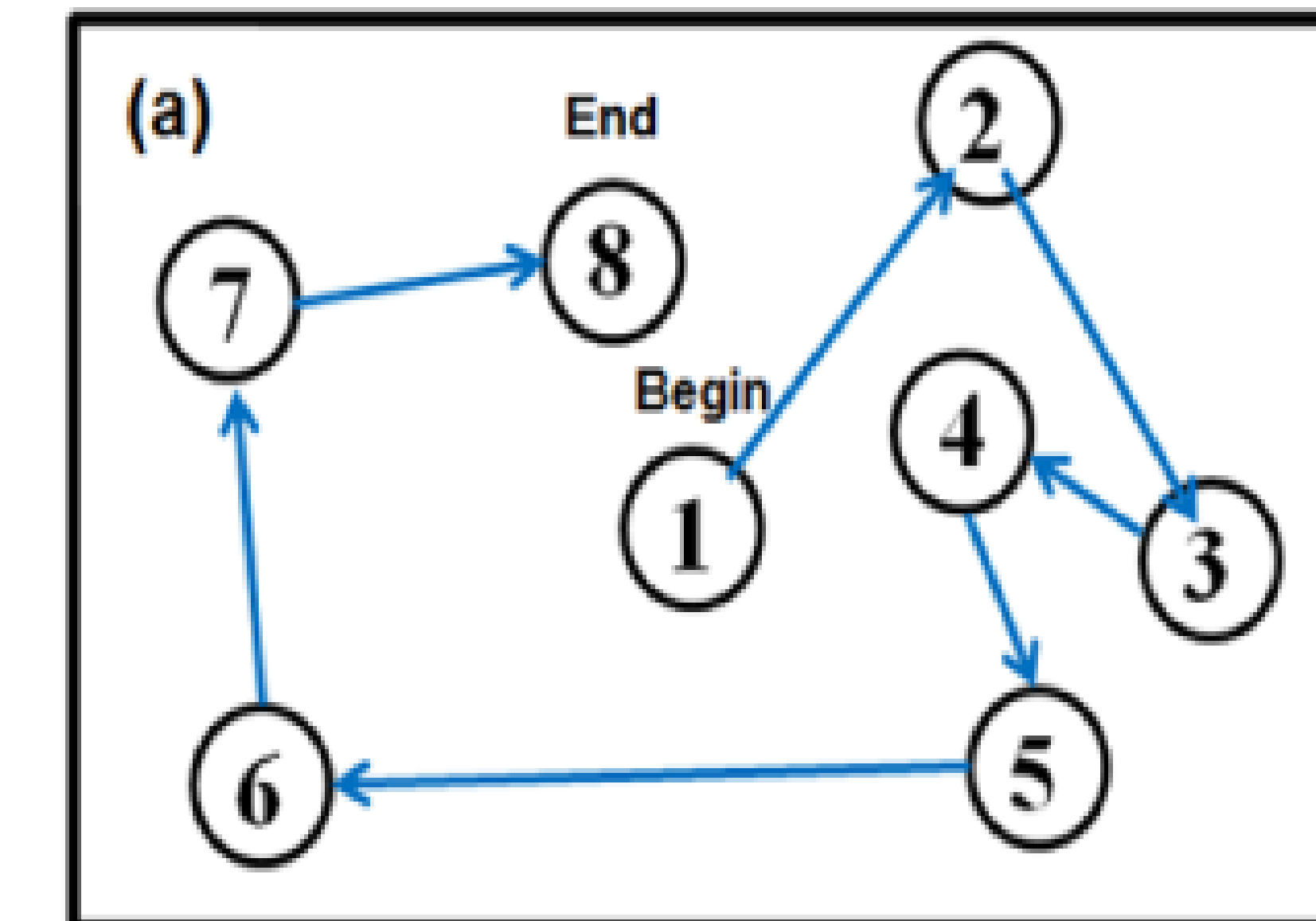
METHOD

- IV is the meditation exercise vs relaxation exercise
- DV is working memory and processing; assessed by the Trail Making Test
- Participants will be undergraduate students recruited from the research psychology pool
- Data will be analyzed using a repeated measures ANOVA

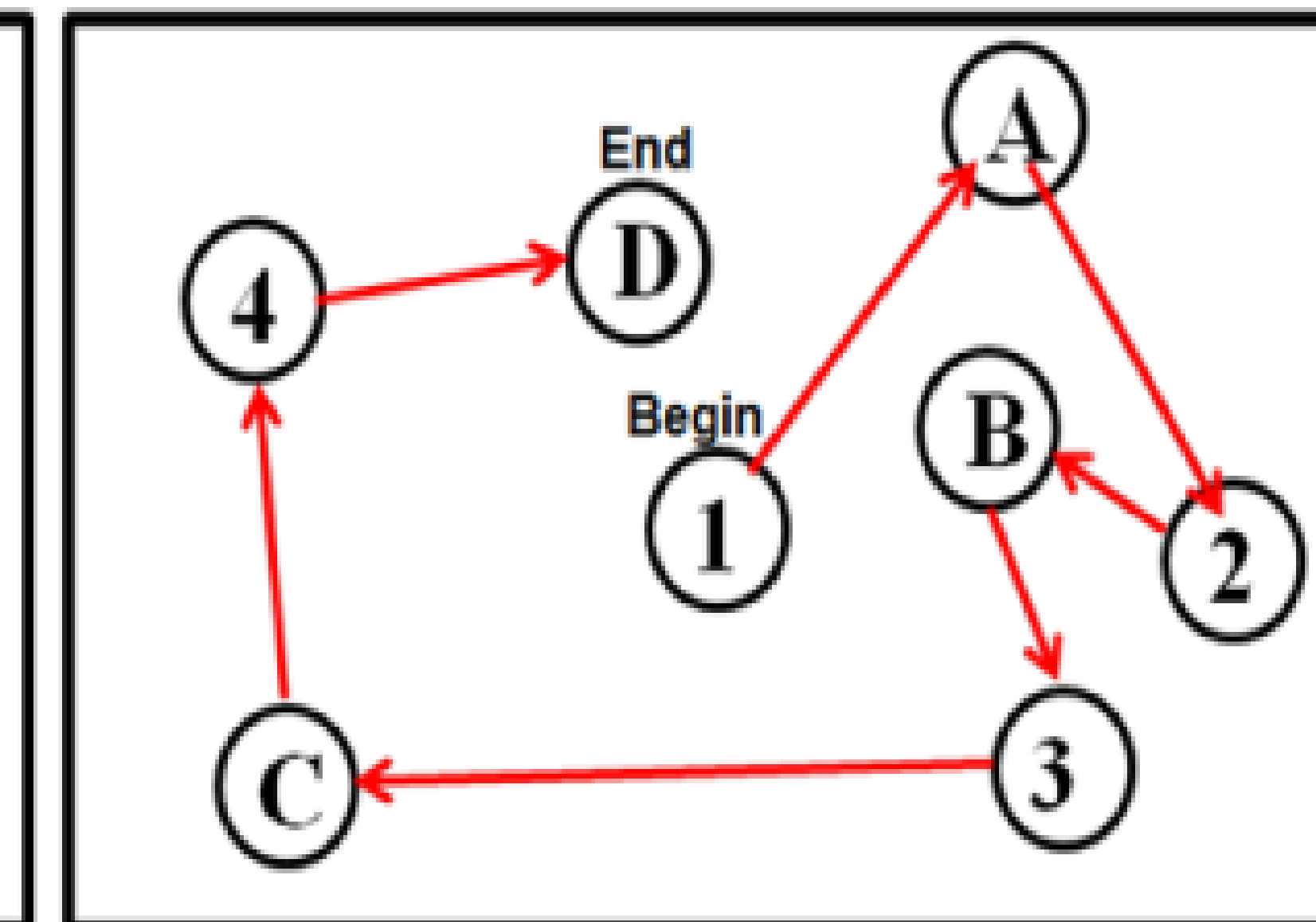
Procedure

- One group of participants will be placed in the relaxation group and the other the meditation group
- The “Headspace” app will be used to guide participants through the meditation exercise
- Both groups will practice their exercise once a day for two weeks
- The graph below shows that meditation caused an improvement of the Trail Making Test Performance

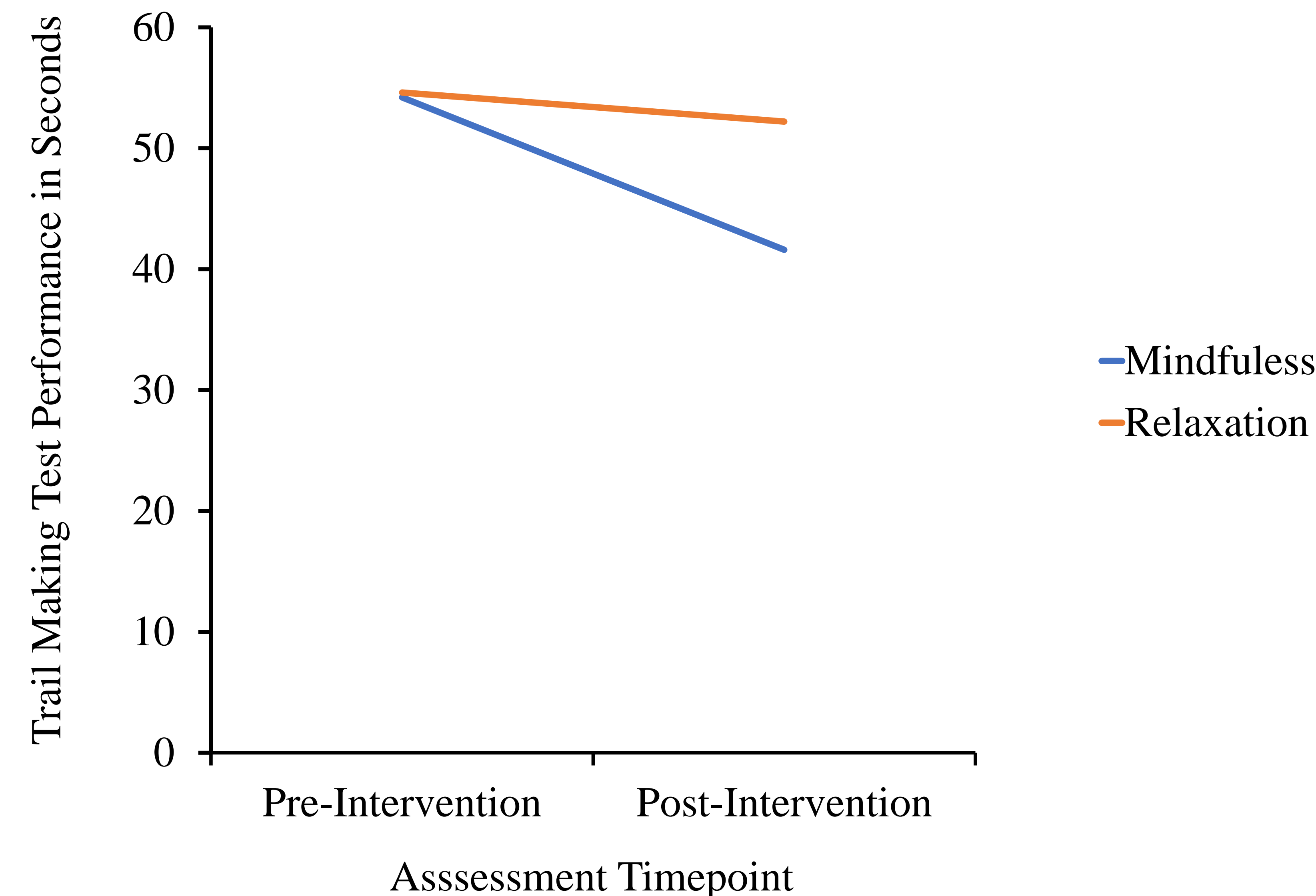
Part A



Part B



PREDICTED RESULTS



DISCUSSION

- Study will be run during spring 2021
- Predicted results are displayed in the graph
- If results supports prediction, it suggests mindfulness meditation is effective when treating cognitive disorders such as ADHD

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