

A QUALITATIVE AND QUANTITATIVE STUDY EXAMINING EFFECTS OF
MINDFULNESS-BASED STRESS REDUCTION (MBSR) ON PHYSICAL AND
PSYCHOLOGICAL WELL-BEING AMONG BREAST CANCER SURVIVORS

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ABSTRACT

The study used a mixed-method design to examine effects of Mindfulness-Based Stress Reduction (MBSR) on health among early-stage breast cancer survivors. The sample consisted of 32 participants, the intervention group (n = 15) and the control group (n = 17). The intervention group received the eight-week MBSR program. ANOVA and ANCOVA were used to analyze quantitative data. Qualitative data were analyzed using content analysis. The results of quantitative analyses demonstrated that MBSR was associated with statistically significant improvement in physiological and psychological outcomes in this sample, including reduced high blood pressure, heart rate, and respiratory rate and increased mindfulness state at the significance level of $p = .05$ to $p = .001$. Qualitative analyses demonstrated that changes resulting from implementing meditational techniques in daily lives were reported as: “*reducing stress,*” “*being more aware,*” “*being more accepting,*” “*being refreshed and having more energy,*” and “*having a whole life change.*”