



NeuRA

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Mindfulness

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POST-TRAUMATIC STRESS DISORDER Factsheet

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What is mindfulness and meditation?

Meditation has elements of exposure, cognitive change, attentional control, self-management, relaxation, and acceptance, all of which are relevant to PTSD. Mindfulness meditation teaches participants to orient their attention to the present with curiosity, openness, and acceptance. It uses monitoring to attend to sensations, emotions, and thoughts as they enter awareness. Experiencing the present non-judgmentally and openly may encourage people to approach rather than avoid distressing thoughts and feelings, which may reduce cognitive distortions and avoidance. Present-orientation also avoids excessive orientation toward the past or future, which may reduce worry and rumination.

What is the evidence for mindfulness and meditation?

Moderate quality evidence found a medium-sized effect of improved PTSD symptoms with mindfulness and meditation compared to control conditions. Longer treatment and higher levels of mindfulness were associated with greater improvement in PTSD symptoms.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.