

Multi-Component MBIs (mindfulness-based interventions)

MBI interventions include mindfulness-based exercises alongside other cognitive and behavioural strategies. It considers:

- the content of a person's thoughts, feelings and behaviours
- the person's relationship with their thoughts, feelings and behaviours
- the context within which these occur.

MBIs work on building a present-focused attentional state that emphasises observing and experiencing rather than evaluating and changing experiences such as thoughts, sensations, feelings, or urges.

Many MBI programmes have been established; of which the two listed below are the most widely adopted:

- MBSR: mindfulness-based stress reduction, launched by Jon Kabat-Zinn
- MBCT: Mindfulness-based cognitive therapy by Segal, Teasdale and Williams based on MBSR.

Relevant Research Papers:

Mindfulness-based interventions for binge eating: a systematic review and meta-analysis
| 2014 | Kathryn M. Godfrey, Linda C. Gallo, Niloofar Afari

Mindfulness-Based Eating Awareness Training for Treating Binge Eating Disorder: The Conceptual Foundation
| 2010 | Jean L. Kristeller, Ruth Q. Wolever



Mindfulness Practices

The diagram below illustrates the journey the user may take along with actions (in green) that can be taken to work at each step.

