

## **Abstract**

This bachelor's thesis deals with connections between mindfulness and perceived control. The theoretical part of the thesis describes mindfulness and perceived control separately, stressing all the aspects important for focusing on the connectedness of the concepts. The thesis continues with a review of possible theoretical linkages between mindfulness and perceived control. This part ends with a short summary of the research that was done in this particular field of study. The second part of the thesis proposes a quantitative experimental research project. It aims to determine whether there is a change in Locus of Control after passing an 8-week Mindfulness-Based Stress Reduction programme (MBSR).