

Abstract:

Theoretical section focuses on the concept of mindfulness, its historical background, variety of theoretical approaches and definitions of mindfulness. On this basis I provide own definition of mindfulness. Then, I present an overview of the features and characteristics of mindfulness, its applications in clinical environment, mindfulness-based approaches, effective therapeutic factors, and also its use with specific mental disorders. I also address neural correlates of mindfulness, developmental aspects of mindfulness and overview of measurement methods.

Empirical section consists of standardization of Five Facets Mindfulness Questionnaire for the Czech population and verification of its factor model. Further I monitored the relation of mindfulness to chosen demographic variables. Results showed modestly significant correlation with age and education, and independence of sex and overall mindfulness score. In four subscales of the questionnaire, however, sexes differed. The hypothesis that mindfulness is related to profession was also confirmed. Highest mindfulness scores were reached by helping professions, especially psychotherapists, lowest scores were reached by technical professions. Next, results confirmed the hypothesis about relation between mindfulness and life satisfaction (cognitive aspect of well-being). Finally, I tested for difference in mindfulness in clinical and normal population. Respondents with mental disorder scored statistically lower than normal population.

Keywords:

Mindfulness, psychotherapy, mindfulness-based treatment approaches, mindfulness definitions, characteristics of mindfulness, Five Facet Mindfulness Questionnaire, mindfulness research