

Abstract

This bachelor's thesis deals with mindfulness-based programs, which are now used in medicine. The theoretical part focuses on their, description, published clinical outcomes, research, mechanisms of action, advantages, pitfalls and their use in clinical practice. The empirical builds on the theoretical part and proposes a research project in the form of a double-blinded randomized controlled study of the influence of MBSR on variables of mental and physical health, with the application of an active control group. Discussion includes reflections on the direction of future research and presents information on current trends, opportunities and challenges facing these interventions.