Examining Effects of Mindfulness on the Behavior of Romantic Couples Engaged in a Conflict Discussion.

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**Introduction**
- Mindfulness refers to a state of intentional awareness in the present moment accompanied by nonjudgmental and accepting attitude.
- Mindfulness has been linked to increased relationship satisfaction in married couples... (Carson, et al. 2004; Gambrel, & Piercy, 2014).
- ... and increased relationship satisfaction in non-married couples (Barnes et al., 2007; Khaddouma et al., 2015).
- In the current sample, trait mindfulness was indirectly associated with less negative affect and more positive cognitive appraisals following the conflict discussion. This association was mediated by reduced attachment anxiety. (Hertz, Laurent, & Laurent, 2014).

**Hypotheses**
- The current study tested whether trait mindfulness or participation in a brief mindfulness induction were associated with more positive behavior and a less negative behavior during a conflict discussion.

**Method**
- **Participants**
  - N=114 (dyads).
- **Measures**
  - The System for Coding Interactions in Dyads (SCID) was used to code the recordings of the conflict discussion (Malik et al., 2004).
  - The Five Facet Mindfulness Questionnaire (FFMQ) is composed of 39 questions that were combined from five different mindfulness scales. The questionnaire represent 5 facets of mindfulness (Baer et al., 2006).
- **Procedures**
  - Research assistants used video tapes of the conflict discussion to code behaviors using the SCID.
- **Results**
  - There were no significant differences in conflict behavior between groups.
  - Total scores of the FFMQ did not significantly predict positive or negative conflict behavior.

**Conclusion**
- In this sample, mindfulness was not significantly related to conflict behavior.
- Future research could examine this topic using a prolonged mindfulness intervention.

**References**