

MBSR for Employees: A Narrative Review

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Abstract

Introduction: MBSR is a mindfulness-based intervention created by John Kibbat Zinn in the 1970's using the principles of the Buddhist tradition. Since its creation it has found to be effective in various physiological and psychological issues such as cardiovascular diseases, diabetes, blood pressure, hypertension, anxiety, depression, and other ailments. In this particular narrative review, we screened and selected various studies that observed better physiological and psychological health post the MBSR intervention. Methodology: PubMed and DOAJ were used to do literature review. 10 researches were included in this narrative analysis after pertinent papers were screened and selected using predetermined inclusion and exclusion criteria. The analysis was conducted on basis of their methodology, results, conclusions and limitations. Results: Studies have time and again have observed the positive changes associated with the MBSR intervention, for example: participants observed an improvement in overall health, mental health, life satisfaction, level of perceived stress etc., along with a pattern of decrement in negative factors is also observed such as a decrement in symptoms experienced related to disorders like anxiety and depression, somatic complaints etc. Conclusion: Post MBSR intervention scores of physiological and psychological related symptoms or ailments have been observed to be largely positive in comparison to the pre-intervention scores. Thus, we can conclude that the intervention is effective in improving an individual's quality of life and life satisfaction if adopted as a wellness practice.

Keywords: MBSR, Physiological health, psychological well-being, stress reduction, mental health intervention, resilience

INTRODUCTION

There is increasing recognition regarding the importance of mental health and how negative effects of stress can contribute to a number of ailments such as the cardiovascular diseases, hypertension, and other types of ailments (T., [28] 2010). Due to factors such as highly unreasonable and unhealthy expectations and pressures on the employees, long commutes, juggling family and work time can contribute to high levels of distress for the workers. In addition, company mergers, reorganization, bureaucratic constraints and layoffs leading to job insecurity can add to the existing stress for the employees (T., [28] 2010). Among working IT professionals, role erosion, and personal inadequacy seem to contribute to the stress experienced by this population (S Gautami, [23] 2016). Mindfulness in recent years has gained popularity across the world after numerous studies have uproariously reported

positive outcomes of practicing mindfulness related interventions on various facets of physiological and psychological well-being. Mindfulness is the ability of being present, and focusing on our surroundings at the moment and the task at hand. It also refers to the ability of not being reactive and staying detached from the external circumstances [5]. Mindfulness has its roots in the Buddhist traditions and practices.

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Definition of MBSR and Its Benefits

Mindfulness Based Stress Reduction (MBSR)

was created by John Kibbat Zinn in the 1970s in the university of Massachusetts, with its roots within the eastern traditions of mindfulness, particularly Buddhism. It consists of exercises comprising of body yoga, mindfulness practices and breathing exercises [7]. It is categorized as one of the third wave cognitive behavioral therapies. It's a weekly program that is usually 8 sessions long, usually continues for about 2 hours per session along with a 45 minutes long mindfulness-based homework. It usually focuses on concepts of non-judgementalism, attention to the present moment and conscious awareness [11]. Since its origin numerous studies throughout the years have time and again proved its efficiency in improving numerous physiological ailments like cardiovascular diseases, hypertension, blood pressure, chronic pain, immune diseases, cancer, diabetes as well as, psychological disorders like depression, anxiety disorders, post-traumatic stress disorder (PTSD), etc. [12]. A study on 14 participants on whom the effects of MBSR were analyzed on body weight, blood pressure and psychological disorders such as anxiety, depression, and general psychological distress, found significant reductions in these factors post the MBSR intervention (Jon Kabat-Zinn, [14] 1992).

A study conducted on employees with occupational stress in Iran using pretest-post-test control group design observed promising positive results post the standard 8 sessions weekly MBSR intervention. The sample consisted of 30 participants aged 25–55, working in public sectors, 15 participants each were randomly assigned into the intervention and control groups. Burnout, positive and negative affect, and occupational stress were measured in pre MBSR, in the middle of the intervention and post MBSR intervention as well as a one month follow up was also conducted [15]. The intervention group attended 8 weekly 45 minutes MBSR sessions, whereas the control group did not attend any sessions. At the end of the intervention, it was observed that the MBSR group had lower scores in both negative effects and emotional exhaustion, and increased scores in positive effects in the post-test and follow-up scores [18]. The scores have provided insight as to how mindfulness can increase self-regulation, foster social relationships at work, and increase psychological flexibility in the employees, which in turn can foster more productivity. Limitations of the study include the sample being restricted to government employees, which limits its generalizability to other samples, even private sector employees. As well as, a self-reporting questionnaire was employed to measure the employees' positive and negative affect, without the employment of any other instruments (Soltani M, [26] 2023).

Professional caregivers given the nature of their work, are prone to burnout and decreased psychological well-being. A study conducted on the effects of MBSR for caregivers working in nursing homes found significant improvement in burnout levels, and improved psychological well-being after the MBSR intervention [20]. The intervention was conducted in a group setting with 4 weekly sessions on 5 caregivers who stated their enthusiasm to join and fully participate in all four sessions of MBSR.

The sample included four males and one female. This was an experimental method with one group pre-post-test design wherein, only the experimental group received the intervention. Burnout and psychological well-being were measured before and after the intervention. Burnout was measured using the Maslach Burnout Inventory, or MBI, and psychological well-being was measured using the Psychological Well-Being Scale, short version from Carol Ryff. Result demonstrated that the level of burnout across participants decreased post MBSR intervention from their baseline levels in the pretest, and emotional exhaustion also demonstrated significant decrement. Both emotional-related exertion and depersonalization demonstrated a decrease from the pre-test scores after the

MBSR intervention (Risky Adinda, [22] 2020). Extensive research for over 35 years has reported various benefits on physiological and psychological health that MBSR has to offer such as improvements in symptoms of anxiety, stress, depression, and pain, as well as, improvements in cognitive functions, brain health and immune response (Reibel & McCown, [21] 2019). (Table 1)

Table 1. Theoretical framework and literature review.

Study	Cause	Application
Mindfulness theory by Jon Kibbat Zinn	Excessive rumination about the past and excessive worries about the future.	Mindfulness practices grounded in present moment such as Body Scan practices, Meditation and Yoga can increase the present moment awareness significantly, hence reducing negative effects of overthinking and stress on mental and physical health.
Theory of Self-Determination by Deci and Ryan, 1985	Lack of Autonomy, Competence and Connectedness can have a negative effect on well-being.	A sense of autonomy, competence and connectedness can improve the quality of life of an individual.
Transactional model of stress and coping by Lazarus and Folkman, [3] 1984 (Biggs, [3] 2017)	Stress can arise from not only the pressure from the external events but also from one's appraisal of them.	Mindfulness promoted by MBSR can aid this appraisal to a more positive mind, resulting in a response rather than a reaction towards a stressor.
Barbara Fredrickson's Broaden-and-Build Theory (L., [25] 2004)	Negative emotions narrow down an individual's thought-action repertoire	Positive emotions on the other hand, broaden that repertoire resulting in positive resource building.
Martin Seligman's PERMA Model (PERMATM Theory of Well-Being and PERMATM Workshops)	Lack of these five elements can lead to poorer life of life and overall well-being	The fulfilment of five core elements such as positive emotions, engagement, relationships, meaning and accomplishment can foster better overall well-being.

The effectiveness of Mindfulness- Based Stress Reduction (MBSR) in improving overall physical and psychological well-being can be understood through a combination of psychological and neurological theories. Jon Kabat-Zinn's mindfulness theory, which emphasizes non-judgmentalism, present moment awareness as a tool for de-stressing, increasing emotional regulation, and developing healthier coping mechanisms, which also closely aligns with the Transactional Model of Stress and Coping (Biggs, [3] 2017), which emphasizes the fact that external events not only arise from external events but also from our cognitive appraisal of the event. MBSR being a mindfulness-based intervention works on changing our appraisals, enabling us to deal more effectively with the stressor. This also aligns with the Self Determination theory, which postulates that Autonomy, Connectedness and Competence lead to a better quality of life for an individual.

This mechanism was reported in a study by (Bonde EH, [4] 2022) wherein a heightened level of self-awareness that resulted in increased level of kindness towards self. Earlier, employees reported difficulty in taking care of themselves when need as taking time off from work left them with feelings of guilt and shame. However, post intervention it enabled the employees to take care of themselves better than they had been able to pre-intervention, as it increased their present moment awareness and as a result, they were more mindful of how they were reacting during stressful situations [27]. A study conducted on employees from all over the world who participated in a MBSR online program for 12 weeks, to see what kind of benefits MBSR has to offer showed improvement in Mindful Attention Awareness and Perceived Stress levels (Myrtveit, [19] 2014).

Barbara Fredrickson's Broaden and Build theory states that an individual's positive emotions such as joy, content, and love broaden their repertoire of thought and action, and as a result their personal resources are also built such as physical, intellectual, social and psychological resilience. In contrast, negative emotions give rise to negative mindset (L., [25] 2004). The theory's relevance to MBSR is due to the fact that MBSR encourages positive emotions, such as gratitude, and compassion, which in turn broaden an individual's awareness and their response to stress, resulting in better coping mechanisms, emotional regulation, resilience, life satisfaction, and well-being as reported in many studies included in this review, as stated in (Table 2).

PERMA Model proposed by Martin Seligman, states that five elements like positive emotions, engagement, relationships, meaning and accomplishment, when fulfilled lead to improvement in well-being. Mindfulness directly promotes these elements when practiced consistently, as it increases engagement in the present moment. In one study, nurses post MBSR intervention reported improvements in emotional well-being, which directly relates to the element of 'positive emotion' in the PERMA model.

The nurses who participated in the MBSR intervention later reported greater levels of stress management and life satisfaction (Bazarko, [2] 2013). A review on 15 studies found that participation in the MBSR intervention resulted in improvements in physiological and psychological health which supports the MBSR's part in encouraging better perception towards stressors, increased levels of positive emotions, resulting in a better life quality, and well-being in people with chronic diseases with no negative changes that were reported between baseline and follow-up assessments [29]. The studies in the review have included samples with chronic conditions such as fibromyalgia, chronic pain, rheumatoid arthritis, type 2 diabetes, chronic fatigue syndrome etc. The review has proven to be quite insightful into how participation in the MBSR programs can enhance coping mechanisms, overall well-being, and health outcomes (Merkes, [17] 2010).

METHODOLOGY

Using combination of keywords such as mindfulness, MBSR, Physiological health, psychological health, mental health intervention, and resilience, numerous studies were found via platforms such as DOAJ and PubMed. They were screened by their relevance to this particular review using their title, and abstract. Those included were selected on the basis of predetermined inclusion of having completed the MBSR intervention in the study, and exclusion criteria being any study that did not include the MBSR intervention, or not having completed it. 10 studies in total were included in this review.

Objectives

1. To explore and synthesize existing literature on the effects of Mindfulness-based Stress Reduction (MBSR) intervention on psychological and physical health.
2. To identify gaps and limitations in existing research to guide future studies and their implementation.

Hypothesis

1. Mindfulness-Based Stress Reduction (MBSR) intervention is associated with positive effects on mental and physical health across diverse populations.

Sampling procedure

This narrative review used purposive sampling to identify and include relevant studies that:

1. Focused on MBSR intervention.
1. Outcomes reported were related to psychological or physical health.
2. Included diverse populations such as students, employees, healthcare workers, people with chronic illnesses or mental health disorders in their studies.
3. Published between 2010-2025 in English Language.

Sample size

The review included 8 empirical studies, and 2 systematic reviews and meta-analysis that met the inclusion criteria. The total sample size across all studies would be approximately 7,586 participants from diverse backgrounds such as women diagnosed with PCOS, employees, metastatic breast cancer patients, people suffering from chronic diseases such as fibromyalgia, chronic pain, rheumatoid, arthritis, type 2 diabetes, and chronic fatigue syndrome, and nurses.

RESULTS

Study characteristics and findings:

Study	Intervention	Study design	Results	Comments
(Diachenko M, [8] 2021)	5 MBSR sessions and rest 3 online due to COVID-19 restrictions.	Randomized waitlist-controlled trial	Improvements in levels of Resilience, Perceived Stress, Well-being, and symptoms in Anxiety and Depression.	Insightful as to how quality of life is improved via MBSR, however, a small sample size limits its generalisability.
(Salajegheh, [24] 2023)	MBSR program consisted of 8 weekly sessions, lasting 90 minutes each	Quasi-experimental design with an intervention and a control group	Post MBSR reduction in the total mean score in the worry scale which included domains like worries regarding PCOS related complications.	Generalizability limited as the sample was limited to non-married women, however, very effective in showcasing how MBSR can effectively reduce PCOS related worries in women.
(Fisher, [9] 2023)	Studies comprising of standard MBSR intervention	Systematic review and meta-analysis of 9 studies	Post MBSR results indicated enhancement in mindfulness, mental health, and reduction in stress.	Provides a holistic insight into MBSR's benefits, however, limited long-term follow-up cannot demonstrate for how long the benefits are sustained.
(Guu, [10] 2023)	Standard 8 weekly sessions of MBSR intervention	A waitlist control group and an experimental group	Post MBSR results demonstrated enhancement in brain functions, visual processing, awareness of visual stimuli, and cognitive processes related to self-awareness and bodily sensations.	Shows how MBSR can improve brain functioning, a small sample size which limits its generalizability.
(Jennifer Hydeman, [13] 2022)	6 weeks long modified MBSR program	A waitlist control group and an experimental group	The results demonstrated significant improvement in measure of mindfulness and domains of quality of life.	There were no effects of the intervention observed on the biomarkers of stress.
(Vonderlin, [30] 2020)	56 studies with 2689 participants. Studies with standard MBSR included	Meta-analysis of randomized controlled trials	MBSR effectively reduced burnout, somatic complaints, and levels of stress while improving levels of mindfulness, compassion, well-being, and satisfaction related to job.	Can provide insights into how MBSR can be incorporated for the benefit of the employees however, it is a possibility the studies that showcase the positive post intervention symptoms are more likely included.
(Bazarko, [2] 2013)	8 telephonic MBSR group sessions (tMBSR)	Non-randomized pre-post intervention study	Post the intervention, participants showed significant improvement in general health, decrement in stress levels, and burnout levels.	Presence of confounding variables due to lack of RCT design, however, provides a comprehensive understanding of how telephonic MBSR can be beneficial when standard MBSR is not possible.
(de Vibe M, [6] 2023)	1.5 hours sessions with a total of 15 hours of MBSR training	A randomised control trial (RCT)	The results demonstrated an improvement in subjective well-being, mindfulness, problem-focused coping, and a decrement in avoidance focused coping.	A very conclusive insight in how MBSR's effects are sustained for a long duration, however as the sample was predominantly composed of young psychology students, the generalizability is limited.
(Lin, [16] 2018)	Modified 8 weeks MBSR program	Pre, middle and post MBSR assessments with intervention and control group	Significant improvement in negative affect, and stress while simultaneous increment in positive affect and resilience.	Insightful as it shows how modified MBSR can be effective in positive changes however, no significant improvements seen in positive affect and resilience.

Table 2 contains key characteristics and findings of 10 studies with Mindfulness- Based Stress Reduction (MBSR) program and its effects on the psychological and physical health across diverse populations.

DISCUSSION

Numerous studies reported positive effects of the MBSR intervention on different samples, even if a significant improvement was not reported in a variable, there was still a positive trend of improvement that was observed post the intervention in some studies. Work life and personal life can be complex, intensive, and difficult. Skills like resilience, flexibility, and mobility are required to give optimal levels of performance in almost every area of life. Long term chronic exposure to stress may lead an individual to a stress related illness by making their immune systems weaker hence more prone to infections and illnesses. Chronic long-term stress has been observed by numerous studies to lead to heart disease, diabetes, digestive issues and strains in interpersonal relationships. There has also been an increased focus in the recent years at how mindfulness can bring a person back to the present moment. Instead of ruminating on what can be the worst case scenarios in our lives, whether in the past or in the future, mindfulness anchors the person's attention to the now i.e., the present moment, and how not to label a thought or circumstance as good or bad. Research in mindfulness in the recent years has proven its efficacy in enhancing long term well-being and reducing factors that have a negative impact on our lives such as symptoms of anxiety and depression, levels of perceived stress, thereby also reducing the chances of later life cognitive decline and illness.

A study was conducted on the effects of MBSR intervention in Danish pre-retirement employees. The sample consisted of 82 healthy 62 to 65-year-old employees in the private sector who were soon approaching retirement. The sample was randomly allocated to the intervention group that received the intervention and the weight list control group. Baseline data and post-MBSR data, as well as follow-up assessments, were conducted to assess the differences in the variables resulting from the intervention. The assessments in question included the brief Resilience Scale (BRS), the WHO-5 Well-Being Scale (WHO-5), the Symptom Checklist (SCL-5), the Satisfaction with Life Scale (SWLS), and the Amsterdam Resting-State Questionnaire (ARSQ), as well as some additional questions were also asked with regards to participants prior experience with mindfulness. The MBSR intervention's participants observed that they experienced lower levels of perceived stress They did not observe significant differences between the participant and the control group in terms of psychological distress and symptoms of anxiety and depression. They did, however, observe significant improvement in resilience levels and psychological well-being levels, whereas the control group reported worsening symptoms of perceived stress, anxiety, and depression. Experienced in mindfulness reported even greater improvements than participants who are not priority experience in the MBSR. Limitations of the study included a small sample size and absence of a long term follow up due to covid-19 endemic and their multi method approach was reduced to a single method questionnaire, and approach overall the study contributed to long term improvements in levels of resilience and well-being at the 12 month follow up which was followed up by high levels of jobs satisfaction and fewer sick leaves (Diachenko M, [8] 2021).

PCOS (Poly-Cystic Ovary Syndrome) is a common problem faced by women around the globe which comes along with clinical issues such as reproductive issues, metabolic issues, cancers as well as psychological issues (Deswal R). An Iranian study conducted in 2001 on 60 women diagnosed from PCOS, with a control and intervention group observed that the intervention group post the standard 8 weekly MBSR sessions observed that a significant reduction in the mean score of the worry, as well as in the six PCOS related worry domains like non-pregnancy related complications, intercourse related complications, mental health related complications, interpersonal issues, pregnancy related complications, sexual complications, and issues related to religion (Salajegheh, [24] 2023). There was an assessment of the baseline levels of the main score of the six worry domains, and a post intervention assessment. There was a significant difference between two assessments vis-à-vis the mean worry score and the six worry domains' scores. There was also one month follow up which shows the continuity of the intervention effect. The assessments were done via researcher made 34 item Questionnaire. The research is in line with the previous literature available regarding the MBSR program reducing PCOS related worries and improving the quality of life in women with PCOS after

intervention. However, the study has limitations such as married women mostly composed the study's sample and was mostly educated which makes generalizability limited, as well as there is a need for a long-term follow to understand the sustainability of the impact of the intervention in the longer term (Salajegheh, [24] 2023).

A systematic review and meta-analysis of 10 studies with a combined sample of 718 participants in randomized control trials studying the effectiveness of mindfulness-based stress reduction (MBSR) on the levels of mental health, HBA1C, and levels of mindfulness in patients diagnosed with diabetes (Guu, [10]2023). In this meta-analysis, the outcomes of scores of post-intervention and follow-up were compared between the MBSR intervention and control groups. The results of the research give us a very effective insight into how this intervention can be used for improving mental health issues and mindfulness in people with diabetes. Measurement of cortisol is recommended to be a biological measure to evaluate the effectiveness of the MBSR program for individual patients in future research (Fisher, [9] 2023).

A study done by (Guu, [10]2023) highlights the benefits of MBSR such as, the improvements in the cognitive and neurological functions post the Mindfulness Based Stress Reduction (MBSR) program as the results highlight that it increases the interceptor awareness by improving information processing conducted by the brain's salience network. Overall, the intervention significantly improves the brains efficiency and coordination during mindfulness breathing and body scan however, the research comes with a few limitations such as its generalisability being limited due to its small sample size, short term follow-up and a homogeneous group of meditation naive participants.

(Jennifer Hydeman, [13] 2022) conducted a randomized controlled trial to evaluate a 6-week online Mindfulness-Based Stress Reduction (MBSR) program consisting of a sample of patients with metastatic breast cancer. The study observed significant improvements in mindfulness, other psychological factors, and quality of life among participants. Although the intervention did not have a direct impact on any biomarker of stress, however improvement in levels of mindfulness seems to have an impact on reduced levels of pro-inflammatory cytokines. The study's limitations include short duration and the preprint has not undergone peer review yet.

In her 2025 study published in the International Journal of Health Sciences, Dewi Anggraini investigated the effectiveness of MBSR in managing hypertension among adults in Indonesia. Utilizing a desk research methodology, the study reviewed existing literature and found that MBSR effectively reduces blood pressure, manages stress, and enhances relaxation. Significant reductions have also been found in both systolic and diastolic pressures. The study provides insights into how culturally tailored MBSR and consistent practices can lead to optimal benefits. However, the study has its limitations: being secondary, it is limited due to potential biases, and the quality of reviewed sources (Anggraini, [1] 2025).

In this meta-analysis, mindfulness-based programs (MBPs) in workplace settings were analysed by using data from 56 randomized control trials involving 2,689 participants and 2,472 controls. The results have indicated that MBPs have shown significant improvement in stress, burnout, somatic complaints, and mental distress, while simultaneously increasing mindfulness, well-being, compassion, and satisfaction related to occupation. Follow-up assessments up to 12 weeks post MBPs have shown persistence in the outcomes however, the study does have some limitations, like significant heterogeneity among primary studies that could not be consistently explained by program or participant characteristics there is a need for the research to explore long term effects of MBPS and their influence on its outcomes regarding occupational benefits (Vonderlin, [30] 2020).

In a 2013 study, the effectiveness of an innovative telephonic Mindfulness-Based Stress Reduction (tMBSR) program on corporate nurses' health and their well-being was assessed. The program was

adapted from the standard weekly 8-session MBSR program to a weekly 6-session telephonic program. A sample of 36 nurses showed significant improvement in health, stress levels, burnout, self-compassion, and serenity, and the effects were shown to be sustained at a 4-month follow-up. While the study is quite insightful about how adapted MBSR sessions can also be beneficial for mental and physiological well-being, the limitations of the study include its non-randomized study design, absence of a control group, and small and heterogeneous sample size of nurses, which limits its generalisability (Bazarko, [2] 2013).

In a 2018 study, which included a randomized controlled trial of 288 Norwegian medical, and psychology students to assess the long-term effects of a total 15-hour-long, seven-week mindfulness-based intervention (MBI). Researchers conducted a 6-year follow-up, demonstrating the persistence of post-intervention benefits such as improved dispositional mindfulness, problem-focused coping, and avoidance-focused coping, despite low adherence to mindfulness practices. Although the study has been observed to be quite educational in showcasing long term sustenance of the benefits of MBSR, the study does have some limitations such as its reliance on self-report measures and a sample of young students which in turn may limit its generalisability (de Vibe M, [6] 2023).

Another study in 2018 studied the effects of a modified Mindfulness-Based Stress Reduction Programme's impact on nurses in a randomised controlled design. The results demonstrated that the intervention group that received the MBSR intervention saw increments in the levels of improvement in stress, mindfulness and overall well-being as compared to the control group. The limitations of the study include a small sample and an absence of a long-term follow-up which may affect the generalisability of its findings.

CONCLUSION

The studies included in this review have persistently demonstrated the positive effect of Mindfulness-Based Stress Reduction (MBSR) intervention's on various psychological and physiological issues, and quality of life for people from all walks of life for example working professionals saw reductions in workplace stress and burnout, women with PCOS observed reduced health related worries, reduced biomarkers of stress and inflammatory markers also saw a reduction, and there were improvements in job satisfaction, productivity, cognitive functioning and overall well-being. In some cases, wherein standard MBSR was not possible, modified versions of it such as the telephonic MBSR was conducted and whether a standard MBSR was conducted or its modified version, the results indicated a positive trench across various markers of well-being. However, limitations such as small or homogenous samples, or methodological constraints such as lack of long term follow ups, or the lack of randomized control design (RCT) in some studies have limited their generalizability and have called for more rigorous, longitudinal and culturally sensitive research. Overall, MBSR has demonstrated its efficacy as a promising low cost and adaptable intervention for a multitude of people to help them enhance their mental and physical well-being.

IMPLICATIONS

Findings from this narrative analysis have important implications for overall well-being, mental health, physiological health, interpersonal relationships and workplace. MBSR has implications in being an adaptable low-cost health intervention that enhances overall well-being, lowers levels of stress, burnout, symptoms of psychological disorders such as anxiety, depression etc., and has also demonstrated to be effective in enhancing resilience, emotional regulation, emotional intelligence, and healthier coping mechanisms in people from various walks of life facing different kinds of issues pertaining to mental and physical health, such chronic physiological diseases and psychological disorders. For mental health practitioners and policy makers, these results can be help them integrate MBSR and other mindfulness-based interventions into their professional practices as a complementary strategy to serve people better. Additionally, it can also motivate future scholars and mental health professionals to research the effects of these interventions more rigorously in order to

better understand them for in more diverse populations, and for larger variety of issues and the sustainability of their effects.

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