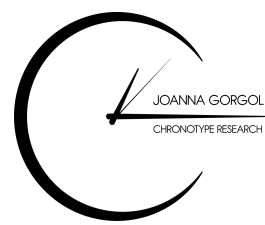


Chronotype, mindfulness, depressive and anxiety symptom



<http://joannagorgol.com>

AIM OF THE STUDY

The aim of the present study was to examine the moderating role of dispositional mindfulness in the association between morningness-eveningness and the presence of depressive as well as anxiety symptoms

HYPOTHESIS

Dispositional mindfulness moderates the associations between morningness-eveningness and the presence of depressive and anxiety symptoms.



METHODS

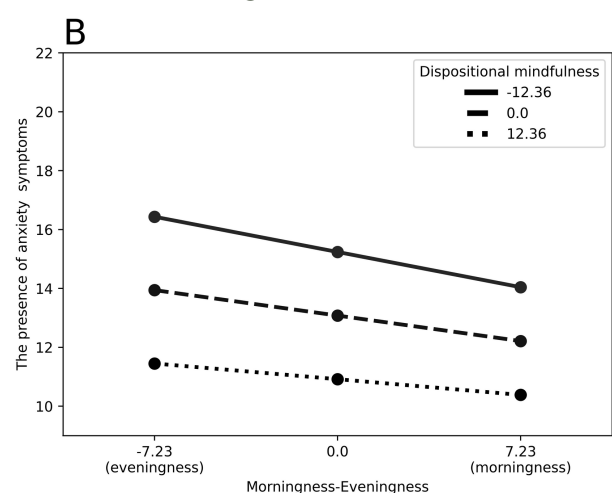
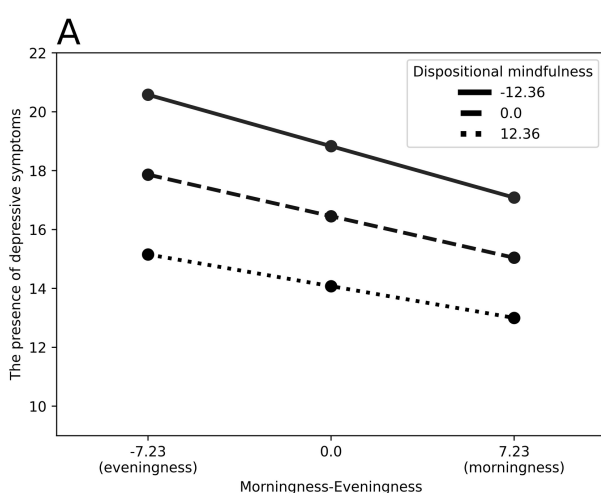


The study was conducted on a group of 1107 individuals (559 women and 548 men) aged 18 to 55.

The participants filled out the questionnaires measuring: chronotype, mindfulness, depressive and anxiety symptoms.

RESULTS

- Morningness was positively associated with dispositional mindfulness.
- The interaction between morningness-eveningness and dispositional mindfulness was significant and indicated that with higher dispositional mindfulness, the relationship between eveningness and depressive symptoms was weaker (see Figure A).
- The interaction between morningness-eveningness and dispositional mindfulness was significant and indicated that with higher dispositional mindfulness, the relationship between eveningness and the presence of anxiety symptoms was weaker (see Figure B).



CONCLUSION

Dispositional mindfulness may act as a protective factor against the elevated depressive and anxiety symptoms reported by evening-oriented individuals. We propose that specific mindfulness-based interventions may reduce the presence of depression and anxiety symptoms in these individuals.

READ MORE

Gorgol, J., Stolarski, M., & Jankowski, T. (2022). The moderating role of dispositional mindfulness in the associations of morningness-eveningness with depressive and anxiety symptoms. *Journal of Sleep Research*, e13657. <https://doi.org/10.1111/jsr.13657>