

A389_2018AbstractButlerAudra

Abstract

The present study aimed to examine the proposed relationship between meditation, mindfulness, and cognitive flexibility. This study surveyed 141 participants recruited from reddit, facebook, and an email sent through Ball State University's Communication Department to students. Participants filled out a survey in which they were asked questions related to previous meditation experience, everyday mindfulness, and cognitive flexibility. It was hypothesized that (1) daily meditators would score higher on the mindfulness inventory than those classified as non-meditators, (2) those who meditate daily will score higher on the cognitive flexibility scale, and (3) there will be a positive correlation between participant reported mindfulness and reported cognitive flexibility.

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