

With Your Mind at Peace, Everything is Fixed

ABSTRACT

Given the vast range of salutogenic effects of mindfulness, the current study sought to quantitatively and qualitatively evaluate the effectiveness of a trauma informed and Te Ao Māori enriched adaptation of MBSR, the 'Aotearoa Mindfulness and Awareness', delivered virtually in Hindi (i.e., the 'H-AMA') to a South Asian cohort (N = 28) in Auckland, New Zealand. Quantitative data were analysed using paired-samples t-tests and Chi-Squared test, whilst qualitative data were analysed using basic thematic analysis. Quantitative analyses revealed H-AMA as being effective in reducing physical distress and anxiety-related symptoms, whilst qualitative analyses revealed there to be five major themes in relation to participants' experiences of the H-AMA: knowledge, self-awareness, relationships, psychological wellbeing, and physical wellbeing. Implications and limitations of these results are discussed in the study, along with suggestions for future research.