Aims and Objectives

The primary aims of this study are to:

(1) assess mindfulness and self-compassion in adults with and without common mental health problems.
(2) to confirm that self-reported mindfulness and self-compassion are significantly lower in adults with mental health problems compared to adults from a non-clinical community sample.
(3) to assess the association between mindfulness and self-compassion and obsessive beliefs, distress tolerance, obsessive-compulsive symptoms, depression and/or anxiety.
(4) to test whether mindfulness and self-compassion mediate the relationship between obsessive beliefs and distress tolerance and obsessive-compulsive symptoms.
(5) to examine whether there are any specific negative associations of mindfulness and self-compassion with obsessive-compulsive symptoms compared to other common mental health difficulties, particularly depression and anxiety.

Inclusion criteria

- Adults over 18 years old.
- Assessed and offered (low or high intensity) treatment in IAPT.
- Be able to read and communicate in English.