Flexibility serves as a multi-stage mechanism linking mindfulness to wellbeing.

The Unified Model of Mindful Flexibility:

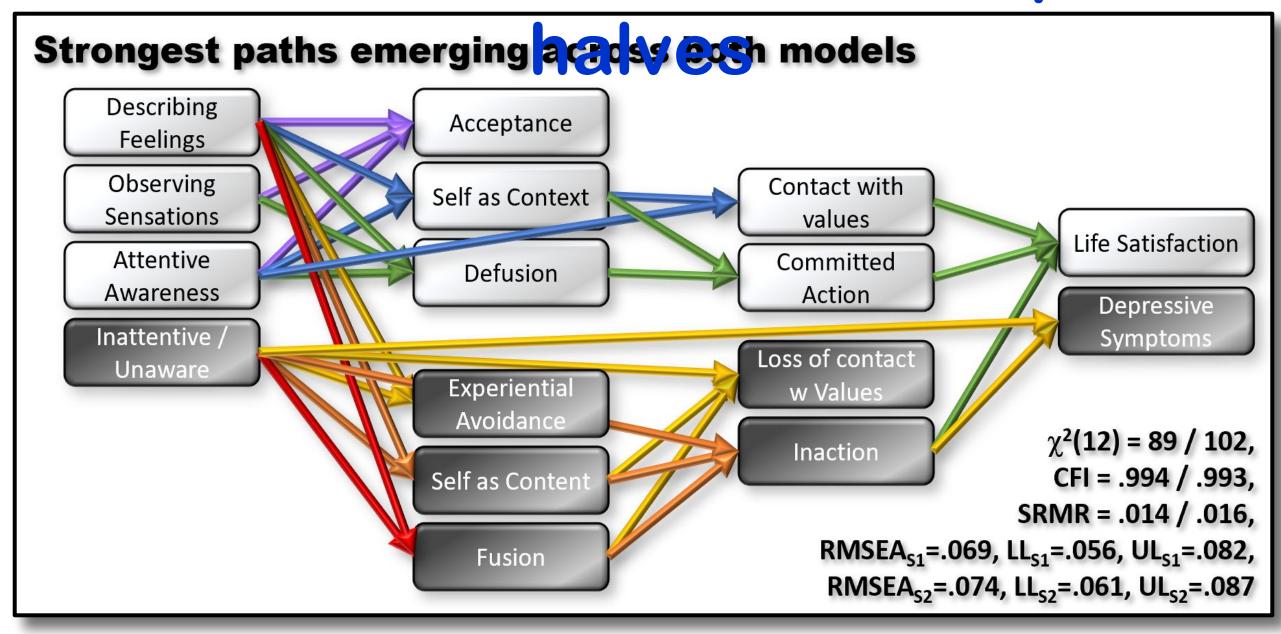
A Multi-Stage, Process Model of Understanding Change in Treatment

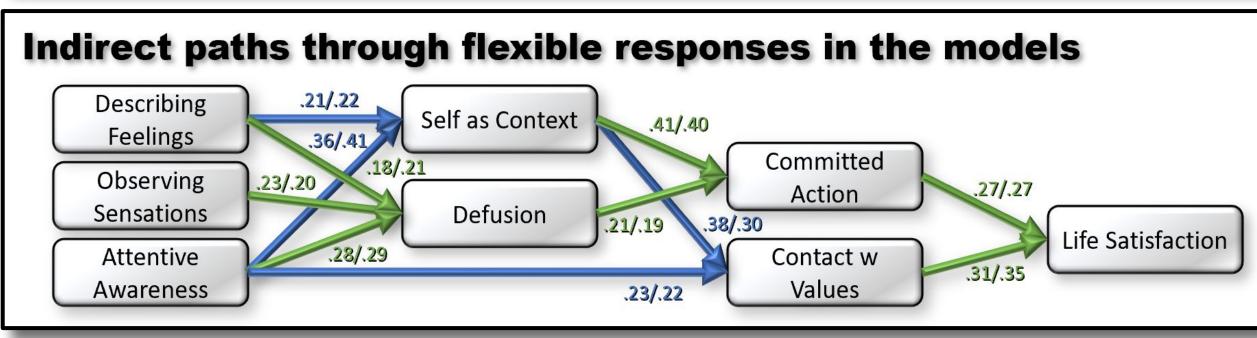
Ronald D. Rogge, Jennifer S. Daks, & Jenna A. Macri

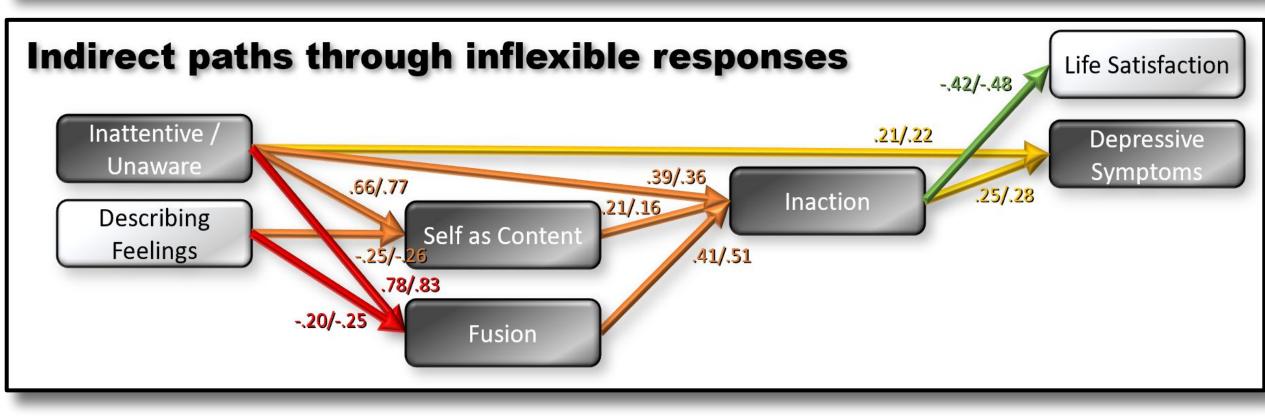
Unified Model of Mindful Flexibility

ACT MINDFULNESS LITERATURE LITERATURE LIFE-ENRICHING MINDFUL LENSES **GLOBAL FLEXIBLE FILTERING RESPONSES TO BEHAVIOR FUNCTIONING EXPERIENCES EXPERIENCES** Hexaflex **Multiple Forms of** Model Mindfulness Describing Acceptance t/f/exp Observing Self as Contact w Context sensations Values **MPFI FFMQ** 5 subscales 12 subscales Committed Attentive Wellbeing Defusion **Awareness** Loss of **Psychological** Experiential **Inattentive** Contact w Avoidance Distress Unaware Inaction Content **PROCESS FINDINGS Fusion BUDDHISM**

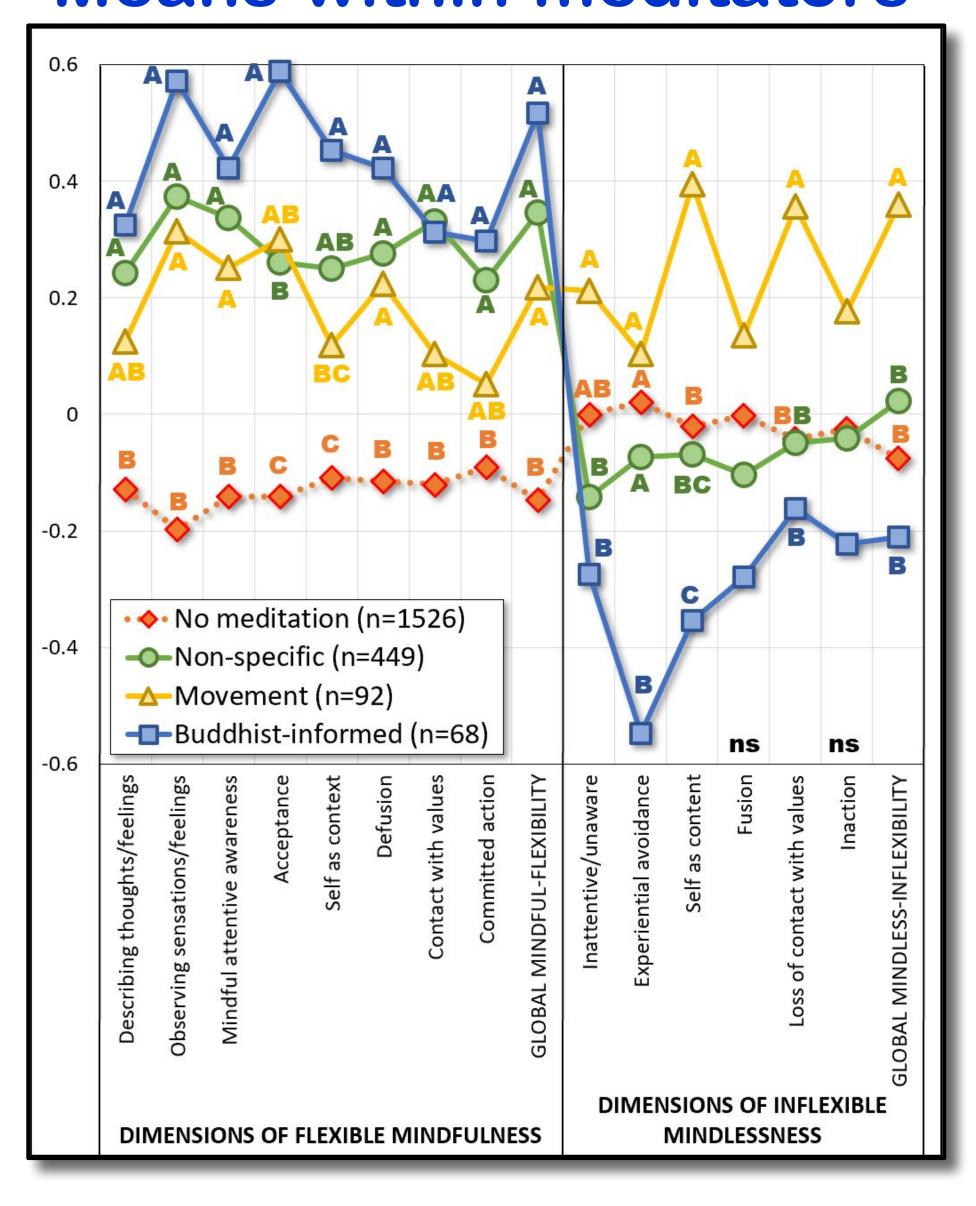
Path model built in 2 sample



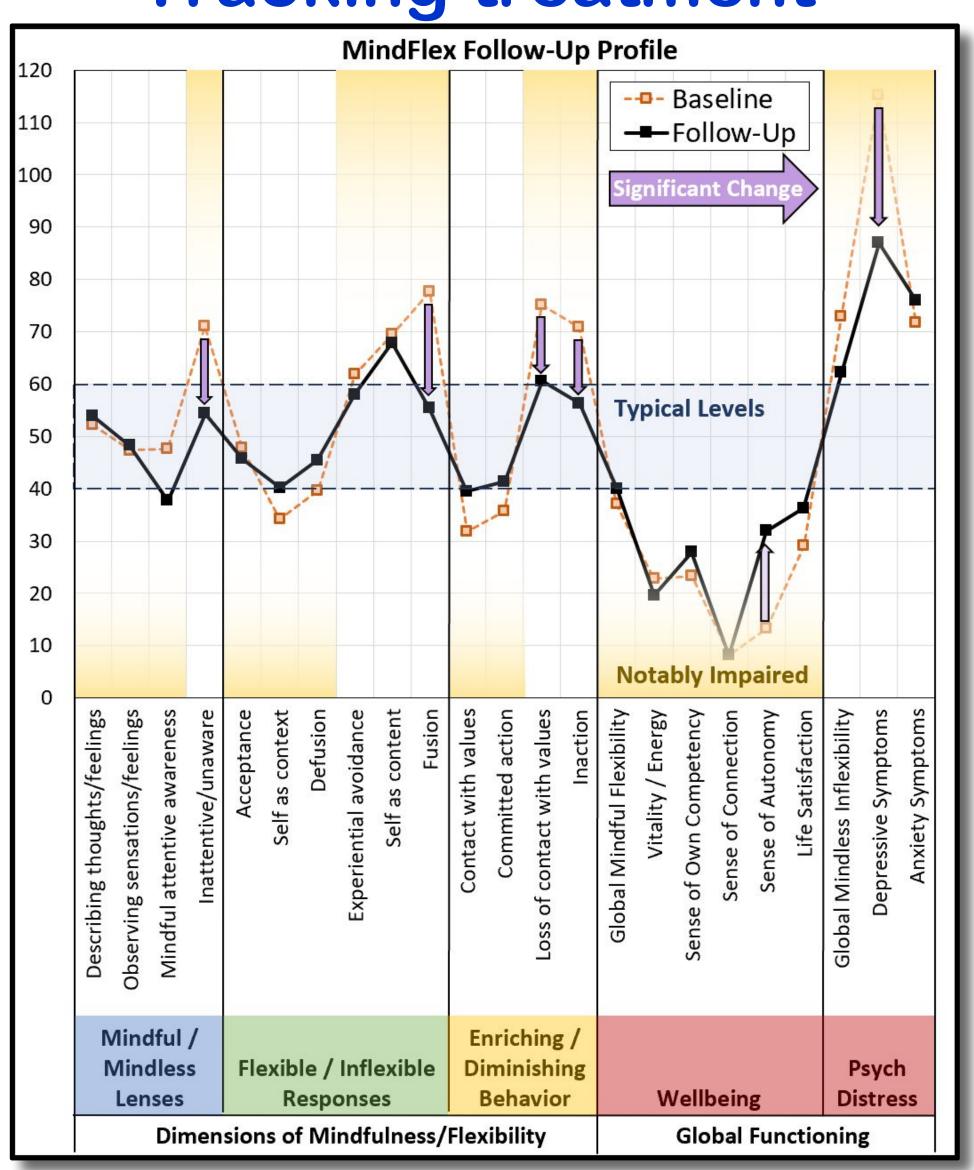




Means within meditators



Tracking treatment



Participants

2,742

- Online survey
- 68% female
- 81% Caucasian
- 64% with college degrees
- 65% in relationships
- 18% clinically significant depression

MindFlex Profiles

Online System

- Free
- UMMF as a clinical tool
- 15-20 min online survey
- Scored, normed, & plotted
- Assesses components of UMMF model
- Baseline functioning
- Tracks clinical change

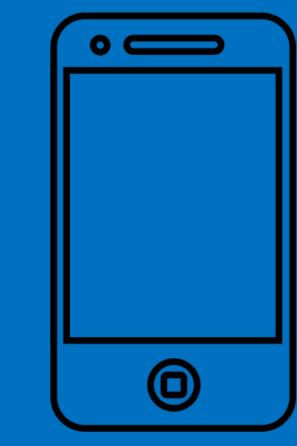
study info



to enroll







To find out more about the MindFlex Assessment Project