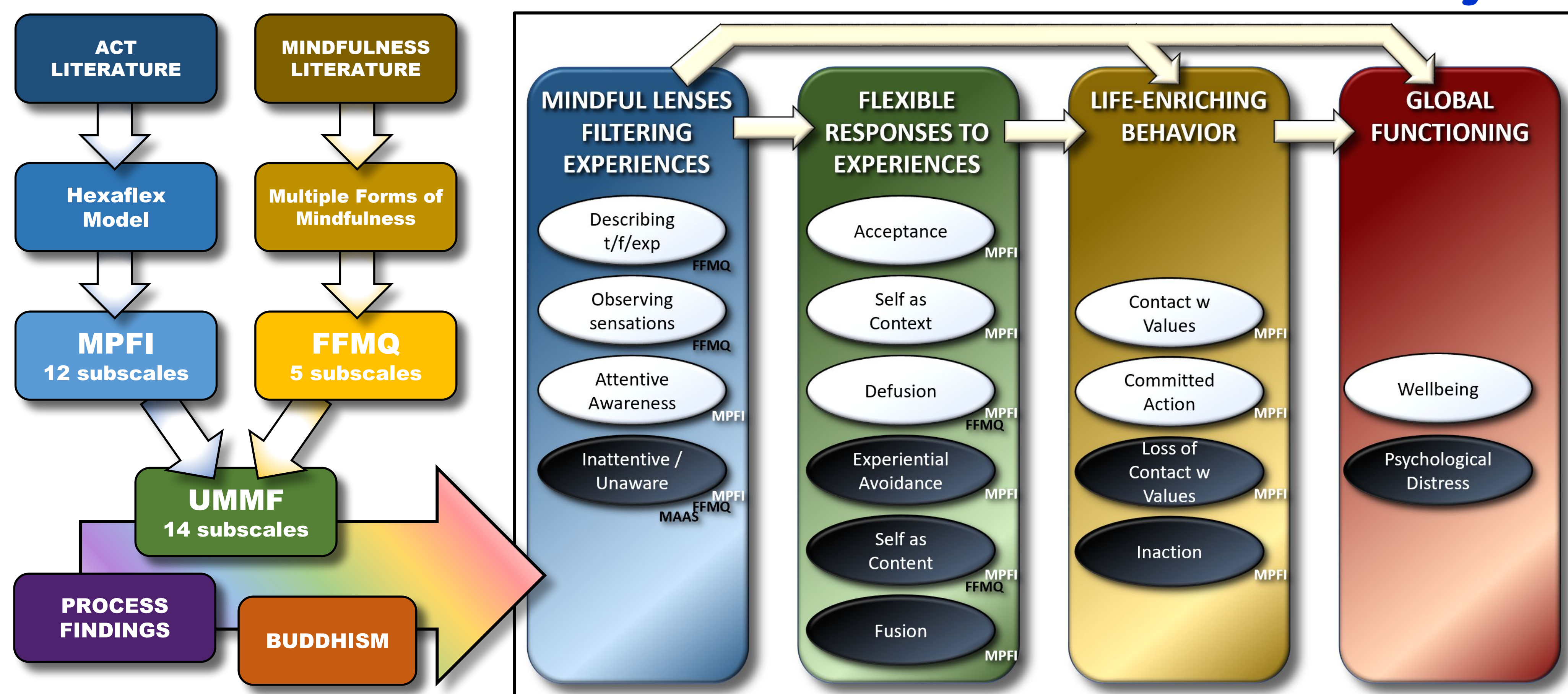


# Flexibility serves as a multi-stage mechanism linking mindfulness to wellbeing.

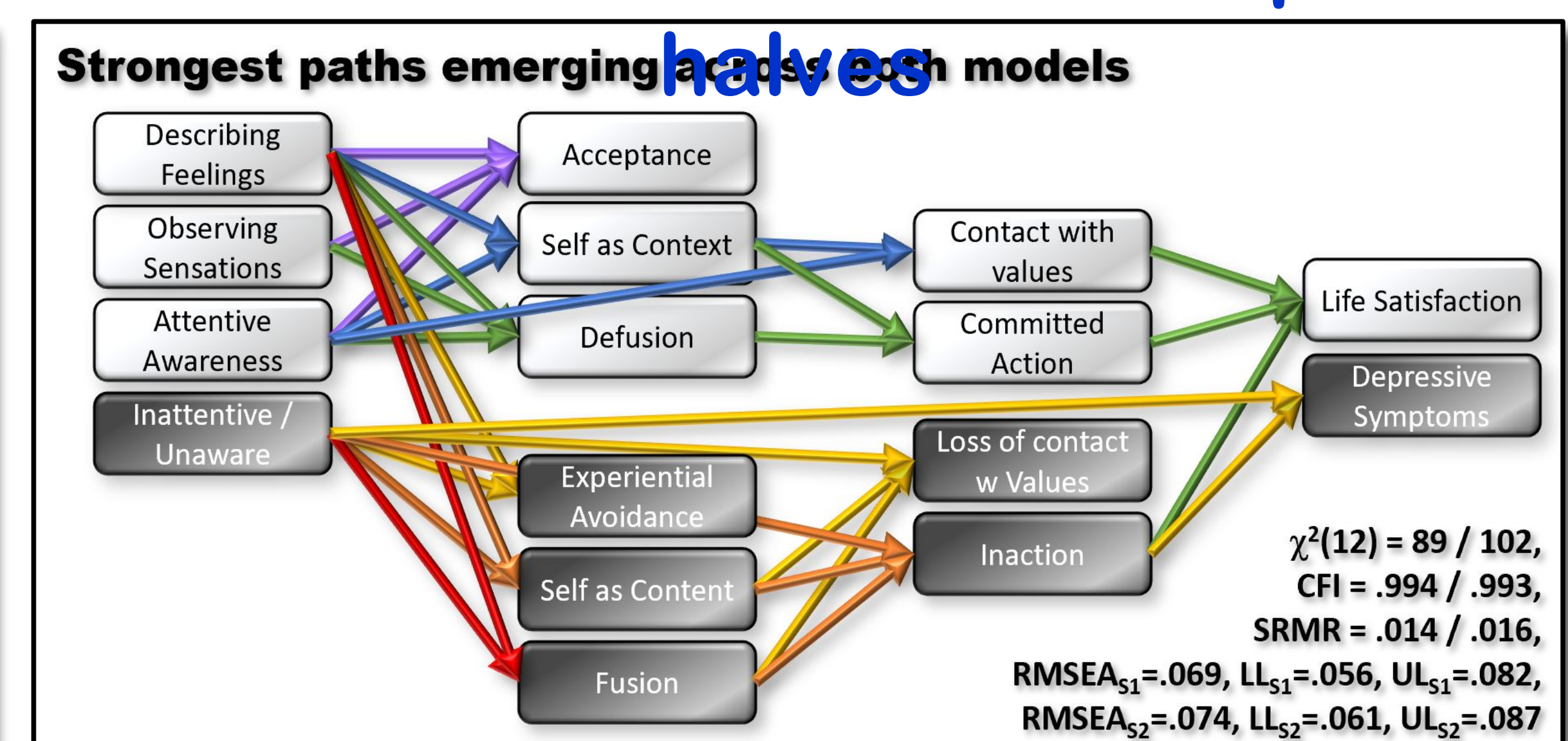
## The Unified Model of Mindful Flexibility: A Multi-Stage, Process Model of Understanding Change in Treatment

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

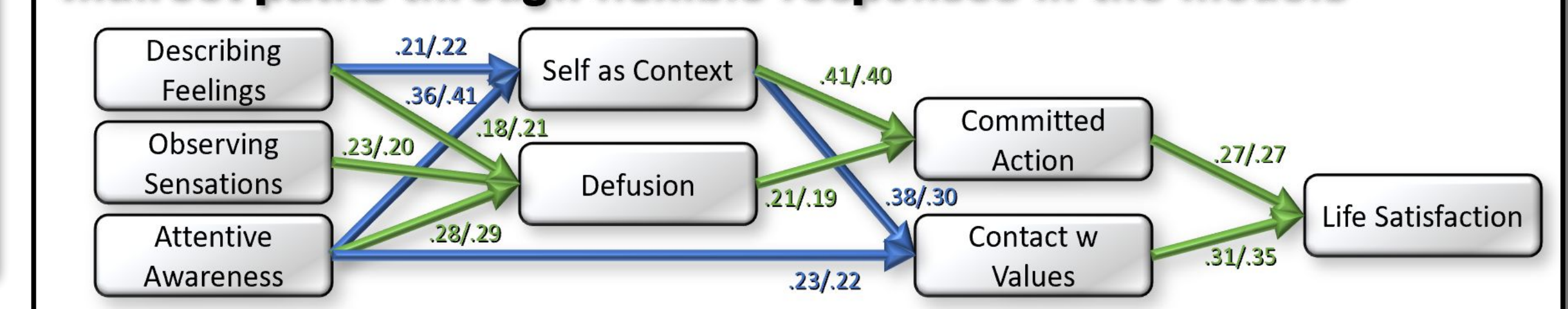
### Unified Model of Mindful Flexibility



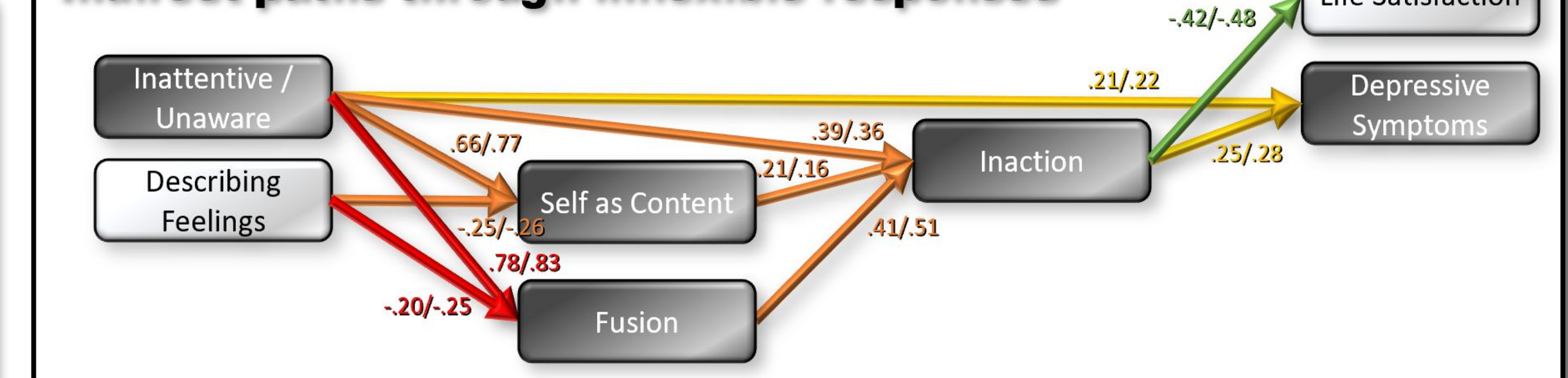
### Path model built in 2 sample halves



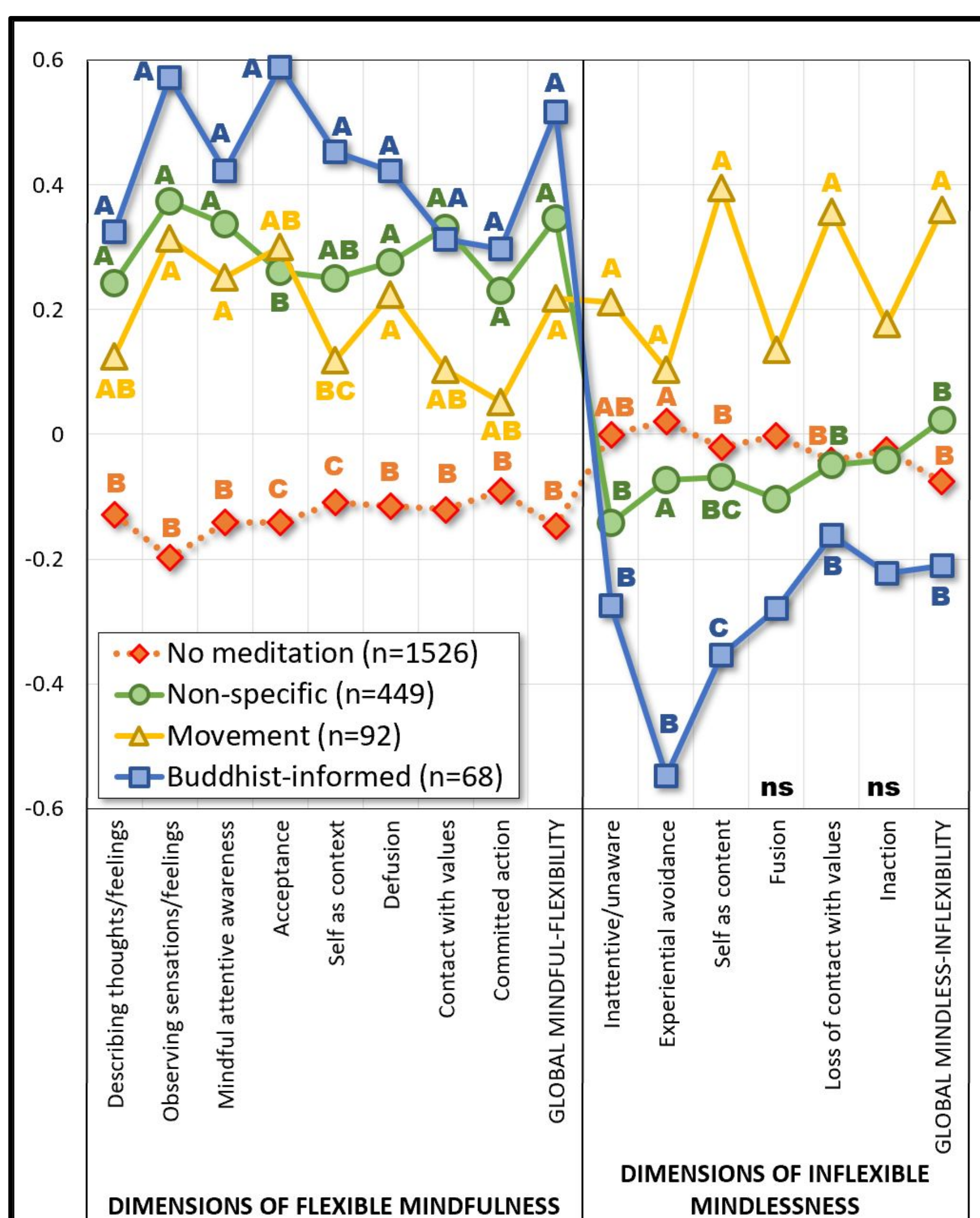
### Indirect paths through flexible responses in the models



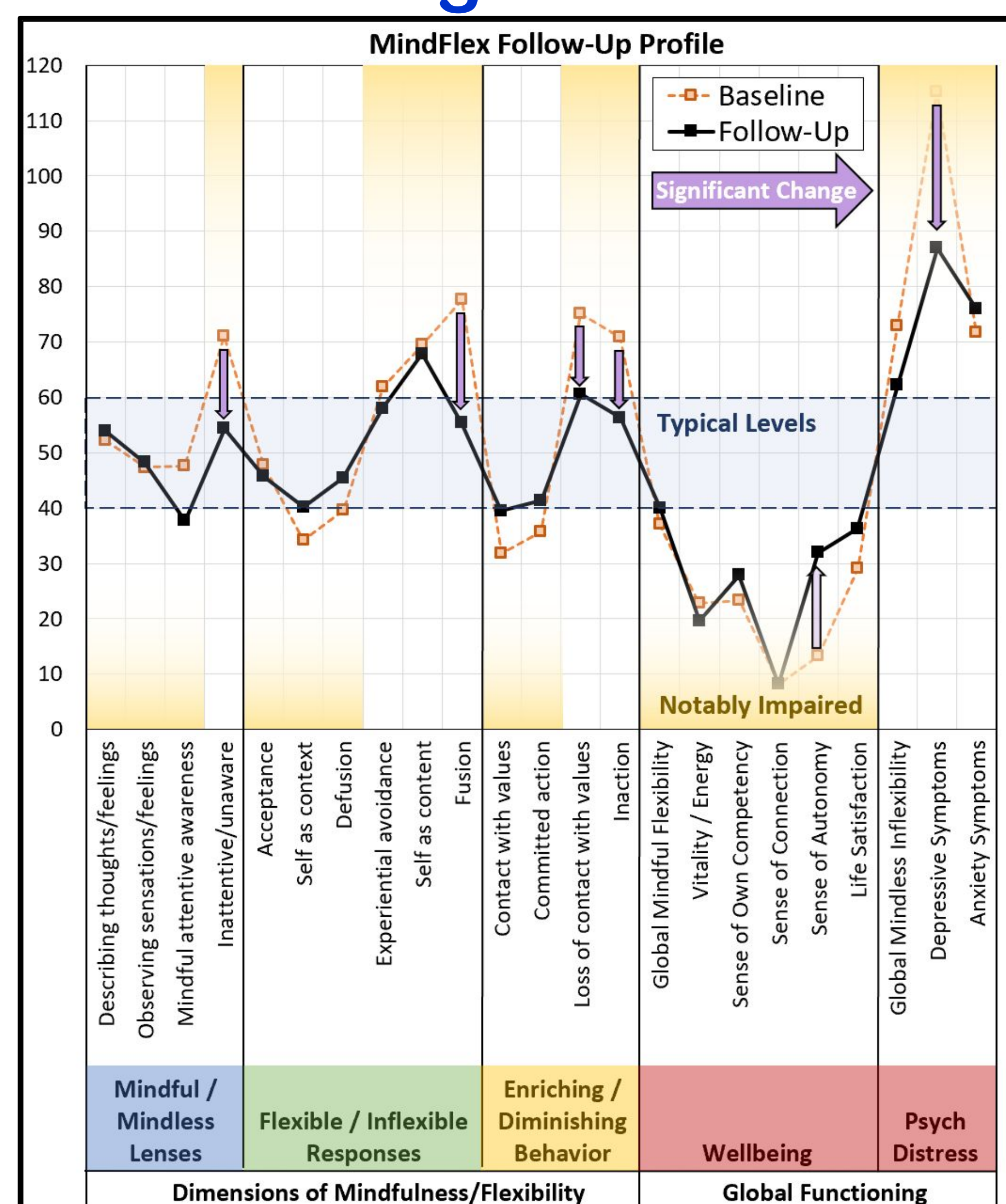
### Indirect paths through inflexible responses



### Means within meditators



### Tracking treatment

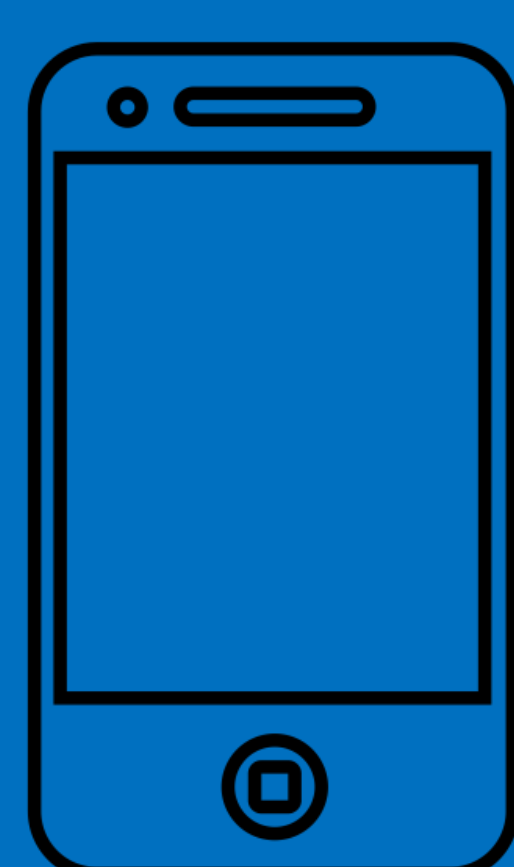


### Participants

- 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



To find out more about the MindFlex Assessment Project

study info



to enroll

