

Research Seminar:

Trends in Mindfulness Research



Date: 17 Feb 2025 (Mon)



Time: 12:00nn – 1:00pm



**Venue: D2-LP-08
EdUHK Tai Po Campus**



Prof. Chris Krägeloh

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Abstract

Over the past few decades, mindfulness research has established a strong evidence base, particularly through studies on mindfulness-based interventions such as Mindfulness-Based Stress Reduction. These interventions have been applied across clinical, educational, and organizational settings, demonstrating broad benefits for mental health and well-being across diverse populations. As the field matures, researchers are increasingly held to higher methodological standards, with an emphasis on rigorous study designs, preregistration, active control conditions, and sophisticated statistical analyses. This seminar critically examines key trends in mindfulness research, including the need for continued grounding in theoretical frameworks and greater attention to mechanisms of action. It also highlights emerging challenges, such as the present publication environment and the need for culturally sensitive adaptations of MBIs.

Biography

Chris Krägeloh, PhD, is a Professor of Psychology at Auckland University of Technology, New Zealand. His research spans health outcome measurement, psychosocial aspects of robotics and AI, and empirical and conceptual studies in mindfulness. He has authored over 150 journal articles and several books, including *Mindfulness-Based Intervention Research* and co-edited major reference works on assessment. Chris serves as joint Editor-in-Chief of *Mindfulness* (Springer), the leading journal in the field, and has recently co-launched a new journal, *Journal of Psychology & AI* (Taylor & Francis), to start in 2025.



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