

## **A Test for Mindfulness – The Bistable Images Test**

### **Results:**

We used the bistable Necker cube as a potential test for mindfulness. In a cross sectional study participants with a long meditation practice perceived significantly fewer reversals than control persons, when asked to hold on to one perception. This was correlated with meditation time per week. This finding documents that perceptual processes might indeed be altered by meditation practice. Meditators also were more mindful, less anxious and depressed than the control group, but were not different in attention control under time pressure (d2-test). Meditators also had a significantly shorter reaction time, and this might even be a better measure of mindfulness to be studied in the future. These results support the assumption that meditation practice enhances perceptual control and mindfulness. Without instruction to hold on to one percept, there was no difference between the groups. The results of a longitudinal study with meditation novices clearly demonstrate a significant improvement over 8 weeks in all variables. Selective attention and mindfulness increased significantly with participants becoming significantly less anxious and depressed. Participants were able to successfully increase the average time in between perceived reversals under both conditions. A decrease in the amount of perceived reversals was significant for the passive condition and almost reached significance under the active condition.

### **Published work:**

Sauer, S., Lemke, J., Wittmann, M., Kohls, N., Mochty, U., & Walach, H. (2012). How long is now for mindfulness meditators? *Personality and Individual Differences*, 52(6), 750-754. doi:10.1016/j.paid.2011.12.026

### **Area(s) of interest:**

Mindfulness, Consciousness Studies, Holistic Theory

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