Mind-Body Connections: A Taekwondo and DBT-Based Mindfulness Group for Adults in Clinical Settings

Emily R. Weiss1,2, Janet Brodie3, Margaret T. Davis1
1Yale University School of Medicine; 2The New School for Social Research; 3Yale-New Haven Hospital

Background

- Taekwondo is a Korean martial art that emphasizes personal development and mind-body connections.1
- Previous studies have demonstrated positive effects of Taekwondo participation on practitioners’ psychological health and well-being.2,3
- Additionally, martial arts-based interventions have shown positive effects in clinical settings for youth and adolescents.4
- However, Taekwondo-based interventions remain understudied, particularly in adult psychiatric samples.
- This two-part project examines a Taekwondo and DBT-based Mindfulness psychotherapy group for adults in two clinical settings.

Taekwondo and Mindfulness for Adults on a Psychiatric Inpatient Unit

Participants

- Participants: 19
- Age (M, SD): 48.4 (14.0)
- Age range: 29-78
- Sex (N %): Male (10) 53.6%, Female (9) 46.4%
- Missing Data (1) 5.3%
- Race (N %): White (13) 68.4%, Black (2) 10.5%, Hispanic (3) 15.8%
- Missing Data (1) 5.3%

Group Content

- 10 mins: Mindfulness mini lesson connecting skill to movement
- 10 mins: Stretching
- 5 mins: Mood ratings + written/verbal reflections
- 10 mins: Closing mindfulness practice
- 5 mins: Mood ratings + start of group

Mindfulness Skills

- Non-Judgmentally
- Effectively
- One-Mindfully
- Observe
- Describe
- Participate

Results

- After the group, participants reported significant reductions in anxiety (t(18) = -2.98, p = .008), and marginally significant increases in relaxation (t(18) = -2.00, p = .06) and happiness (t(18) = -2.10, p = .05).

Discussion: A Feasible, Cost-Effective Option for Increasing Physical Activity

- This intervention could benefit a range of patients; no differences in outcomes were seen for patients of different ages or genders.
- The protocol is adaptable and modifiable for patients with mobility limitations.
- Minimal space and equipment is required, and the protocol is simple to teach to staff without extensive training.5
- Limitations include a relatively homogenous sample, limited demographic data, and no explicit ratings of the group’s efficacy.

References