

Emotional regulation and resilience as mediators of mindfulness effects on psychological well-being in Indian patients with anxiety and depression

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Abstract

Background: Mindfulness-based interventions (MBIs) have demonstrated consistent efficacy in reducing anxiety and depression. However, the underlying psychological mechanisms explaining these effects particularly emotional regulation and resilience remain underexplored in Indian clinical populations.

Objective: This study investigates the mediating roles of emotional regulation and resilience in the relationship between mindfulness and psychological well-being among Indian adults diagnosed with anxiety and depression.

Methods: Using data from a quasi-experimental study ($N = 150$; age range: 18–55 years), participants were assigned to either an eight-week mindfulness-based intervention (MBSR-adapted) or a control group receiving treatment-as-usual. Standardized measures included the Mindful Attention Awareness Scale (MAAS), Emotion Regulation Questionnaire (ERQ), Connor–Davidson Resilience Scale (CD-RISC), and Ryff's Scales of Psychological Well-Being (SPWB). Mediation analysis was performed using PROCESS Macro Model 4 (Hayes, 2022).

Results: Post-intervention mindfulness levels significantly predicted higher emotional regulation ($\beta = .46, p < .001$) and resilience ($\beta = .43, p < .001$), which in turn predicted enhanced psychological well-being ($\beta = .55, p < .001$). The indirect effect of mindfulness on well-being through both mediators was significant, accounting for 36–42% of total variance.

Conclusion: Emotional regulation and resilience jointly mediate the relationship between mindfulness and psychological well-being in Indian patients. These findings extend the theoretical understanding of mindfulness mechanisms within the Mindfulness-to-Meaning and Biopsychosocial frameworks and highlight mindfulness as a culturally aligned pathway to emotional health.

Keywords: Mindfulness, emotional regulation, resilience, psychological well-being, mediation, Indian patients, MBSR