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The “Mindfulness for Depression” training program was developed by Andrew Safer, Safer Mindfulness Inc., in partnership with Canadian Mental Health Association—Newfoundland and Labrador, and piloted in Spring, 2020.

An average of 19 participants attended the 10 - 1.5 hr. weekly sessions, on Zoom.

The independent evaluation team included: Amanda Hancock, PhD Candidate, Faculty of Business Administration, Memorial University; Megan Walsh, Assistant Professor, Edwards School of Business, University of Saskatchewan; and Kara Arnold, Professor, Faculty of Business Administration, Memorial University.

A quantitative evaluation was administered at the first session; both quantitative and qualitative evaluations were given at the last session. The following variables were measured:

Variable	Pre-training mean value	Post-training mean value	Difference (post-pre)	p-value
Depressive symptoms	2.65	2.07	-0.58	.002
Anxiety symptoms	2.97	2.08	-0.89	.000
Psychological well-being	2.62	3.32	+0.70	.000
Mindfulness	2.86	3.49	+0.63	.000

The difference between post and pre values = Depressive symptoms: 22% decrease;

Anxiety symptoms: 30% decrease; Psychological well-being: 27% increase; and Mindfulness: 22% increase

The “Summary Report on ‘Mindfulness for Depression’ Training Program”, September 2020, can be read here: <https://safermindfulness.com/wp-content/uploads/2020/09/Evaluation-Report-4-pgr-Aug-28-FINAL-.pdf>