



Grounding the Mind: How Guided Meditation Impacts Attention Span

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INTRODUCTION

- This study aims to expand our understanding of holistic healthcare by utilizing **grounding** and focused attention (FA) **mindfulness** techniques and observing their impact on **attention** span.
- When comparing mindless and mindful **meditation**, the later enabled participants to experience **fewer** dissociative thoughts and dedicate **more** attention to task-related thoughts (Bigliassi et al., 2020).
- The practice of **grounding** enhances psychological and physiological **well-being** (Greenberg, 2024).
- Grounding techniques in a natural environment **positively impacts concentration**, as demonstrated by improved performance on digit span tests and other cognitive measures which supports the Attention Restoration Theory (Ohly et al., 2016).

HYPOTHESES

- All participants who practice FA meditation (indoor & outdoors) will **increase** their Mindful Attention Awareness as measured on the post-test MAAS.
- Individuals who practice outdoor FA meditation will have a **significantly higher increase** in their Mindful Attention Awareness than the indoor group on the post-test MAAS response.

METHODS

Design

- **Variables**
 - Independent variables: Indoor & Outdoor settings, grounding, soothing nature audio
 - Dependent variable: Self-reported scores on MAAS scale
 - Control variable: FA meditation audios
- **Sessions**
 - A total of 10 sessions were conducted across two separate weeks, with one control group and one experimental group participating each week.

Participants

- **Recruitment**
 - Recruitment through SONA and flyers on the UCO campus
 - Psychology students will receive 4 SONA credits for participation
- **Group Assignments**
 - 2 control groups of 15 participants (meditation indoors)
 - 2 experimental groups of 15 participants (grounding & meditation outdoors)

Procedures

- **Indoor Site:**
 - A quiet room with low lighting in UCO Wellness Center.
- **Indoor Procedure:**
 - Complete a 12 minute guided FA meditation with shoes removed, followed with positive affirmations, and sound bowl entry and exit.
- **Outdoor Site:**
 - A quiet, grassy area, surrounded by trees.
- **Outdoor Procedure:**
 - Complete the same guided meditation, affirmation, & sound bowl routine as indoor group sitting directly on the ground with bare feet in contact with the Earth.

ANTICIPATED RESULTS

- It is expected that the results indicate a **negative correlation** between indoor FA mediation and Mindful Attention Awareness responses, as well as a **stronger negative correlation** between outdoor FA mediation and Mindful Attention Awareness responses.

EXAMPLE QUESTIONS

Demographic Questions

- In the past week, how would you rate your baseline stress and well-being levels on a scale of “0 - 10”?
- Do you have any prior experience with mindfulness or meditation practices?
- How often do you intentionally spend time outdoors in nature?

Mindful Attention Awareness Scale (MAAS) Questions

- I could be experiencing some emotion and not be conscious of it until sometime later.
- It seems I am “running on automatic,” without much awareness of what I’m doing.
- I find myself doing things without paying attention.

CONTACT INFORMATION

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REFERENCES:

