



The Impact of the Mindfulness-Based and Compassion-Based Therapies on Well-Being: The New Findings of the Neuroscience, the Practices, and the Education

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Message from the Guest Editor

Mindfulness-based stress reduction therapy, self-compassion therapy and compassion-focused therapy are well-developed and have been found to improve human well-being, including the general population and patients with mental illness and health problems. The shreds of evidence include subjective-reported well-being and neuroscience findings. This Special Issue aims to present the updated findings of the effects of mindfulness-based stress reduction therapy, self-compassion therapy and compassion-focused therapy on body–mind well-being. This issue brings us to see the past and current efforts, and future challenges.

Submissions relating to the theory, research and practices related to mindfulness-based and compassion-based therapies from different professional perspectives are welcome. The effects of the therapy may include psychological distress and well-being. The potential mechanism of the therapy is also addressed in this issue, including the impacts of therapies on brain health and emotional regulation process. we welcome papers from different populations to gain an overview of the effects of mindfulness and compassion therapies worldwide.

