Abstract Title
Trait Anger Mediates the Effect of Mindfulness on Quality of Life in Young Adults

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Background & Hypothesis
Emerging research has shown that the practice of mindfulness appears to contribute to greater well-being and better perceived health, while anger personality trait is related to poorer quality of life (QoL). However, few studies have examined whether trait anger may mediate the influence of mindfulness on well-being.

Methods
364 young adults completed measures of mindfulness, trait anger, and psychological and social QoL. Hierarchical regression analyses were conducted to examine whether trait anger explained the associations between mindfulness and psychological and social QoL. Sobel's test was conducted to test the strength of trait anger as a significant mediator. All models were adjusted for gender.

Results
Higher mindfulness was significantly associated with greater psychological QoL (β = 0.310, SE = 0.038, p < 0.001). As trait anger was added into the model, the coefficient of mindfulness on psychological QoL dropped from 0.310 to 0.255 (p < 0.01). Sobel's test demonstrated that trait anger partially mediated the influence of mindfulness on psychological QoL (z = 3.10, SE = 0.018, p < 0.01). Furthermore, higher mindfulness was significantly associated with greater social QoL (β = 0.200, SE = 0.045, p < 0.001). As trait anger was added into the model, the coefficient of mindfulness on social QoL dropped from 0.200 to 0.137 (p < 0.001). Sobel's test indicated a partial mediation of trait anger on social QoL (z = 4.09, SE = 0.020, p < 0.001).

Discussion & Conclusion
Mindfulness appears to be associated with reduced trait anger, which contributes to better psychological and social QoL among young adults.