

**Efficacy of Mindfulness Based Stress Reduction (MBSR) on Quality of
Life of Young Adults with Adverse Childhood Experiences**



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**A thesis submitted in fulfillment of the requirements for the award of degree of
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DEDICATION

To my beloved parents (Abdul Qadoos & Zahida Parveen) and siblings (Mubashar Abdul Qadoos & Isha Fatima).

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ABSTRACT

The present study aimed to examine the effectiveness of Mindfulness-Based Stress Reduction (MBSR) in improving the quality of life (QoL) of young adults aged 18–25 years with a history of Adverse Childhood Experiences (ACEs). Given the profound long-term effects of ACEs on psychological and physical well-being, this study adopted a pre-experimental, one-group pre-test post-test design to assess whether an 8-week MBSR intervention could enhance participants' QoL. A purposive convenient sample of 20 young adults was recruited from educational institutions willing to implement the program. Participants completed the Adverse Childhood Experiences Questionnaire (ACE-Q) and the WHOQOL-BREF to assess baseline ACE exposure and QoL. Following the MBSR intervention, post-test assessments were conducted using the same measures. All instruments demonstrated acceptable internal consistency. Data were analyzed using SPSS version 21, where descriptive statistics summarized demographics, reliability analyses established consistency, and paired sample *t*-tests compared pre- and post-intervention QoL scores. Findings indicated significant improvements in quality of life after participation in the MBSR program, suggesting that mindfulness practices may serve as an effective intervention for mitigating the adverse effects of childhood trauma on young adults' well-being.

Keywords: Adverse Childhood Experiences (ACEs), Quality of Life (QoL), Mindfulness-Based Stress Reduction (MBSR), young adults, intervention.

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ABBREVIATIONS

Abbreviations	Full Form
MBSR	Mindfulness Based Stress Reduction
ACE	Adverse Childhood Experiences
QoL	Quality of Life

List of Symbols

Symbol	Full Form
α	Cronbach's alpha
M	Mean
SD	Standard Deviation
$\leq$	Less than or Equal to
$\geq$	greater than or Equal to
SE	Standard error
P	Significance value
%	Percentage
f	Frequency
k	No. of items
df	Degree of freedom
r	Effect size
n	Sample size
N	Size of participants

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