

# Mind-Body Connections: A Taekwondo and DBT-Based Mindfulness Group for Adults in Clinical Settings

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## Background

- Taekwondo is a Korean martial art that emphasizes personal development and mind-body connections.<sup>1</sup>
- Previous studies have demonstrated positive effects of Taekwondo participation on practitioners' psychological health and well-being.<sup>2,3</sup>
- Additionally, martial arts-based interventions have shown positive effects in clinical settings for youth and adolescents.<sup>4</sup>
- However, Taekwondo-based interventions remain understudied, particularly in adult psychiatric samples.
- This two-part project examines a Taekwondo and DBT-based Mindfulness psychotherapy group for adults in two clinical settings.

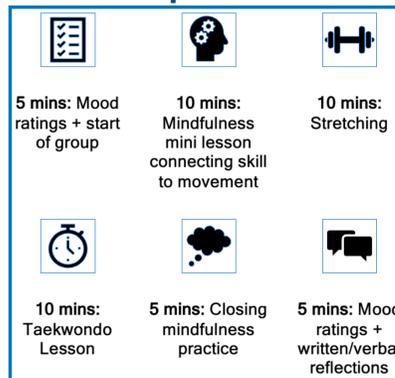
## Taekwondo and Mindfulness for Adults on a Psychiatric Inpatient Unit

### Participants and Group Structure

#### Participants

Sample Demographics	
Participants	19
Age (M, SD)	48.4 (14.0)
Age range	29-78
Sex (N) %	
Male	(10) 53.6%
Female	(8) 42.1%
Missing Data	(1) 5.3%
Race (N) %	
White	(13) 68.4%
Black	(2) 10.5%
Hispanic	(3) 15.8%
Missing Data	(1) 5.3%

#### Group Content

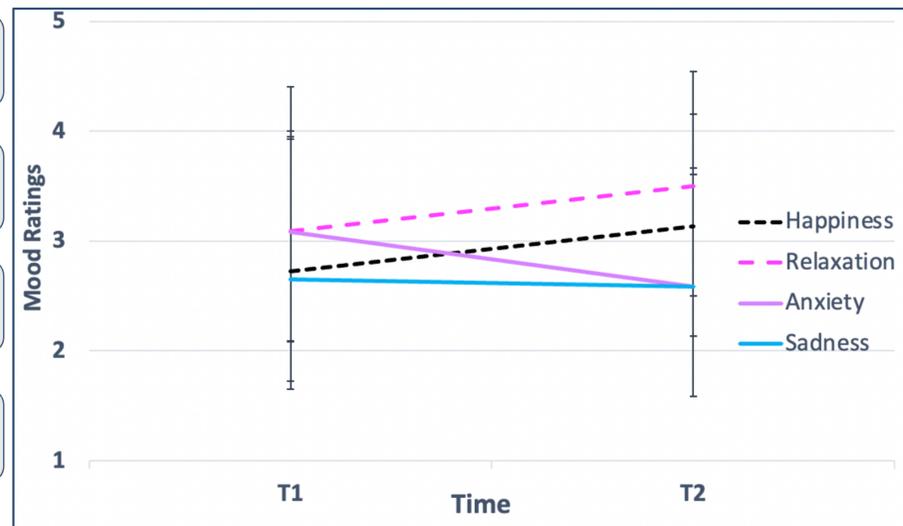


#### Mindfulness Skills



## Results

- 100% identified one helpful component
- 67% found the whole group helpful
- 67-71% found no part of the group unhelpful
- 67% wouldn't change any aspect



After the group, participants reported significant reductions in anxiety ( $t(18) = 2.98, p = .008$ ), and marginally significant increases in relaxation ( $t(18) = -2.00, p = .06$ ) and happiness ( $t(18) = -2.10, p = .05$ )

## Discussion: A Feasible, Cost-Effective Option for Increasing Physical Activity

- This intervention could benefit a range of patients; no differences in outcomes were seen for patients of different ages or genders.
- The protocol is adaptable and modifiable for patients with mobility limitations.
- Minimal space and equipment is required, and the protocol is simple to teach to staff without extensive training.<sup>5</sup>
- Limitations include a relatively homogenous sample, limited demographic data, and no explicit ratings of the group's efficacy.

## Taekwondo and Mindfulness for Adults in an Intensive Outpatient Program

### Participants and Methods

#### Participants

- Adults enrolled in an 8-week DBT Intensive Outpatient Program (IOP)
- Maximum 12 patients per group

#### Procedure

- Quality assurance data - currently ongoing
- Collected from the beginning and end of each group
- Taekwondo group occurs once per week
- Six Taekwondo groups per 8-week IOP cycle
- Each group is 60 minutes in duration

#### Measures

##### Mood Ratings

- Anxiety, relaxation, happiness sadness
- Rated on a 1-5 scale
- Collected at the beginning and end of each group

##### Group Ratings and Qualitative Feedback

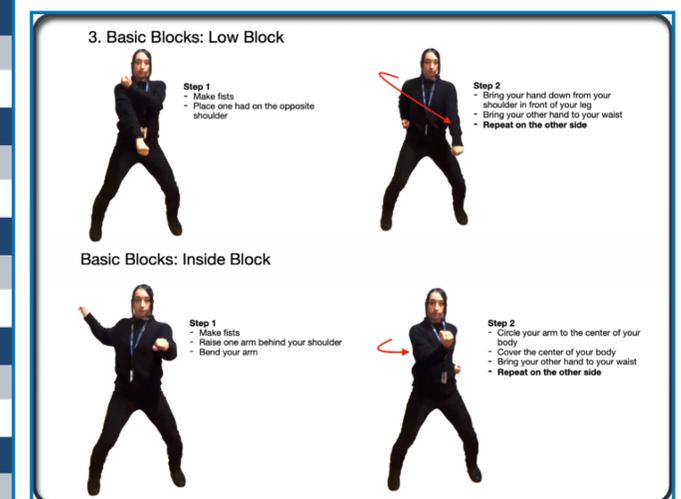
- Effectiveness of the group (1-5 scale)
- Satisfaction with the group (1-5 scale)
- Written qualitative feedback
  - Which part of group was most/least helpful? Why?
  - How would you improve the group?
- Collected at the end of each group

## Group Content and Structure

### Group Structure



### Examples of Taekwondo Movements



## References

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4. Milligan, K., Badali, P., & Spiroiu, F. (2015). Using integra mindfulness martial arts to address self-regulation challenges in youth with learning disabilities: A qualitative exploration. Journal of Child and Family Studies, 24, 562-575.
5. Calinog, M., Kugel, J. D., Krpalek, D., & Salamat, A. (2021). The Feasibility of Taekwondo for Addressing Social Interaction and Social Participation in Children. The Open Journal of Occupational Therapy, 9(2), 1-13.