Green Journals

International Approved Journals

Journal Information

Journal Title	Mindfulness
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Classification History

Year	A+	A	B	C
2026		✓	✓	
2025		✓	✓	
2024		✓	✓	
2023		✓	✓	
2021/2022		✓	✓	
2020		✓	✓	
2019		✓	✓	
2018		✓		

Classification: The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

Recent Articles

Effects of Mindfulness and Acceptance-Based Interventions on Quality of Life in Schizophrenia Spectrum Disorders: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
2026-10-21
Authors: Özcan Özdemir, Münevver Boğahan
DOI: 10.1007/s12671-026-03005-3

A Study Evaluating the Feasibility of a Self-compassion Meditation on Body Image in Retired Athletes
2026-10-21
Authors: Sarah B. E. Hough, Colette M. Smart, Ryan E. Rhodes
DOI: 10.1007/s12671-026-02999-0

A Scoping Review of Mindfulness-Based Interventions After Acquired Brain Injury: What Is Delivered, to Whom, and How?
2026-10-21
Authors: Nora Tuts, Céline R. Gillebert, Caroline van Heugten
DOI: 10.1007/s12671-026-03003-5

Effects of Mindfulness-Based Stress Reduction on Pain, Depression, and Anxiety in Patients with Chronic Pain: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
2026-10-20
Authors: Longjiang Chen, Zhengyang Mei, Xingxiao Yin et al.
DOI: 10.1007/s12671-026-03004-4

Compensate Self-Deficit: The Effect of a Self-Compassion Intervention on Problematic Gaming
2026-10-16
Authors: Yunheng Wang, Xingyi Liu, Xianglong Zeng et al.
DOI: 10.1007/s12671-026-03002-6

Probing the Effects of Compassion-Based Interventions on Cardiac Vagal Regulation: A Meta-Analysis of Heart Rate Variability Evidence
2026-10-14
Authors: Silvia Francesca Maria Pizzoli, Daniele Gatti
DOI: 10.1007/s12671-026-02996-3

“Boiled Water Softens the Potato But Hardens the Egg”: Perceived Utility of Mindfulness and Reappraisal Strategies and Relations to Compliance In Situ
2026-10-14
Authors: Almaz Mesghina, Lindsey Engle Richland
DOI: 10.1007/s12671-026-02995-4

Combining Behavior Change Strategies to Develop Meditation App Habits: A Randomized Controlled Trial
2026-10-12
Authors: Chad Stecher, Sara Cloonan, Jennifer Huberty et al.
DOI: 10.1007/s12671-026-03001-7

How Practice Differences Shape Participant Experience in Second-Generation Mindfulness-Based Interventions: A Qualitative Study of Non-Buddhist University Students
2026-10-9
Authors: Matthew Furnell, James Elander, William Van Gordon
DOI: 10.1007/s12671-026-02997-2

Neural Impact of Self-paced Pre-recorded Mindfulness-Based Stress Reduction Program on Cerebral Functional Connectivity
2026-10-9
Authors: Kai-Jie Liang, Ai-Ling Hsu, Wen-Pin Chang et al.
DOI: 10.1007/s12671-026-02998-1