



Mindfulness and Rumination: How meditation may reduce depressive symptoms

Benjamin Ulrich

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Bachelor Thesis from the year 2011 in the subject Psychology - Developmental Psychology, grade: 1,5,
University of Basel (Fakultät für Psychologie), language: English, abstract: Die Arbeit erklärt einige wichtige
Begriffe zum Thema Meditation und Depression. Anschliessend werden ca. 10 Studien analysiert. In der
Zusammenfassung werden die Ergebnisse in ihrer Verschiedenheit voneinander relativiert. Ich diskutiere
zuletzt einige Ansätze, die zukunftsweisende Trends in der Wissenschaft der Psychologie aufweisen.

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