

## **The effectiveness of mindfulness intervention on decreasing impulsivity of patients with neurological overeating**

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### **Abstract**

**Introduction:** High impulsivity plays a key role in the development and persistence of bulimia nervosa, and mindfulness-based therapies also play an important role in reducing the symptoms of eating disorders. The purpose of this study was to determine the effectiveness of mindfulness intervention on decreasing impulsivity of patients with neurological overeating.

**Methods:** The research method was semi-experimental with pre-test and post-test design with control group and the statistical population of the present study included outpatients with nerve bite referred to two nutrition clinics in Tehran in 1397. The statistical sample consisted of 30 people who were selected purposefully and then randomly assigned to the experimental group and the control group. The experimental group consisted of 8 90-minute sessions under the training of mindfulness and the control group remained on the list. Data collection tools included Barrett Impact Scale (1950). Content validity was also used to assess the validity of the questionnaire, which was approved by the relevant experts. Data analysis was performed using SPSS-v19 software in two sections: descriptive and inferential (covariance analysis).

**Results:** The results showed that there was a significant difference between the two groups in the impulsive variables between the control and experimental groups and the mean of the experimental group was less in the impulsivity variable. The findings of this study showed the effectiveness of mindfulness education on impulsivity in patients with neurological overeating.

**Conclusion:** According to the findings of this study, it can be concluded that mindfulness intervention has reduced impulsivity in patients with neurological eating disorder. Therefore, it is recommended that psychologists and counselors use the results obtained in the etiology and treatment of behavioral and psychological problems related to patients with neurodegeneration.

**Key words:** impulsivity" Mindfulness" nervous overeating

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