

IAF/IAA SPACE LIFE SCIENCES SYMPOSIUM (A1)
Late breaking abstracts (LBA)

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APPLICATIONS OF MINDFULNESS-BASED TRAININGS IN ASTRONAUTICS - A REVIEW OF
UTILITY AND EVIDENCE

Abstract

The current review of the ESA SciSpace Roadmap already includes Mindfulness Training as a countermeasure that is to be explored. This paper will review and evaluate the utility and the evidence behind mindfulness-based cognitive behavioural interventions in astronautics, specifically discuss how key psychological processes contribute towards outcome variables also key in space exploration. Although the existing data is scarce, data shows both from quasi-experimental pilot studies in the space industry, and also from longitudinal controlled surveys collected during the pandemic that trait mindfulness, psychological flexibility, and perceived meaning seem to be drivers behind resilient and adaptive coping behaviours and strategies, and act as robust protective factors against the impact of isolation and foster mental health.