

Life satisfaction and prefrontal symptoms as predictors of the level of dispositional mindfulness in rural women (pp. 489-503)

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In recent years there has been an increase in research on mindfulness as a state or dispositional trait, and on its relationship with different variables pertaining to the health and well-being of the individual. The objective of this study was to analyze the relationship and the predictive character of life satisfaction and prefrontal symptoms in dispositional mindfulness levels in rural women. The participants were 239 women from different rural communities in Spain, between the ages of 17 and 87 years ($M= 56.13$, $SD= 4.98$). The results confirmed that high levels of life satisfaction and low levels of prefrontal symptoms and executive control problems were predictive of a higher level of dispositional mindfulness in the women evaluated. After discussing our findings with their clinical and socio-health implications, we recommend further inquiry into this specific line of research, given the proven benefits of mindfulness for general personal well-being, where it acts as a protective factor for mental, physical and emotional health.