

**RESEARCH ARTICLE**

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# A 7-year follow-up study of the Mindfulness-Based Program for Infertility: Are there long-term effects?

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The Mindfulness-Based Program for Infertility (MBPI) was developed for people facing infertility and proved effective in cultivating mindfulness skills, improving infertility self-efficacy, and decreasing depression, shame, entrapment, and defeat feelings. Fifty-five women attended the MBPI sessions and completed self-report measures of depression, anxiety, mindfulness, and experiential avoidance at post-MBPI (T1), 6-month follow-up (T2), and 7-year follow-up (T3). There were significant direct time effects regarding experiential avoidance ( $F = 3.81; p < 0.033; \eta_p^2 = 0.08$ ), the mindfulness facets describing (acting with awareness) ( $F = 3.54; p = 0.037; \eta_p^2 = 0.13$ ), and depression ( $F = 10.66; p < 0.001; \eta_p^2 = 0.10$ ).

