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**Title:** Exploring the relationships between Mindfulness and Household Energy Use

**Abstract:** Mindfulness is defined as the 'awareness that arises through paying attention to the present moment, on purpose, non-judgmentally'. The concept has received considerable attention in western academia in the last few decades and research in multiple domains has demonstrated the efficacy of Mindfulness-Based Interventions (MBIs) in inducing positive behavior change. Despite empirical evidence of its efficacy in the clinical health, clinical psychology and, education domains, almost no work has investigated the viability of using MBIs to promote pro-environmental behavior. Some recent studies have demonstrated consistent correlational relationships between mindfulness levels and pro-environmental attitudes (e.g., connectedness to nature), intentions, and some pro-environmental behaviors (e.g., recycling, "green" purchasing decisions), but no past work has explicitly examined mindfulness in the context of energy saving behaviors. The present work begins to fill this gap in the literature by investigating the relationship between trait mindfulness levels and self-reported household energy behaviors. In an initial study, 341 participants in an online survey were asked to complete measures of mindfulness (i.e., short-form Five Factor Mindfulness Questionnaire) and household energy behaviors (HEBs). Trait mindfulness facets 'Observe' ( $r = 0.37$ ) and 'Non-reactivity to Inner Experience' ( $r = 0.20$ ) were significantly correlated with HEBs, while 'Describing' ( $r = 0.03$ ), 'Acting with awareness' ( $r = -0.07$ ) and 'Non judging of inner experience' ( $r = -0.10$ ) facets were not significantly correlated with HEBs. These results suggest the possibility that mindfulness-based interventions could provide a novel approach to improving household energy-related behaviors, though further research is needed to determine whether this is indeed the case.