



# COLOMBO MEDICAL CONGRESS 2022

*“Sustainable and Affordable Healthcare through  
Research, Innovation and Practice”*

23 – 26 November 2022

FACULTY OF MEDICINE  
UNIVERSITY OF COLOMBO



---

age was related to stronger parent-reported hyperactivity-inattention problems in male children.

**Conclusions:** A significant proportion of parents experienced child emotional and hyperactivity-inattention difficulties during the COVID-19 pandemic. Parental stress had an impact on a child's emotional and behavioural problems. In addition to cautioning healthcare workers, socio-culturally appropriate preventive and supportive mental health programs may help manage parental stress and child emotional and hyperactivity-inattention problems.

**Keywords:** behaviour, COVID-19, emotions, psychological stress, Sri Lanka

---

### **OP-32: Exploring associations between meditation, being green and perceived quality of life**

E.A.S.K. Somarathne<sup>1,2</sup>, M.W. Gunathunga<sup>3</sup>, E. Lokupitiya<sup>1</sup>

<sup>1</sup>Department of Zoology and Environment Sciences, Faculty of Science, University of Colombo, Sri Lanka

<sup>2</sup>Research Promotion and Facilitation Centre, Faculty of Medicine, University of Colombo, Sri Lanka

<sup>3</sup>Department of Community Medicine, Faculty of Medicine, University of Colombo, Sri Lanka

**Introduction:** Meditation has been recently studied in the context of pro-environmental behaviour and perceived quality of life (PQoL). It has been found to have a favourable association with nature connectedness, PQoL and pro-environmental behaviour. The present research investigated the association of meditation experience and trait mindfulness

with PQoL and per capita carbon footprint (CF), among 25 skilled meditators.

**Methods:** Self-reported validated questionnaires in a Sinhala-speaking context were used in collecting data on meditation experience (duration of practice of meditation, average time duration of a meditation session, perception on Impact of Meditation on Daily life (IMD), five facets of mindfulness (observing facet, acting with awareness, describing facet, non-judging of inner experiences, non-reactivity to experience) and PQoL. To collect CF data, a self-reported data collection booklet was also used. Each participant had to record CF data for 14 days within four domains: food and beverage consumption, electricity consumption at residence, travelling and solid waste disposal at residence.

**Results:** IMD was strongly associated ( $r > 0.4$ ) with all facets of PQoL. Observing and non-reactivity facets of trait mindfulness showed significant positive correlations ( $r > 0.4$ ) with PQoL. Further, results revealed that IMD significantly mediates the negative relationship between observing facet of trait mindfulness and  $CF_{FB}$  (Indirect Effect;  $IE = 0.002$ ;  $SE = 0.001$ ; 95% CI [0.01, 0.417]). Further, IMD significantly mediated the association between mindfulness (based on acting with awareness) and CF (based on solid waste disposal behaviour) ( $CF_{SWDS}$ ;  $IE = -0.003$ ;  $SE = 0.003$ ; 95% CI [-0.0124, 0.0001]).

**Conclusions:** The present study has contributed to the body of knowledge on meditation, PQoL, and pro-environmental behaviour by filling a gap in the literature on the effect of meditation training on per capita carbon emissions. Investigated direct and indirect relationships between meditation and per capita carbon footprint indicated that meditation could have an impact on one's climate change mitigation behaviour.