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Does mindfulness change the way people walk?

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Objectives: (1) Do dynamic gait patterns of currently and formerly depressed patients differ from never depressed people (2) Does mindfulness-based cognitive therapy (MBCT) normalize gait patterns of formerly depressed patients? Methods: Gait patterns of 30 formerly depressed patients participating in MBCT, 14 currently depressive inpatients and 30 never depressed participants were analyzed by fourier-based descriptions and computation of linear classifiers. Results: Gait patterns of currently depressed patients and formerly depressed patients differ from never depressed people. MBCT has some normalizing effect on the way patients walk. Conclusions: Mindfulness might change proprioceptive-bodily feedback important in the generation of depressive states.