

# The Real-World Impact of App-Based Mindfulness on Headspace Members With Moderate and Severe Perceived Stress: Observational Study

Read the full study [here](#)

## BACKGROUND:

While Headspace has published 60+ peer-reviewed studies on the efficacy of digital mindfulness and meditation tools, less is known about the real-world impact of these tools. This is the first Real-World Evidence study of Headspace's digital, guided mindfulness and meditation tools and their ability to reduce perceived stress.

## STUDY DESIGN:

Examining member engagement data and Perceived Stress Scale (PSS-10) data, the study aimed to understand:

1. Changes in perceived stress among Headspace members with moderate and severe baseline perceived stress
2. Associations between engagement with Headspace content and changes in perceived stress

## SAMPLE SIZE:

21,088 Headspace members with moderate or severe baseline stress who signed up between March 2020 and January 2023

## CONCLUSIONS

Real-world use of Headspace is associated with decreased perceived stress. Furthermore, data suggest that more engagement, specifically weekly active days and sessions, is associated with a greater likelihood of stress reduction.

## KEY RESULTS

### 23.5%

Average decrease in perceived stress scores from baseline to follow-up

### 64.9%

Of Headspace members decreased perceived stress with Headspace app use

### Greater engagement drove better outcomes

Headspace members saw the highest improvements in perceived stress with 7 active days/week, 11-15 active minutes/day, and/or 19-20 active sessions/week