

## Effects of Mindfulness-Based Cognitive Therapy on Sexual Dissatisfaction and Relationship Intimacy among Nigerian Couples in Southwest, Nigeria

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### Abstract

*This study aimed to investigate the effect of Mindfulness-Based Cognitive Therapy (MBCT) on sexual satisfaction and relationship intimacy among couples in Southwest Nigeria. The study employed a randomized controlled trial (RCT) design, with participants randomly assigned to either the MBCT intervention group or a wait-list control group. The population of this study comprised married couples in Southwest Nigeria experiencing sexual dissatisfaction, defined as scoring below 50 on the Global Measure of Sexual Satisfaction (GMSEX). A sample of 100 couples (N=200 individuals) was recruited through purposive sampling from marital counselling clinics in Lagos and Ibadan, Nigeria. Couples were randomly assigned to either the intervention (n=50 couples) or control group (n=50 couples). The instruments used to collect data for this study include Global Measure of Sexual Satisfaction (GMSEX); Personal Assessment of Intimacy in Relationships (PAIR); and Mindfulness Attention Awareness Scale (MAAS). The validity and reliability of the instruments are GMSEX: Cronbach's  $\alpha = 0.88$ ; PAIR: Cronbach's  $\alpha = 0.92$ ; and MAAS: Cronbach's  $\alpha = 0.85$ . Results from this study revealed that there is a significant difference in sexual satisfaction and relationship intimacy between Nigerian couples receiving MBCT and those in the wait-list control group, with MBCT showing improvements in both outcomes; there is a significant interaction effect between treatment group (MBCT vs. control) and time (baseline, post-intervention, follow-up) on both sexual satisfaction and relationship intimacy in Nigerian couples; and that there is no significant difference in the effectiveness of specific components of MBCT (mindfulness, cognitive restructuring) on sexual satisfaction and relationship intimacy in Southwest Nigerian couples. The study concluded that Mindfulness-Based Cognitive Therapy significantly improves sexual satisfaction and relationship intimacy among Nigerian couples in Southwest Nigeria. Hence, the study recommends the implementation of Mindfulness-Based Cognitive Therapy as a culturally sensitive intervention for Nigerian couples experiencing sexual dissatisfaction and intimacy issues.*

**Keywords:** Mindfulness-Based Cognitive Therapy, sexual dissatisfaction, relationship intimacy.

### Introduction

Sexual dissatisfaction is indeed a common challenge many couples face, impacting relationship quality and overall well-being. Research suggests around 30% of individuals in monogamous relationships experience sexual dissatisfaction at some point (Worldmetrics.Org Report, 2025). Studies highlight that factors like stress, anxiety, and depression can contribute to sexual dissatisfaction (Lu, Zong, Fan, & Zhang, 2020). Additionally, relationship dynamics, communication, and emotional connection play significant roles (Stephenson & Welch, 2020). In Nigeria, cultural and societal factors may further influence sexual satisfaction. A study on marital satisfaction in Nigeria found that factors like age, religiosity, and economic status were significant predictors (Onyishi, Soromani, & Ehwareme, 2012). In Nigeria, cultural and societal factors can indeed play a significant role in exacerbating various issues, making research in this area crucial. For instance, cultural beliefs and practices have been shown to influence environmental attitudes and behaviors, with traditional ecological knowledge contributing to sustainable resource management (Afolayan, Chilaka, & Fawole, 2020; Ayanlade, Tunde, & Nwachukwu, 2019). However, societal factors like unemployment, high cost of living, and insufficient education funding have been linked to increased insecurity in Nigeria (Societies, 2024). Some key cultural factors to consider include Traditional Ecological Knowledge (TEK) which has been shown to promote sustainable environmental practices, but its erosion due to urbanization can hinder environmental management (Ayanlade et al., 2019). Cultural Values and Beliefs which significantly influence environmental attitudes, with some cultures attaching sacredness to natural resources, promoting conservation (Afolayan et al., 2020). Social Norms which shape behaviors, including waste disposal and water conservation practices (Egunjobi, Adedeji, & Oyeboade, 2020; Igwe, Akinbile, & Aremu, 2021). To address these issues,



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researchers recommend incorporating cultural values and TEK into environmental policies and practices (Oluwatobi, Oladele, & Adebayo, 2019); and engaging local communities in decision-making processes to foster ownership and collaboration. Recent studies link mindfulness, and specifically sexual mindfulness, with better sexual functioning and satisfaction. For example, research using daily diary methods found that individuals with higher baseline sexual mindfulness reported better daily sexual function—an important component of overall sexual satisfaction—suggesting that moment-to-moment awareness may help individuals stay focused on positive sexual cues and reduce distracting thoughts during sexual activity (Jarvis, Huberman & Rosen, 2025). Further, research with postpartum couples found that trait mindfulness was associated with higher sexual satisfaction, although the mechanisms differed by gender: mindfulness related to better sexual function in men and lower sexual distress in women (Saavedra, & Tavares, 2025). These individual differences in mindfulness align with findings that sexually mindful individuals report increased sexual satisfaction and relational satisfaction, even after controlling for general mindfulness traits (Leavitt, Lefkowitz, & Waterma, 2019).

Mindfulness has also been studied as a modifiable intervention target for improving romantic relationships. Mindfulness training in specific populations—such as postmenopausal women—has been shown to increase marital intimacy alongside sexual self-esteem, suggesting benefits for both partner bonding and sexual self-perceptions (Khazaeian, Rahimi-Nezhad, & Fathnezhad- Kazemi, 2023). A systematic review and meta-analysis of mindfulness interventions across couples reported a medium positive effect on relationship satisfaction overall, indicating that structured mindfulness programs can improve core aspects of relationship quality (Voldstad, Zeas-Siguenz, Skolzkov, Walhaug, Montero-Marin, & Kuyken, 2025). Moreover, research has shown that sexual mindfulness moderates how conflict resolution relates to both sexual and relationship satisfaction, highlighting mindfulness as a potential mechanism that strengthens positive relational outcomes (Smedley, Leavitt, Allsop, Nance, James, & Holmes, 2021). Mindfulness is proposed to reduce cognitive distraction, performance-related anxiety, and emotional reactivity, thereby enhancing present-moment awareness during sexual and relational interactions (Javis, Huberman, & Rosen, 2025). Structured interventions (e.g., group-based Mindfulness for Sex and Intimacy in Relationships) demonstrate feasibility and preliminary efficacy, indicating that mindfulness training can be integrated into clinical sex therapy and couple counseling frameworks (Krieger, iraldi, Kristensen, Marquardesen, Offer, Mortensen et al., 2023). Mindfulness-Based Cognitive Therapy (MBCT) has indeed shown promise in reducing stress and improving emotional regulation. Recent studies support its effectiveness. MBCT has been effective in reducing stress in various populations, including healthcare workers (Asghar, Khan, & Mushtaq, 2022) and individuals with chronic illnesses (Shah, & Khan, 2021). MBCT enhances emotional regulation by increasing mindfulness and reducing rumination, which is beneficial for individuals with depression and anxiety (Kuyken, Hayes, Barrett, & Byford, 2016; Segal, Dimidjian, & Beck, 2019). In a qualitative study of polygynous marriages in Northern Nigeria, men typically assumed control over decision-making, and communication about sexual health was indirect or limited, reflecting norms of modesty and male dominance (Amzat, Almu, Amzat, & Kanmodi, 2025). Women’s ability to negotiate safer sexual practices is constrained by patriarchy, cultural expectations of obedience, and fear of disrupting marital harmony. Men’s dominance in sexual relationships reduces women’s agency in sexual communication (Awoleye, Solanke, Kupoluyi, Adetutu, 2022). Cultural norms that restrict open dialogue about sex affect relationship satisfaction. Societal taboos around discussing sexual needs hinder healthy communication, contributing to misunderstandings, unmet desires, and relational strain. National survey data show that polygamous unions and male-dominated decision-making negatively influence women’s attitudes toward negotiating safe sex with their husbands, limiting open sexual communication and potentially decreasing relationship satisfaction (Imo, Odimegwu, & Wet-Billings, 2022). Traditional expectations that wives should obey their husbands — even in sexual contexts — are significant determinants of intimate partner dynamics and can contribute to high levels of emotional and physical control, which impede emotional connection and satisfaction (Ikekwuibe, & Okoror, 2021).

Research among adolescents and young adults’ points to deep-rooted gendered beliefs about sexuality, which reflect broader cultural norms that extend into adult intimate relationships. These norms shape expectations about who initiates sex, who controls its terms, and how freely partners discuss sexual issues. Studies in Nigeria show that prevailing socio-cultural beliefs about gender roles influence sexual attitudes. For instance, norms that place the burden of sexual responsibility or purity on females-limiting adolescents’ comfort with open communication about sexuality (Agu, Mbachu, Ezenwaka, Eze, Ezumah, & Onwujekwe, 2022). Open sexual communication is a strong predictor of intimacy and



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satisfaction in couples globally. By contrast, limited sexual dialogue, especially where one partner lacks agency, is linked to lower emotional closeness, dissatisfaction, and unresolved conflict. In Nigeria, cultural and patriarchal constraints on communication can therefore shape how partners negotiate sexual and emotional needs, potentially undermining both intimacy and satisfaction. In a large cross-sectional survey of adults, non-judging facets of mindfulness predicted both sexual satisfaction and relationship satisfaction (Greer, 2025). A daily diary study found that higher baseline sexual mindfulness was associated with individuals' higher daily sexual function (a correlate of satisfaction), lending longitudinal, ecologically valid support for the link (Javis, Huberman, & Rosen, 2025). In postpartum couples, greater trait mindfulness was associated with higher sexual satisfaction via improved sexual function (men) and lower sexual distress (women) (Saavedra, & Travares, 2025). Sexual mindfulness also moderated the relationship between conflict resolution and sexual satisfaction, indicating mindfulness can buffer stressors that otherwise undermine sexual well-being (Smedley, Leavitt, Allsop, Nance, James, & Holmes, 2025). Empirical studies further show that general mindfulness predicts relational intimacy and satisfaction, a major component of healthy relationships. Trait mindfulness has been shown to be positively associated with partner acceptance and relationship satisfaction, mediated in part by greater acceptance and emotional attunement (Kappen, Karremans, Burk et al., 2018). In mindfulness-based interventions, training not only improved aspects of sexual self-esteem but also marital intimacy, demonstrating causal evidence that mindfulness practice can enhance intimacy (Khazaiean, Rahimi-Nezhad, & Fathnezhad-Kazemi, 2023). Overall, the emerging empirical literature supports the claim that mindfulness, especially sexual mindfulness, is positively associated with sexual satisfaction, often by enhancing present-moment awareness, reducing internal distraction, and lowering distress during sexual activity, which are all predictors of satisfaction (Greer, 2017). Mindful individuals tend to show higher relationship intimacy and acceptance, which are foundational to both sexual and relational satisfaction (Kappen, Karremans, Burk et al. 2018). Mindfulness interventions can improve sexual self-esteem and marital intimacy, suggesting potential causal effects beyond correlational findings (Khazaiean, Rahimi-Nezhad, & Fathnezhad-Kazemi, 2023).

A study on Iranian couples found MBCT improved sexual satisfaction and intimacy (Khodadadi, Kiani, & Pourabbasi, 2020). Research on Mindfulness-Based Cognitive Therapy (MBCT) has shown promise in improving relationship satisfaction and intimacy in various populations (e.g., Carson, & Baucom, 2020; Khodabakhsh, & Kiani, 2021). However, studies specifically examining MBCT's efficacy in Nigerian couples are scarce. A review of existing literature reveals a dearth of empirical studies on MBCT interventions in Nigerian populations, particularly among couples (Adewale, & Olatunji, 2020; Olatunji, & Adewale, 2021). Most studies on MBCT have been conducted in Western contexts, highlighting the need for culturally adapted interventions and research in Nigerian settings.

### **Statement of the Research Problem**

Sexual dissatisfaction is a pervasive issue affecting couples globally, with significant implications for relationship quality, mental health, and overall well-being (McIntosh & McDonald, 2013). In Nigeria, cultural and societal factors such as patriarchal norms, limited sexual communication, and societal expectations around marriage and sexuality may exacerbate this issue (Adekunle & Ladapo, 2019; Oyekunle, 2018). Despite its prevalence, sexual dissatisfaction often remains unaddressed in Nigerian couples, leading to increased relationship distress, emotional disconnection, and decreased quality of life. Current interventions for sexual dissatisfaction in Nigeria are limited, often focusing on individual pathology rather than relational and contextual factors (Adekunle & Ladapo, 2019). Mindfulness-Based Cognitive Therapy (MBCT) has shown promise in improving sexual satisfaction and relationship intimacy in Western contexts (Brotto et al., 2016; Khodadadi et al., 2020), but its efficacy in Nigerian couples remains unexplored. This study addresses this gap by examining the efficacy of MBCT in improving sexual satisfaction and relationship intimacy among Nigerian couples experiencing sexual dissatisfaction.

### **Objectives of the study**

To investigate the effects of Mindfulness-based Cognitive Therapy (MBCT) on sexual dissatisfaction and relationship intimacy among Nigerian couples in Southwest Nigeria. Specifically, the objectives of the study include:

1. To assess the impact of MBCT on sexual satisfaction;
2. To evaluate the effect of MBCT on relationship intimacy;
3. To compare outcomes between MBCT and wait-list control groups;
4. To examine the interaction effect between treatment group and time on outcomes; and



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5. To investigate the effectiveness of MBCT components (mindfulness, cognitive restructuring).

### Research Questions

1. What is the effect of Mindfulness-based Cognitive Therapy (MBCT) on sexual satisfaction among Nigerian couples in Southwest Nigeria?
2. Does MBCT improve relationship intimacy in Nigerian couples compared to a wait-list control group?
3. Is there a significant interaction effect between treatment group (MBCT vs. control) and time (baseline, post-intervention, follow-up) on sexual satisfaction and relationship intimacy?
4. Which component of MBCT (mindfulness or cognitive restructuring) is more effective in improving sexual satisfaction and relationship intimacy among Nigerian couples?
5. How do Nigerian couples perceive the cultural relevance and effectiveness of MBCT in addressing their sexual and relationship concerns?

### Hypotheses

- H<sub>01</sub>: There is no significant difference in sexual satisfaction and relationship intimacy between Nigerian couples receiving Mindfulness-Based Cognitive Therapy (MBCT) and those in the wait-list control group in Southwest, Nigeria.
- H<sub>02</sub>: There is no significant interaction effect between treatment group (MBCT vs. control) and time (baseline, post intervention, follow-up) on sexual satisfaction and relationship intimacy in Nigerian among couples in Southwest, Nigeria.
- H<sub>03</sub>: There is no significant difference in the effectiveness of specific components of MBCT (mindfulness, cognitive restructuring) on sexual satisfaction and relationship intimacy in Nigerian among couples in Southwest, Nigeria.

### Methodology

The study employed a randomized controlled trial (RCT) design, with participants randomly assigned to either the Mindfulness-Based Cognitive Therapy (MBCT) intervention group or a wait-list control group. The population comprised married couples in Nigeria experiencing sexual dissatisfaction, defined as scoring below 50 on the Global Measure of Sexual Satisfaction (GMSEX). A sample of 100 couples (N=200 individuals) was recruited through purposive sampling from marital counselling clinics in Lagos and Ibadan, Nigeria. Couples were randomly assigned to either the intervention (n=50 couples) or control group (n=50 couples). Inclusion criteria include married couples aged 25-50 years; scoring below 50 on the GMSEX; and willingness to participate in the study. Exclusion criteria include couples with a history of domestic violence; current substance abuse or mental health issues; and pregnancy or planning to conceive within the study period. The instrument used to collect data for this study include Global Measure of Sexual Satisfaction (GMSEX): A 5-item scale assessing overall sexual satisfaction (Lawrence et al., 2011); Personal Assessment of Intimacy in Relationships (PAIR): A 36-item scale measuring emotional, social, intellectual, and recreational intimacy (Schaefer & Olson, 1981); and Mindfulness Attention Awareness Scale (MAAS): A 15-item scale assessing mindfulness (Brown & Ryan, 2003). Validity and Reliability of instruments include GMSEX: Cronbach's  $\alpha = 0.88$  (Lawrence et al., 2011); PAIR: Cronbach's  $\alpha = 0.92$  (Schaefer & Olson, 1981); and MAAS: Cronbach's  $\alpha = 0.85$  (Brown & Ryan, 2003). Data were collected at baseline (T1), post-intervention (T2), and 3-month follow-up (T3) using self-report questionnaires. Participants completed questionnaires in a private setting. The MBCT intervention consisted of 8 weekly sessions, each lasting 2 hours. The program was adapted for Nigerian couples and covered topics such as mindfulness, cognitive restructuring, and communication skills. Data collected were analyzed using Multivariate ANCOVA (MANCOVA), Mixed ANOVA (MANOVA); and Multiple Regression Analysis.

### Presentation of Results

#### Hypothesis 1

There is no significant difference in sexual satisfaction and relationship intimacy between Nigerian couples receiving Mindfulness-Based Cognitive Therapy (MBCT) and those in the wait-list control group in Southwest, Nigeria.

Table 1: MANCOVA Results of the Sexual Satisfaction and Relationship Intimacy Between Nigerian Couples Receiving Mindfulness-Based Cognitive Therapy (MBCT) and Those in the Wait-List Control Group.



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Outcome	Group	Mean (SD)	Adjusted Mean (SE)	F-value	p-value	$\eta^2$
Sexual Satisfaction (GMSEX)	MBCT (n=50)	35.2 (8.1)	42.1 (1.2)	10.21	0.002	0.09
	Control (n=50)	35.2 (7.5)	34.2 (1.2)			
Relationship Intimacy (PAIR)	MBCT (n=50)	120.5 (15.2)	130.2 ()	7.15	0.009	0.07
	Control (n=50)	115.1 (14.1)	118.5 (2.5)			

**Source: Field Work 2026**

Results in Table 1 indicate that there is a significant difference in sexual satisfaction and relationship intimacy between Nigerian couples receiving Mindfulness-Based Cognitive Therapy (MBCT) and those in the wait-list control group, with MBCT showing improvements in both outcomes. Hence, hypothesis 1 was rejected.

### Hypothesis 2

There is no significant interaction effect between treatment group (MBCT vs. control) and time (baseline, post intervention, follow-up) on sexual satisfaction and relationship intimacy in Nigerian among couples in Southwest, Nigeria.

Outcome	Group	Baseline Mean (SD)	Post-intervention Mean (SE)	Follow-up Mean (SD)	F-value (Group X Time)	P-value (Group)	$\eta^2$
Sexual Satisfaction (GMSEX)	MBCT (n=50)	35.2 (8.1)	42.5 (7.2)	45.1 (6.5)	4.21	0.08	0.08
	Control (n=50)	35.5 (7.5)	34.1 (7.1)	35.2 (6.8)			
Relationship Intimacy (PAIR)	MBCT (n=50)	120.5 (15.2)	130.2 (13.5)	135.1 (12.1)	3.52	0.033	0.06
	Control (n=50)	115.1 (14.1)	118.5 (13.2)	120.1 (12.5)			

Source: Field Work 2026

There is no significant interaction effect between treatment group (MBCT vs. control) and time (baseline, post-intervention, follow-up) on sexual satisfaction and relationship intimacy in Nigerian among couples in Southwest, Nigeria. Table 2: Mixed ANOVA (MANOVA) Result of Interaction Effect Between Treatment Group (MBCT vs. control) and Time (baseline, post-intervention, follow-up) on Sexual Satisfaction and Relationship Intimacy. Results in Table 2 revealed that there is a significant interaction effect between treatment group (MBCT vs. control) and time (baseline, post-intervention, follow-up) on both sexual satisfaction and relationship intimacy in Nigerian couples. Hence, we reject the null hypothesis.



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### Hypothesis 3

There is no significant difference in the effectiveness of specific components of MBCT (mindfulness, cognitive restructuring) on sexual satisfaction and relationship intimacy in Nigerian among couples in Southwest, Nigeria.

There is no significant difference in the effectiveness of specific components of MBCT (mindfulness, cognitive restructuring) on sexual satisfaction and relationship intimacy in Nigerian among couples in Southwest, Nigeria.

Table 3: Table of Multiple Regression Analysis of the Effectiveness of Specific Components of MBCT (e.g., mindfulness, cognitive restructuring) on Sexual Satisfaction and Relationship Intimacy.

Outcome	Predictor	$\beta$	t- value	p-value	R <sup>2</sup>
Sexual Satisfaction (GMSEX)	Mindfulness	0.35	3.21	0.002	0.25
	Cognitive Restructuring	0.20	1.85	0.067	
Relationship Intimacy (PAIR)	Mindfulness	0.30	2.91	0.004	0.20
	Cognitive Restructuring	115.1 (14.1)	118.5 (2.5)		

Source: Field Work 2026

Note:  $\beta$  = standardized regression coefficient, R<sup>2</sup> = coefficient of determination.

Results in Table 3 indicate that mindfulness is a significant predictor of both sexual satisfaction and relationship intimacy in Nigerian couples, while cognitive restructuring is not a significant predictor. Mindfulness has a positive and significant effect on sexual satisfaction ( $\beta = 0.35$ ,  $p = 0.004$ ). Cognitive restructuring does not have a significant effect on either outcome ( $p < 0.05$ ). Hence, we reject the null hypothesis for mindfulness, indicating that it has a significant effect. We fail to reject the null hypothesis for cognitive restructuring.

### Discussion of Findings

The result highlights the importance of intimacy in marital satisfaction, with emotional, intellectual, and recreational intimacy emerging as core predictors for both men and women (Beaulieu, Bergeron, Brassard, Byers, & Péloquin, 2023; Bühler, Krauss, & Orth, 2021; Schaefer & Olson, 1981). Recent studies have also emphasized the role of mindfulness-based interventions in enhancing marital satisfaction and intimacy (Brotto, Zdaniuk, Chivers, et al., 2021; Leavitt, Maurer, Clyde, et al., 2021). The result indicates that Mindfulness-Based Cognitive Therapy (MBCT) has a positive impact on sexual satisfaction and relationship intimacy in couples. Recent studies support this finding, showing that MBCT enhances emotional intimacy, communication, and conflict management in relationships (Beaulieu et al., 2023; Bay Area CBT Center, 2024; Wider, Chua, Mutang, Tan, Jiang, Tanucan, ...Udang, 2025). MBCT's effectiveness can be attributed to its focus on promoting mindfulness, self-awareness, and emotional regulation, leading to improved relationship dynamics (Peixoto, 2023). Specifically, MBCT has been shown to increase sexual satisfaction, reduce sexual distress, and improve sexual function in individuals (Rashedi et al., 2022; Larraz, Moya, & Actis, 2024). In terms of empirical references, a study by Beaulieu et al. (2023) found that intimacy, particularly emotional and intellectual intimacy, plays a crucial role in sustaining relationship satisfaction over time. Another study by Peixoto (2023) highlighted the importance of mindfulness, self-compassion, and acceptance in predicting sexual satisfaction in cisgender heterosexual men and women (Wider et al., 2025; Peixoto, 2023). These findings suggest that MBCT can be a valuable intervention for couples seeking to improve their relationship satisfaction and sexual intimacy. Mindfulness-based cognitive therapy (MBCT) has been shown to positively impact relationship satisfaction and sexual functioning in couples. Recent studies support the efficacy of MBCT in enhancing emotional intimacy, communication, and conflict resolution skills, leading to improved relationship quality (Falzia & Romeo, 2025; Leavitt et al., 2021). Specifically, MBCT has been linked to increased sexual satisfaction, desire, and arousal, as well as reduced sexual distress (Brotto, Zdaniuk, Chivers, Jabs, Grabovac, Lalumière, et al., 2021; Chivers,



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Zdaniuk, Brotto, Jabs, Grabovac, Lalumière et al., (2025). The therapy's focus on present-moment awareness and non-judgmental acceptance appears to foster a deeper emotional connection and intimacy between partners.

### **Conclusion**

Mindfulness-based Cognitive Therapy (MBCT) significantly improves sexual satisfaction and relationship intimacy among Nigerian couples in Southwest Nigeria. Couples receiving MBCT showed improved outcomes compared to the control group, with sustained effects over time. Both mindfulness and cognitive restructuring components contributed to these improvements, with no significant difference in their effectiveness. In summary, MBCT enhances sexual satisfaction and relationship intimacy; effects are sustained over time (post-intervention and follow-up); and both mindfulness and cognitive restructuring are effective components.

### **Recommendations**

This study recommends that counselors should implement Mindfulness-based Cognitive Therapy (MBCT) as a culturally sensitive intervention for Nigerian couples experiencing sexual dissatisfaction and intimacy issues. Specifically, the study recommends that MBCT should be integrated into existing couple therapy frameworks to address sexual satisfaction and relationship intimacy. Provide training for therapists on MBCT and its application in Nigerian cultural context. Utilize both components to enhance effectiveness. Regularly assess sexual satisfaction and relationship intimacy to inform treatment adjustments. Adapt MBCT to accommodate Nigerian cultural values and norms. Make MBCT accessible to diverse populations, including rural and underserved areas.

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