

# Mapping Global Research Trends in Mindfulness Based Counseling: A Scopus Based Bibliometric Review (2000–2026)

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## ABSTRAK

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Penelitian ini bertujuan untuk memetakan tren global penelitian mengenai mindfulness-based counseling melalui analisis bibliometrik terhadap publikasi yang terindeks di Scopus pada periode 2000 hingga 2026. Data dikumpulkan menggunakan strategi pencarian terstruktur dan dianalisis dengan bantuan perangkat lunak VOSviewer untuk visualisasi jaringan serta pemetaan tematik. Analisis difokuskan pada pertumbuhan publikasi, penulis, negara, jurnal utama, serta struktur intelektual bidang melalui analisis co-occurrence kata kunci, overlay, dan density visualization. Hasil penelitian menunjukkan adanya peningkatan signifikan jumlah publikasi, terutama setelah tahun 2010, yang mencerminkan meningkatnya perhatian terhadap mindfulness sebagai pendekatan terapeutik dan preventif dalam kesehatan mental. Analisis co-occurrence mengidentifikasi tiga kluster utama, yaitu intervensi berbasis kesejahteraan dan gaya hidup, aplikasi klinis dan terapeutik, serta validasi metodologis. Visualisasi overlay menunjukkan adanya pergeseran dari fokus awal pada validasi klinis menuju aplikasi yang lebih luas dan pendekatan penelitian yang semakin rigor. Sementara itu, analisis densitas menegaskan bahwa tema utama penelitian berpusat pada kesehatan mental, kecemasan, dan cognitive behavioral therapy. Temuan ini menunjukkan bahwa mindfulness-based counseling telah berkembang menjadi bidang yang matang, interdisipliner, dan berbasis bukti, dengan peluang pengembangan lebih lanjut pada intervensi digital, studi lintas budaya, serta integrasi lintas disiplin.

## ABSTRACT

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This study aims to map the global research trends in mindfulness-based counseling through a bibliometric analysis of publications indexed in Scopus from 2000 to 2026. The data were collected using a structured search query and analyzed using bibliometric tools, including VOSviewer for network visualization and thematic mapping. The analysis focuses on publication growth, leading authors, countries, journals, and the intellectual structure of the field through keyword co-occurrence, overlay, and density visualizations. The findings indicate a significant increase in research output, particularly after 2010, reflecting the growing interest in mindfulness as a therapeutic and preventive approach to mental health. The co-occurrence analysis reveals three main research clusters: well-being and lifestyle interventions, clinical and therapeutic applications, and methodological validation. Overlay visualization shows a temporal shift from early clinical validation studies toward broader applications and more rigorous empirical designs, while density analysis highlights core themes such as mental health, anxiety, and cognitive behavioral therapy. The results suggest that mindfulness-based counseling has evolved into a mature and interdisciplinary field, integrating holistic

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practices with evidence-based approaches. This study contributes to the literature by providing a comprehensive overview of research development and identifying future directions, including digital mindfulness interventions, cross-cultural studies, and interdisciplinary integration.

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## 1. PENDAHULUAN

Mindfulness has emerged as a significant concept within contemporary psychological and counseling practices, rooted historically in contemplative traditions but adapted into modern therapeutic contexts (M. Gordon et al., 2022; W. Van Gordon et al., 2022). Originally derived from ancient Buddhist practices emphasizing present-moment awareness, mindfulness has been transformed into structured interventions such as mindfulness-based stress reduction (MBSR), which catalyzed its integration into Western clinical and counseling settings (Heward, 2025). Over the past few decades, mindfulness has evolved from a spiritual practice into an evidence-based approach widely utilized in mental health care, education, and organizational settings. This transformation has attracted increasing scholarly attention, positioning mindfulness as a central construct in the advancement of counseling theories and practices (Chachignon et al., 2024).

The rapid expansion of mindfulness-related research reflects its growing relevance across diverse disciplines, particularly within psychology and counseling (Hsieh & Li, 2024). Empirical studies have demonstrated the effectiveness of mindfulness-based interventions in addressing a wide range of psychological concerns, including anxiety, depression, stress, and emotional dysregulation. As a result, counseling practitioners have increasingly incorporated mindfulness techniques into therapeutic frameworks to enhance client self-awareness, emotional regulation, and resilience. This interdisciplinary appeal has contributed to a significant rise in academic publications, indicating that mindfulness is no longer a peripheral topic but a mainstream area of inquiry in mental health research.

In recent years, bibliometric studies have highlighted the exponential growth of mindfulness research, particularly since the early 2000s. The number of publications focusing on mindfulness and its applications has increased dramatically, signaling both heightened academic interest and the expanding application of mindfulness-based interventions. This surge is also associated with methodological advancements, including randomized controlled trials and systematic reviews, which have strengthened the scientific credibility of mindfulness-based counseling approaches. Furthermore, emerging trends such as digital mindfulness interventions and remote delivery formats have broadened the accessibility and scope of counseling practices (Osborne et al., 2023).

Despite the substantial growth in mindfulness research, the field remains fragmented, with studies spanning multiple disciplines, methodologies, and application contexts. Bibliometric analyses have been increasingly employed to map the intellectual structure, research productivity,

and thematic evolution of mindfulness literature (Bunjak et al., 2022). Such analyses provide valuable insights into influential authors, institutions, countries, and collaborative networks, as well as emerging research themes (Fu et al., 2022). By synthesizing large volumes of scholarly data, bibliometric approaches offer a comprehensive understanding of the development and direction of mindfulness-based counseling research.

Moreover, global research trends indicate a geographical concentration of mindfulness studies, with a significant dominance of contributions from Western countries, particularly the United States. However, recent years have witnessed increasing participation from non-Western regions, reflecting the globalization of mindfulness research and its adaptation to diverse cultural contexts. This shift underscores the importance of examining global research patterns to identify disparities, emerging contributors, and potential areas for future investigation. Consequently, mapping global research trends in mindfulness-based counseling is essential for understanding its development, impact, and future directions in the international scholarly landscape (Baminiwatta & Solangaarachchi, 2021).

Although mindfulness-based counseling has gained substantial attention and demonstrated effectiveness in various psychological domains, there remains a lack of comprehensive and updated synthesis of global research trends specifically focused on this field. Existing studies often examine mindfulness broadly or concentrate on limited time frames, databases, or specific intervention types, thereby overlooking the holistic development of mindfulness-based counseling research. Additionally, disparities in geographical contributions, thematic focus, and collaborative networks have not been fully explored, particularly in recent years marked by rapid growth and technological integration. This gap highlights the need for a systematic bibliometric review using a comprehensive database such as Scopus to map the evolution, structure, and emerging directions of mindfulness-based counseling research from 2000 to 2026. The primary objective of this study is to map and analyze global research trends in mindfulness-based counseling using a bibliometric approach based on the Scopus database for the period 2000–2026.

## 2. METODE PENELITIAN

This study employed a bibliometric research design to systematically analyze global scholarly publications on mindfulness-based counseling. Bibliometric analysis is a quantitative method used to evaluate patterns in academic literature, including publication trends, citation structures, and collaborative networks. The data for this study were retrieved from the Scopus database, which was selected due to its extensive coverage of peer-reviewed journals and its reliability for bibliometric research. A structured search strategy was developed using relevant keywords such as “mindfulness,” “mindfulness-based counseling,” “mindfulness-based therapy,” and related terms. The search was limited to publications published between 2000 and 2026 to capture the evolution of the field over time. Only documents classified as articles, reviews, and conference papers were included to ensure the quality and academic relevance of the dataset.

Following data collection, a screening and refinement process was conducted to ensure the accuracy and relevance of the dataset. Duplicate records, non-English publications, and documents not directly related to counseling or therapeutic applications of mindfulness were excluded. The remaining records were then exported in compatible formats for bibliometric analysis. Descriptive statistical techniques were used to examine annual publication trends, document types, and subject area distributions. In addition, citation analysis was conducted to identify highly influential

publications, authors, and journals within the field. These steps enabled a comprehensive overview of the growth and impact of mindfulness-based counseling research across the selected time frame.

### 3. HASIL DAN PEMBAHASAN

Tabel 1. Dokumen yang Paling Sering Dikutip

Citations	Authors and year	Title	Source
1482	(Yatham et al., 2018)	Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) 2018 guidelines for the management of patients with bipolar disorder	Bipolar Disorders, 20(2), pp. 97–170
544	(Davis & Hayes, 2011)	What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research	Psychotherapy, 48(2), pp. 198–208
381	(Galante et al., 2018)	A mindfulness-based intervention to increase resilience to stress in university students: the Mindful Student Study: a pragmatic randomised controlled trial	Lancet Public Health, 3(2), pp. e72–e81
288	(Lagopoulos et al., 2009)	Increased theta and alpha EEG activity during nondirective meditation	Journal of Alternative and Complementary Medicine, 15(11), pp. 1187–1192
263	(Li et al., 2023)	Systematic review and meta-analysis of AI-based conversational agents for promoting mental health and well-being	NPJ Digital Medicine, 6(1), 236
256	(Gates et al., 2016)	Psychosocial interventions for cannabis use disorder	Cochrane Database of Systematic Reviews, (5), CD005336
241	(Mealer et al., 2014)	Feasibility and acceptability of a resilience training program for intensive care unit nurses	American Journal of Critical Care, 23(6), pp. e97–e105
231	(Caye et al., 2019)	Treatment strategies for ADHD: an evidence-based guide to select optimal treatment	Molecular Psychiatry, 24(3), pp. 390–408
227	(Cramer et al., 2012)	Mindfulness-based stress reduction for breast cancer: A systematic review and meta-analysis	Current Oncology, 19(5), pp. e343–e352
226	(Black et al., 2020)	Efficacy of psychological therapies for irritable bowel syndrome: Systematic review and network meta-analysis	Gut, 69(8), pp. 1441–1451

Source: Scopus, 2026

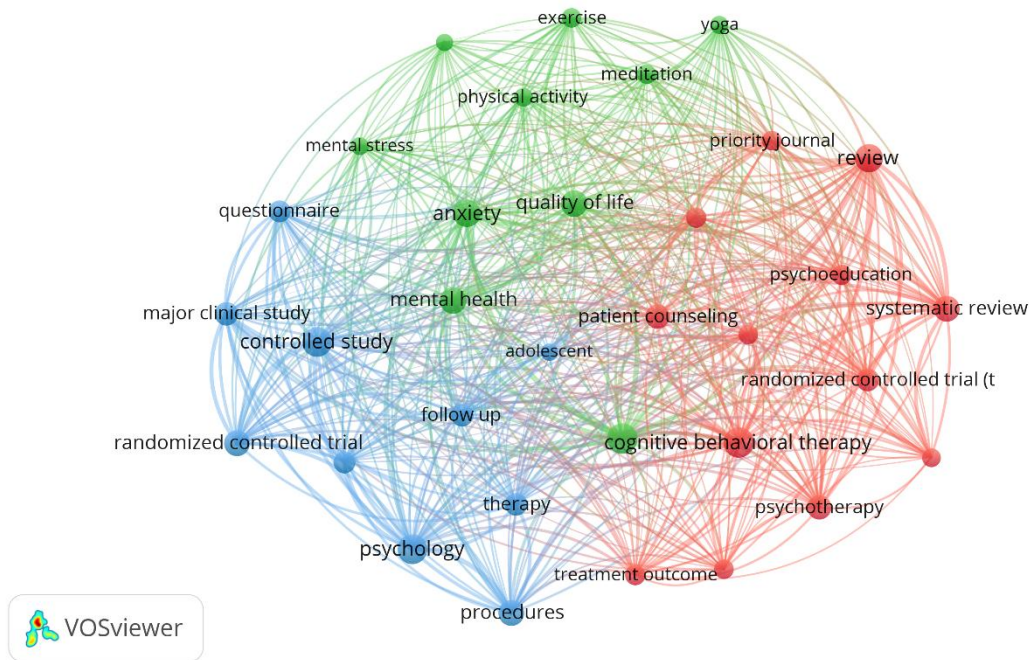


Figure 1. Network Visualization  
Source: Data Analysis

Figure 1 reveals the intellectual structure of research on mindfulness-based counseling by grouping related terms into distinct thematic clusters. The visualization shows three dominant clusters – green, red, and blue—each representing a major research stream within the field. The density and interconnections among nodes indicate that mindfulness-based counseling is a highly interdisciplinary domain, bridging mental health, clinical practice, and therapeutic intervention research. The green cluster appears to focus on the well-being and lifestyle dimension of mindfulness. Keywords such as meditation, yoga, physical activity, mental stress, anxiety, and quality of life suggest that this stream emphasizes the role of mindfulness in improving psychological and physical well-being. This cluster reflects the foundational perspective of mindfulness as a preventive and promotive approach, often linked to stress reduction programs like MBSR. The strong connections between mental health and quality of life indicate that researchers frequently examine mindfulness as a holistic intervention rather than a purely clinical treatment.

The red cluster represents the clinical and therapeutic intervention domain. Terms such as psychotherapy, cognitive behavioral therapy, randomized controlled trial, systematic review, and treatment outcome indicate a strong emphasis on evidence-based practice. This cluster highlights how mindfulness has been integrated into structured therapeutic approaches, particularly mindfulness-based cognitive therapy (MBCT). The presence of psychoeducation and patient counseling further suggests that mindfulness is not only used in formal therapy settings but also in broader counseling practices aimed at behavioral change and emotional regulation. Meanwhile, the blue cluster reflects the experimental and methodological research stream. Keywords like controlled study, randomized controlled trial, questionnaire, follow-up, and procedures indicate a focus on research design and empirical validation. This cluster demonstrates the increasing rigor in mindfulness-based counseling research, where interventions are systematically tested using quantitative methods. The inclusion of psychology and therapy suggests that this methodological approach is closely tied to psychological research traditions, ensuring the scientific credibility of mindfulness interventions.

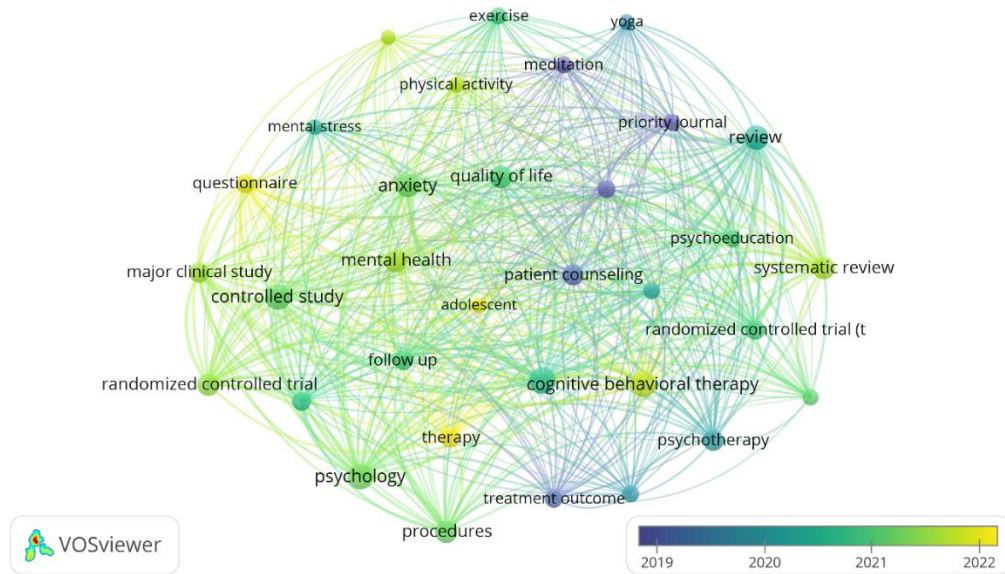


Figure 2. Overlay Visualization  
Source: Data Analysis

Figure 2 illustrates the temporal evolution of research themes in mindfulness-based counseling, where colors represent the average publication year (from earlier in blue to more recent in yellow). The map shows that earlier studies (around 2019–2020) are concentrated in areas such as psychotherapy, treatment outcome, and cognitive behavioral therapy. This indicates that initial research efforts were primarily focused on establishing the clinical effectiveness of mindfulness-based interventions within traditional therapeutic frameworks. As the field progressed into the 2020–2021 period (green tones), the research expanded toward broader psychological and health-related themes, including mental health, anxiety, quality of life, and patient counseling. This shift suggests that mindfulness-based counseling began to be applied more widely beyond strictly clinical settings, addressing general well-being and preventive mental health care. The increasing connections among these keywords reflect a growing integration between clinical therapy and holistic mental health approaches. More recent trends (yellow tones, around 2021–2022) highlight emerging topics such as controlled study, major clinical study, questionnaire, and mental stress. This indicates a strengthening emphasis on methodological rigor and empirical validation, with researchers focusing on large-scale studies and standardized measurement tools.

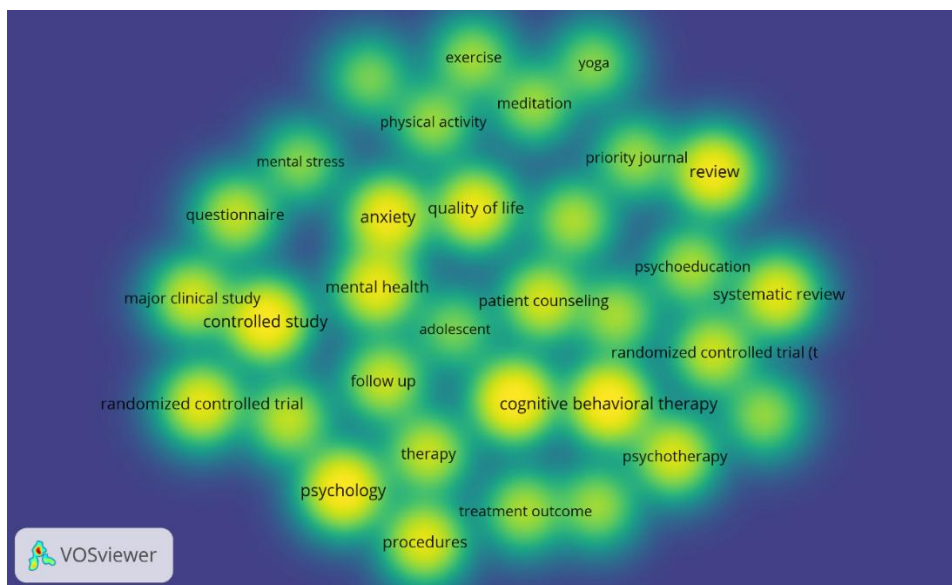


Figure 3. Density Visualization  
Source: Data Analysis

Figure 3 highlights the most intensively researched and frequently occurring themes in mindfulness-based counseling literature, where brighter yellow areas indicate higher keyword concentration. The central hotspots are dominated by terms such as mental health, anxiety, quality of life, and cognitive behavioral therapy, suggesting that the core of this research field is strongly anchored in psychological well-being and therapeutic interventions. The prominence of review and systematic review also indicates a substantial body of synthesized knowledge, reflecting the maturity and consolidation of research in this domain. Additionally, high-density areas surrounding controlled study, randomized controlled trial, and psychotherapy reveal a strong emphasis on evidence-based validation and clinical rigor. Meanwhile, supporting themes like meditation, yoga, physical activity, and patient counseling appear slightly less dense but still significant, indicating their role as complementary or applied aspects of mindfulness practice.

### **Pembahasan**

The findings of this bibliometric study reveal that research on mindfulness-based counseling has undergone a significant transformation from a niche therapeutic approach into a well-established and multidisciplinary field. The steady growth in publications, particularly after 2010, reflects the increasing recognition of mindfulness as a scientifically grounded intervention for mental health. This expansion is closely linked to the rising global concern over psychological well-being, stress-related disorders, and the need for integrative therapeutic approaches. The dominance of terms such as mental health, anxiety, and quality of life indicates that mindfulness-based counseling is primarily positioned as a response to contemporary mental health challenges.

The co-occurrence network analysis demonstrates that the field is structured around three major domains: well-being and lifestyle interventions, clinical and therapeutic applications, and methodological validation. The integration of keywords such as meditation, yoga, and physical activity with clinical constructs like cognitive behavioral therapy and psychotherapy suggests that mindfulness has evolved beyond its traditional roots into a hybrid model combining holistic practices with evidence-based therapy. This convergence aligns with the growing trend of integrating Eastern contemplative practices into Western psychological frameworks, particularly through structured programs such as mindfulness-based cognitive therapy (MBCT).

The overlay visualization further highlights the temporal evolution of research themes, indicating a shift from foundational clinical validation toward broader applications and methodological sophistication. Early studies focused heavily on demonstrating the effectiveness of mindfulness interventions through treatment outcomes and psychotherapy frameworks. However, more recent research emphasizes controlled studies, questionnaires, and large-scale clinical trials, reflecting a stronger commitment to empirical rigor. This progression underscores the maturation of the field, as researchers increasingly prioritize standardized measurement tools and robust experimental designs to validate mindfulness-based interventions.

The density analysis reinforces these findings by identifying key research hotspots, particularly around mental health, anxiety, and cognitive behavioral therapy. The high concentration of these themes suggests that mindfulness-based counseling is deeply embedded within clinical psychology and therapeutic practice. At the same time, the presence of terms such as review and systematic review indicates that the field has reached a level of consolidation, where scholars are actively synthesizing existing knowledge to refine theoretical frameworks and inform practice. This balance between empirical research and knowledge synthesis reflects a healthy and evolving research ecosystem.

Despite these advancements, the study also reveals several opportunities for future research. While the field is rich in clinical and psychological applications, there is still limited exploration of

emerging areas such as digital mindfulness interventions, cross-cultural adaptations, and long-term impact assessments. Furthermore, the concentration of research in specific regions suggests the need for broader global collaboration to ensure the generalizability of findings. Future studies should also explore interdisciplinary connections, particularly with education, organizational behavior, and technology, to expand the applicability of mindfulness-based counseling in diverse contexts.

#### 4. KESIMPULAN

This bibliometric study demonstrates that mindfulness-based counseling has evolved into a robust, interdisciplinary, and increasingly evidence-driven field of research. The analysis reveals a clear progression from foundational therapeutic validation toward broader applications in mental health, well-being, and holistic interventions, supported by growing methodological rigor through controlled trials and systematic reviews. Core themes such as anxiety, mental health, and cognitive behavioral therapy dominate the landscape, indicating strong clinical relevance, while emerging trends point to expanding integration across diverse contexts. The field shows both maturity and dynamism, with significant opportunities for future research in areas such as digital interventions, cross-cultural adaptation, and interdisciplinary collaboration, ensuring its continued relevance in addressing global mental health challenges.

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