

Title: Mindfulness-based stress reduction (MBSR), perceived stress and quality of life in a Brazilian healthy sample.

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Background: Interest and scientific evidences on mindfulness are growing fast but there is a lack of studies in Brazilian population. **Aim:** To explore the impact of the MBSR program on perceived stress (PS) and quality of life (QoL) in a healthy sample in Brazil. **Methods:** A one-group pre-/post-test design was used to measure the impact of MBSR (8-week; 2.5 h/wk) using the Perceived Stress Scale (PSS) and the WHOQOL-BREF questionnaire. Subjects (n = 23) were students at a major university center and completed tests prior to and at the end of the program. T-test analysis of the changes from baseline was conducted. **Results:** 100% of the students completed at least 6 weeks of the course. A decrease in PS ($p < 0.002$) and increase in all dimensions of WHOQOL-BREF ($p < 0.004$) from start to finish of the course was observed. **Discussion:** High levels of adherence was observed, reducing PS and improving QoL among participants, demonstrating that the program is suitable for Brazilian population, in spite of the limitation brought by the sample's size. **Conclusions:** It is the first study to demonstrate an overall improvement in PS and QoL in a Brazilian healthy sample. Future studies are needed, involving attitudes towards mindfulness, long-term outcomes, and impacts on clinical and non-clinical population.