

Effects of Mindfulness-Based Interventions on Adolescent Anxiety

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Abstract. This study explores the impact of mindfulness-based interventions (MBIs) on reducing anxiety levels in adolescents. A randomized controlled trial was conducted with 200 participants aged 13-18. The results indicate significant improvements in anxiety symptoms among those who underwent MBIs, compared to the control group. Furthermore, qualitative feedback suggests increased self-awareness and coping skills. This research offers valuable insights into non-pharmacological approaches in managing adolescent anxiety, highlighting the potential for MBIs to serve as complementary treatments in clinical settings. The study underscores the importance of addressing mental health among youth and suggests further exploration into tailored interventions.

Keywords: mindfulness, adolescents, anxiety, interventions, non-pharmacological

Introduction: The increasing prevalence of anxiety disorders among adolescents poses a significant challenge to mental health professionals worldwide. Traditional treatment methods, primarily reliant on pharmacotherapy, often come with side effects and limited efficacy in certain demographics. This study aims to explore alternative therapeutic options, specifically focusing on mindfulness-based interventions (MBIs). MBIs have gained considerable attention for their potential to enhance emotional regulation and reduce anxiety symptoms without pharmaceutical involvement. By implementing a randomized controlled trial among adolescents, this research seeks to provide empirical evidence of the efficacy of MBIs in a younger population. The findings are anticipated to contribute to a broader understanding of integrative approaches in clinical psychology and stimulate future research focusing on tailored non-pharmacological treatments.

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