

Mindfulness-based intervention in school: challenges for future research

Adolescent is a period in which increases in numerous emotional and behavioral problems can occur. One of the risk factors contributing to this growth in psychological problems, is increased exposure to life's stressors that occur during the adolescence, including interpersonal events (i.e. relationships with peers, romantic partners and parents) and achievements (i.e. greater academic demands emerging adult responsibilities). A school environment offers an excellent place to implement preventive interventions that teach students to cope effectively with their stressors. The findings from recent studies have indicated that a Mindfulness-Based Interventions that teach students to cope effectively with their stressors. The findings from recent studies have indicated that appears to be beneficial for children and adolescents; these findings have suggested that this technology can be applied in educational settings. The application of MBIs in schools raises interesting questions, some of which are addressed in this paper. Who should train adolescents in Mindfulness? Is it possible to train teenagers in Mindfulness over the internet? What are the mechanisms through which an a MBI prevents psychological problems and develops resilience. In this paper, these issues are examined after a brief description of MBIs with regard to adolescents.