Youth Mindful Awareness Program

Do you have a teen between 12 and 17 years old?

Your child may be eligible to be part of a study about improving health and happiness in teens!

 Teens who participate will:

- be part of a 9-week mindfulness program that includes
  - learning mindfulness skills using an app on their smartphone.
  - weekly, 30-minute online sessions with a program coach.
- answer questions about health, moods, and stress at the beginning and end of the program.
- respond to short sets of questions texted to them 3 times during the program.
- be compensated up to $250 for completing all parts of the study.

All parts of the study will be remote, using online questionnaires, Zoom meetings, and phone apps.

What is mindfulness?

- The mindfulness program teaches teens to:
  - be more aware of their own thoughts and feelings
  - calm down by focusing on their breathing when stressed
  - focus on things for which they are grateful
- Mindfulness may help teens
  - manage their thoughts and feelings more effectively
  - improve their focus, relaxation, and even sleep
  - be kinder to themselves and to others, and improve relationships

For more information about YMAP, please visit our website or contact us directly:

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Institutional Review Board

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