

# Mindfulness practice cuts stress in low-income school children

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(HealthDay)—For low-income students at public schools, a mindfulness-based stress reduction (MBSR) program can improve psychological functioning and moderate the negative effects of stress, according to a study published online Dec. 18 in *Pediatrics*.

Erica M.S. Sibinga, M.D., from the Johns Hopkins School of Medicine in Baltimore, and colleagues evaluated an adapted MBSR program to ameliorate the [negative effects](#) of stress and trauma among low-income, minority, [middle school students](#) at two [public schools](#). Three hundred fifth- to eighth-grade students (99.7 percent African-American; 99 percent eligible for free lunch) were randomized to receive adapted MBSR or health education (Health Topics [HT]).

The researchers found that, compared with students in the HT program,

students in the MBSR program had significantly lower levels of somatization, depression, negative affect, negative coping, rumination, self-hostility, and posttraumatic symptom severity (all P

"Additional research is needed to explore psychological, social, and behavioral outcomes, and mechanisms of mindfulness instruction," the authors write.

The study was funded by Elev8 Baltimore.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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