ABSTRACT. Mindfulness-based interventions have shown promising results in reducing stress, improving self-awareness and fostering emotional intelligence among children and adolescents [1,2]. Currently, schools have few resources to help students optimize health and wellness during the academic year. Mobile health interventions represent an innovative approach to teach stress resilience, mindfulness, and self-compassion at any time.

INTRODUCTION. There is increasing interest in mobile technology as a way to deliver health interventions. While the overall goal of the study is to test the efficacy of the mobile app intervention, the focus of the current analysis was to test the feasibility of delivering a self-compassion intervention through a mobile phone.

METHOD. Students from NEU were randomized to either an intervention group that used the mobile application on their phones for 6 weeks or to an assessment-only control group. Within the app, participants were able to do 3 things every day:

1. choose words to describe their mood in a Mood Cloud;
2. receive intervention messages related to self-compassion, body image, and healthy living, including audio meditations; and
3. write down and reflect on moments they were thankful for.

Participants completed questionnaires assessing self-compassion, mindfulness, and well-being at baseline, after the 6-week intervention, and 3 months following baseline.

RESULTS. In total, 189 participants completed the baseline questionnaire, 76.2% of whom were female. To date, 97% of participants have completed the intervention and 86% have completed the final assessment.

Students expressed interest in using this mobile app to help manage stress and highlighted the usefulness of daily wellness tips, mindfulness meditations, and the Mood Cloud.

CONCLUSION. These findings support the feasibility of a mobile wellness app for teens. Considering the high rates of interest and involvement, there is a potential for good uptake in this young adult population.

References