

RESEARCH RESULTS FROM GRANADA HIGH SCHOOL (2015)

Students Who Received Mindfulness Intervention

1. **Attitude to School.** Given the statement “I like being at school more now than I thought I would at the start of the year”
 - a. 10 out of 18 students or 55.6% responded yes as compared to 3% for the control group
 - b. Significant at 99% confidence.
2. **Attitude to Teachers.** Given the statement “Overall, my teachers are better than I thought they would be before school started”
 - a. 9 out of 18 students, or 50% responded yes as compared to 23% of the control group
 - b. Significant at 95% confidence
3. **Anxiety.** Given the statement “I am more relaxed now than I was when school first started”
 - a. 10 out of 18 students, or 55% responded yes as compared to 23% of the control group
 - b. Significant at 99% confidence
4. **Attention Span.** Given the statement “My focus has improved since the start of school”
 - a. 9 out of 18 students, or 50% responded yes as compared to 20% of the control group
 - b. Significant at 95% confidence
5. **Social Stress.** Given the statement “I feel happier and enjoy my classmates more than I expected when school first started”
 - a. 11 out of 18 students, or 61% responded yes as compared to 40% of the control group
 - b. Significant at 90% confidence
6. **Interpersonal Relations.** Given the statement “I have more friends than I did when school first started”
 - a. 15 of 18 students, or 83% responded yes as compared to 57% of the control group
 - b. Significant at 95% confidence
7. **Self Esteem.** Given the statement “I feel better about myself than I did at the start of the school year”
 - a. 12 out of 18 students, or 67% responded yes as compared to 26% of the control group
 - b. Significant at 99% confidence

Students Who Did Not Receive Mindfulness Intervention (Control Group)

1. **Attitude to School.** Given the statement “I like being at school less now than I thought I would at the start of the year”
 - a. 12 of 35 students, or 34% of control group students responded yes as compared to 11% of students in the mindfulness group
 - b. Significant at 95% confidence
2. **Attitude to Teachers.** Given the statement “Overall, my teachers do not understand me or how I learn”
 - a. 6 out of 35, or 17% of the control group responded yes as compared to 0 % of the students in the mindfulness group
 - b. Significant at 99% confidence

100% of students who participated in mindfulness activities reported expected or improved relationships with teachers –**not a single student in the mindful group reported a decline in their interaction with teachers** –given that kids don't learn from teachers they don't like this is a key result

3. **Anxiety.** Given the statement "I worry more than I did when school first started"
 - a. 14 of 35 students, or 40% of the control group responded yes, as compared to 11% of students in the mindfulness group
 - b. Significant at 99% confidence
4. **Social Stress.** Given the statement "It has been harder for me to fit in with my classmates than I thought it would be when school first started"
 - a. 4 of 35 students, or 11% of the control group responded yes as compared to **0%** of students taught mindfulness
 - b. Significant at 95% confidence
5. **Interpersonal Relations.** Given the statement "I feel that people don't like me that much"
 - a. 4 out of 35 students, or 11% of the control group responded yes as compared to **0%** of students in the mindfulness group
 - b. Significant at 95% confidence