

# Promoting Resilience in Youth Through Mindfulness mEditation

NCT05916651

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Radboud University Medical Center
<b>Enrollment</b>	155 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Youth between 16 and 25 years of age
- Provide written informed consent
- Adequate mastery of Dutch language

### Exclusion (7)

- Lifetime diagnosis of severe major depression, bipolar disorder, schizophrenia spectrum disorder, personality disorder, and post-traumatic stress disorder
- History of major medical illness or neurological illness
- Participation in a mindfulness programme in the past year
- Current participation in another intervention study
- Moderate to severe substance use disorders (i.e., we will allow for mild substance use)
- ... and 2 more (see full listing online)

## Locations (2 total)

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Radboud university medical center (Radboudumc), Nijmegen, Gelderland, Netherlands  
Donders Centre for Cognitive Neuroimaging (DCCN), Nijmegen, Gelderland, Netherlands