

# Mindfulness in University Students. ATENEU Program

NCT05929430

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Universidad Miguel Hernandez de Elche
<b>Enrollment</b>	174 participants

## Key Eligibility Criteria

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### Inclusion (6)

- being 18 years old or older
  - being a degree, master or doctorate student at Miguel Hernández University
  - speaking fluent Spanish
  - signing the informed consent form
  - having attended at least 4 of the 6 sessions (66% of the program)
- ... and 1 more (see full listing online)

### Exclusion (6)

- miss more than 2 out of 6 sessions (33% of the program)
  - present a severe mental disorder in active phase diagnosed by a health professional (e.g., schizophrenia, bipolar disorder)
  - are under the influence of alcohol or other drugs during sessions and/or assessments (determined by the program instructor)
  - participate in another standardized meditation program during the study period
  - withdrew before starting the intervention.
- ... and 1 more (see full listing online)

## Locations (1 total)

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