

Emotional Intelligence Intervention to Improve Mental Well-Being of Adolescents With Emotional Distress (BEAM)

NCT06713460

Status	RECRUITING
Phase	Not Applicable
Sponsor	Consorti Sanitari de Terrassa
Enrollment	104 participants

Key Eligibility Criteria

Inclusion (3)

- Adolescents with emotional distress scores on the Warwick-Edinburgh Mental Well-being Scale.
- Adolescents aged 14-16 (in 9th Grade).
- Informed consent form signed (by adolescents and their parent or legal guardian)

Exclusion (3)

- Physical illnesses that prevent attendance at scheduled sessions, severe mental disorders (such as Autism Spectrum Disorder, major depression, schizophrenia).
- No comprehension of the language
- Lack of consent from the adolescents or their parents or legal guardians

Locations (2 total)

Consorti Sanitari de Terrassa, Terrassa, Barcelona, Spain
Institut Can Roca, Terrassa, Barcelona, Spain