



Virtual Meditation as a Response to Adverse Childhood Events PPO09

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Project Overview

Goal: Identify the benefits of virtual meditation sessions for pediatric adolescents with a history of adverse childhood experiences (ACEs)

Background: Meditation and mindfulness practices have proven to be beneficial in adults with mental health disorders and with PTSD. Little data exists to show if these practices can also benefit adolescents with symptoms or deficits related to ACEs.

Study Design: Pre-Post intervention study

Participants: Recruited from SHARK and LA County DHS ACEs-LA participating clinics



Project Methods

Intervention: Series of weekly meditation sessions over 6 weeks, 1 hour each, delivered via ZOOM

Data Tracked:

- Physical symptoms
- Mental health symptoms
- Relationships with family and peers

Data Instruments:

- PHQ-9
- GAD-7
- SDQ
- BIS

Data Collection Timepoints: enrollment, 1 month post study intervention, 4 months post study intervention

Inclusion Criteria:

- Age 11-20
- + ACEs Screening (Score 4+ OR 1-3 with symptoms)
- Computer or smart phone with camera and audio capability
- Patient and guardian speak English or Spanish fluently

Exclusion Criteria:

- Significant impairment in cognition
- New psychiatric medication or change in dose of psychiatric medication 90 days prior to enrollment
- New mental health therapy started 90 days prior to enrollment



Helane Anderson

Sound Mindfulness Meditation

CLASS 1 - SOUND HEALING &
MINDFULNESS WITH POSITIVE
AFFIRMATIONS (MANTRAS)

CLASS 2 - SOUND HEALING WITH DRUMS,
MINDFULNESS AND MOVEMENT

CLASS 3 - MINDFULNESS AND THE VOICE
- MOVING ENERGY THROUGH SINGING
AND SOUND



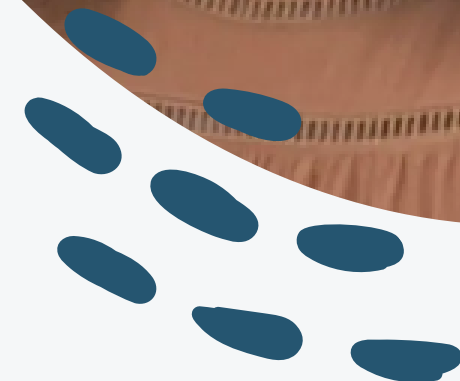
Valerie Cusson


Breathing Mindfulness Meditation

CLASS 1 - INTRO TO MINDFULNESS:
MIND POWER

CLASS 2 - MINDFULNESS OF THE
BREATH

CLASS 3 - DEVELOPING
HEARTFULNESS



An illustration on the left side of the slide. It features a stylized figure in a yoga pose, wearing a light blue top and orange pants, with a large yellow flower on their head. The figure is surrounded by abstract shapes: a light blue line with a yellow circle, an orange ring, and some yellow leaves. At the bottom, there are two orange brushstroke-like lines.

Study Results



59 Enrolled Participants



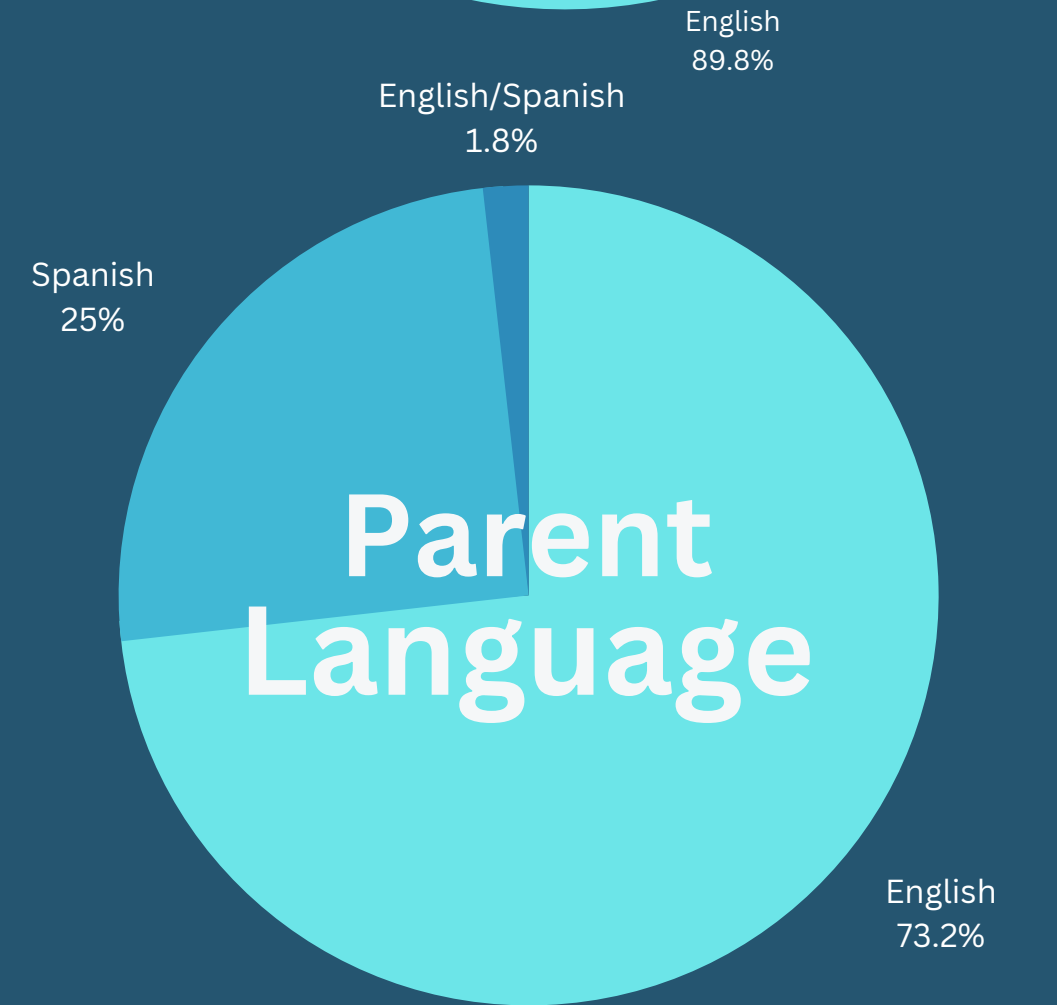
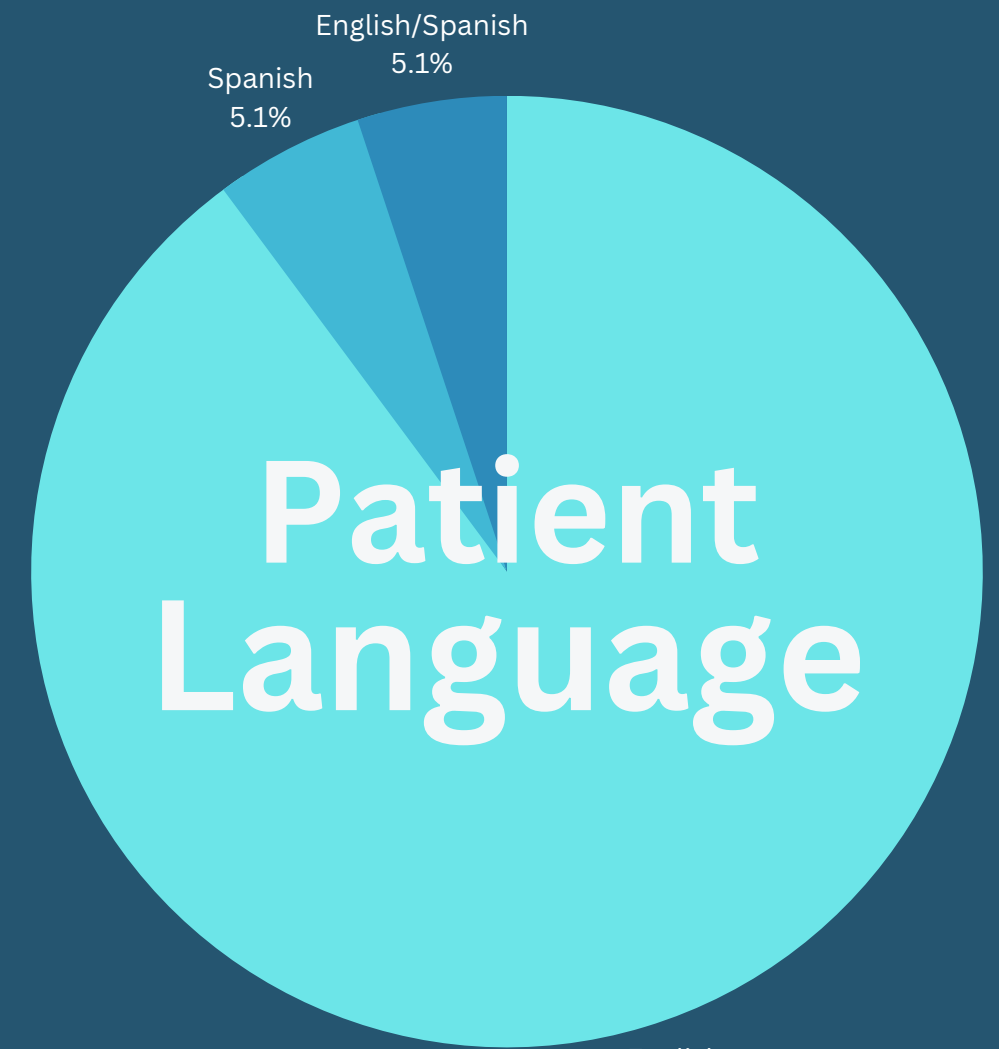
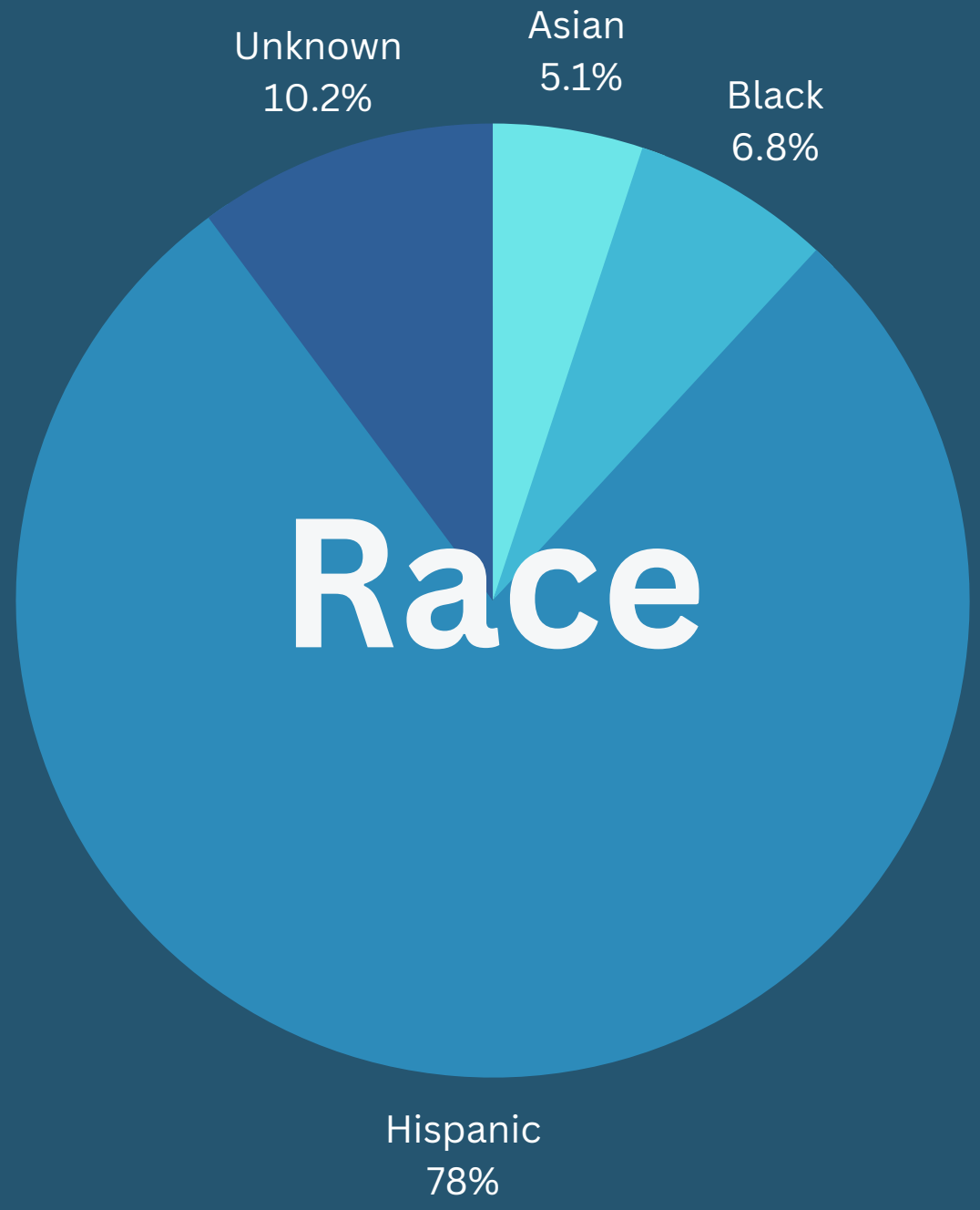
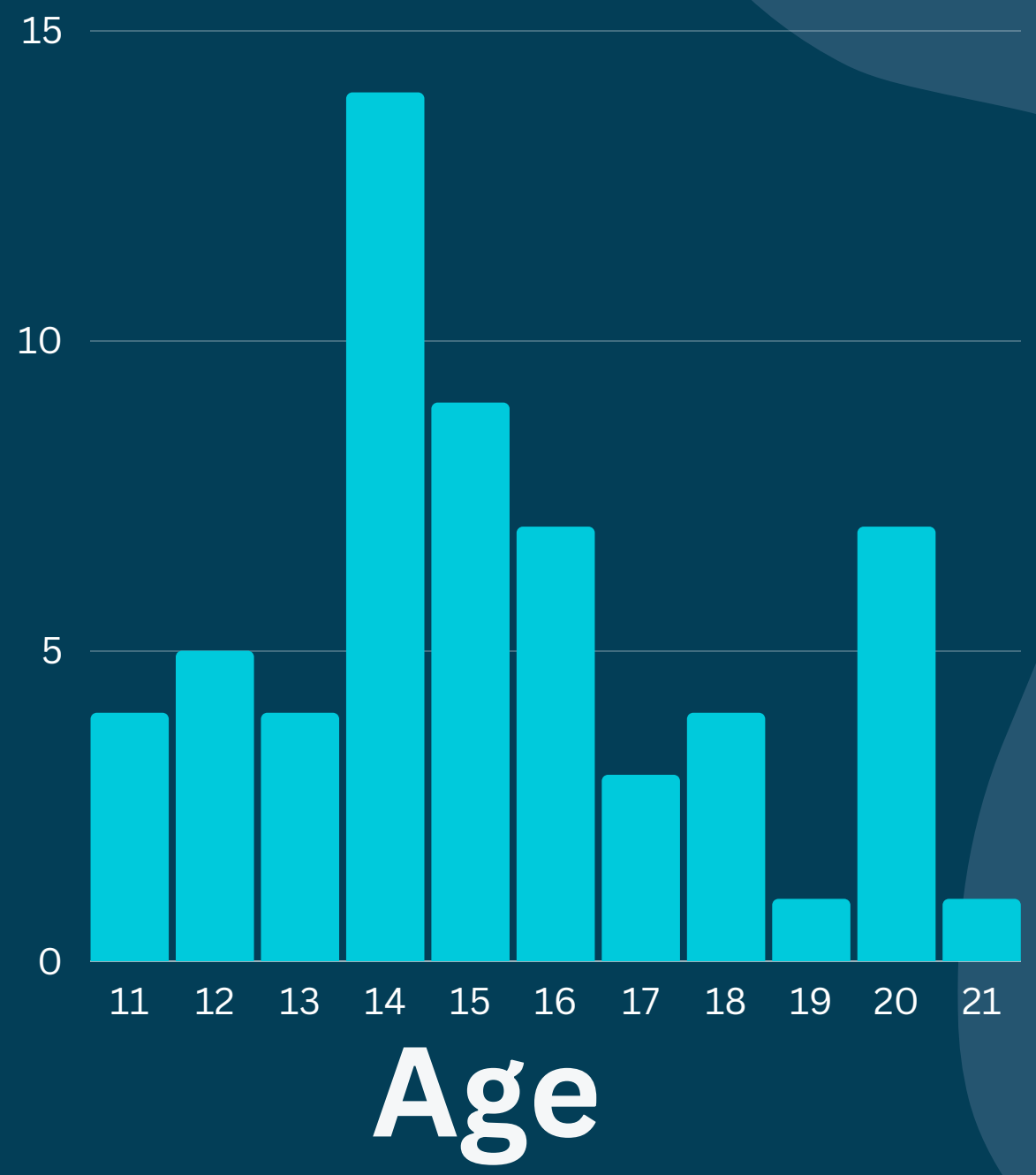
30 Female
29 Male



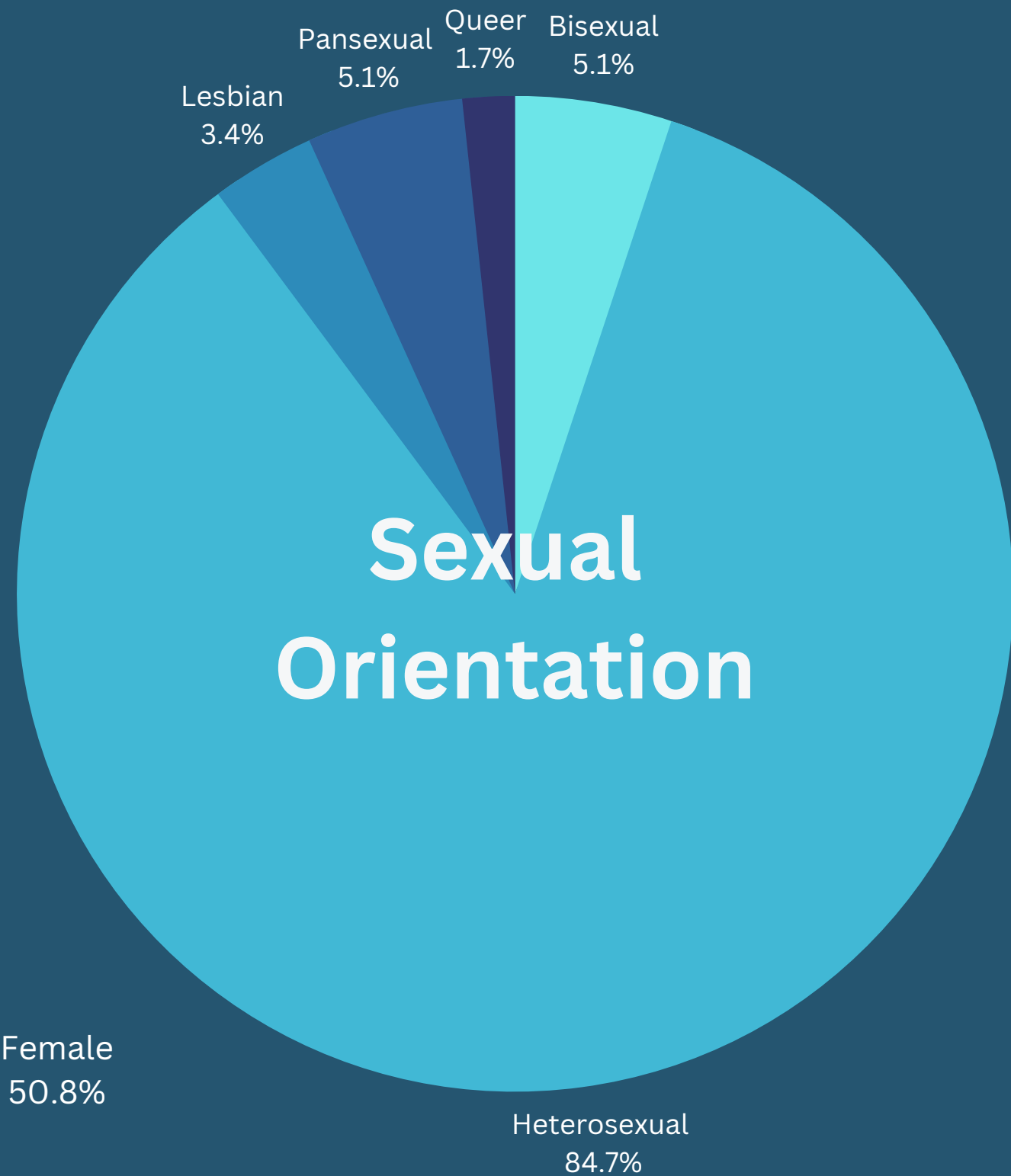
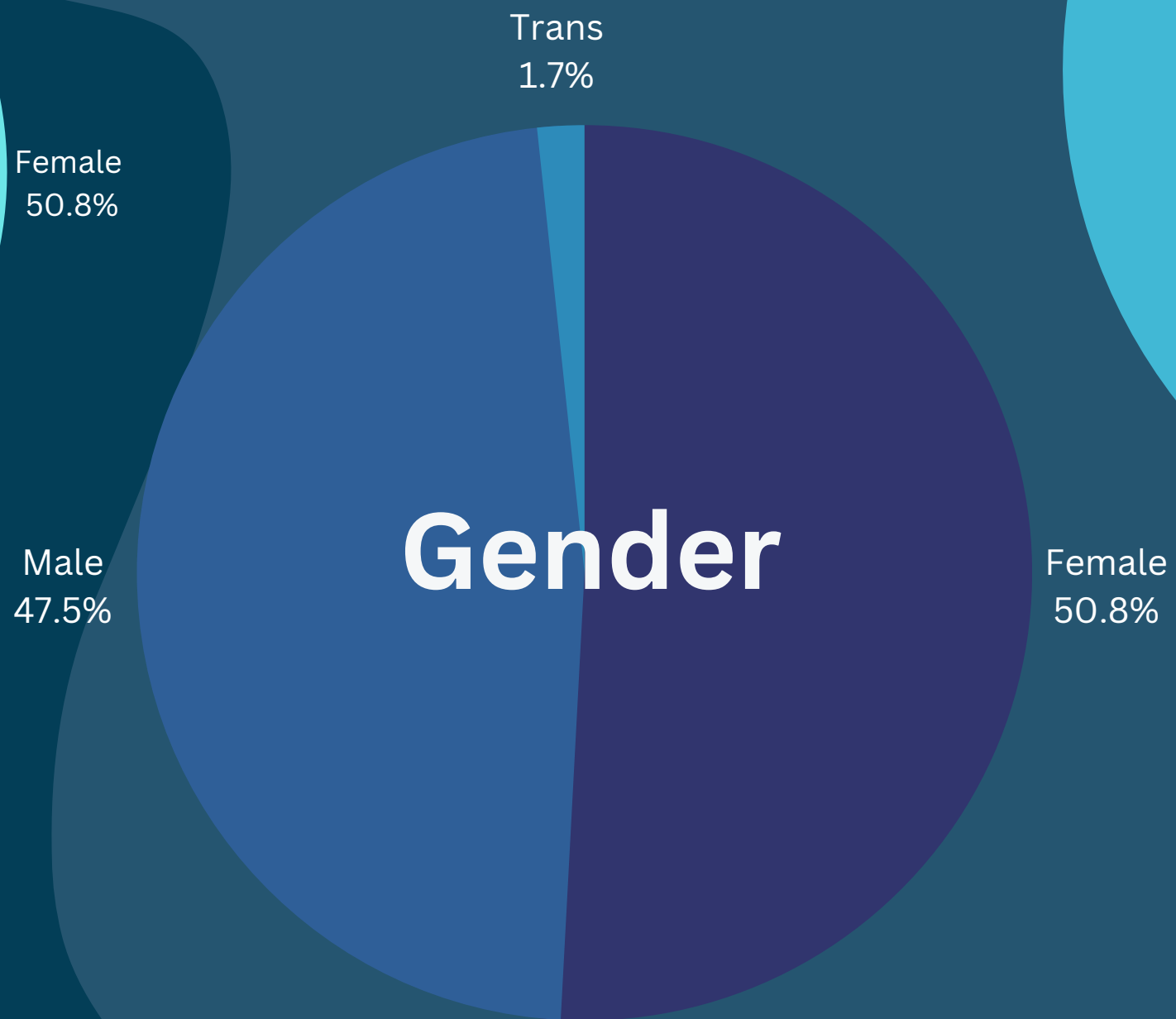
4 Dropped Out



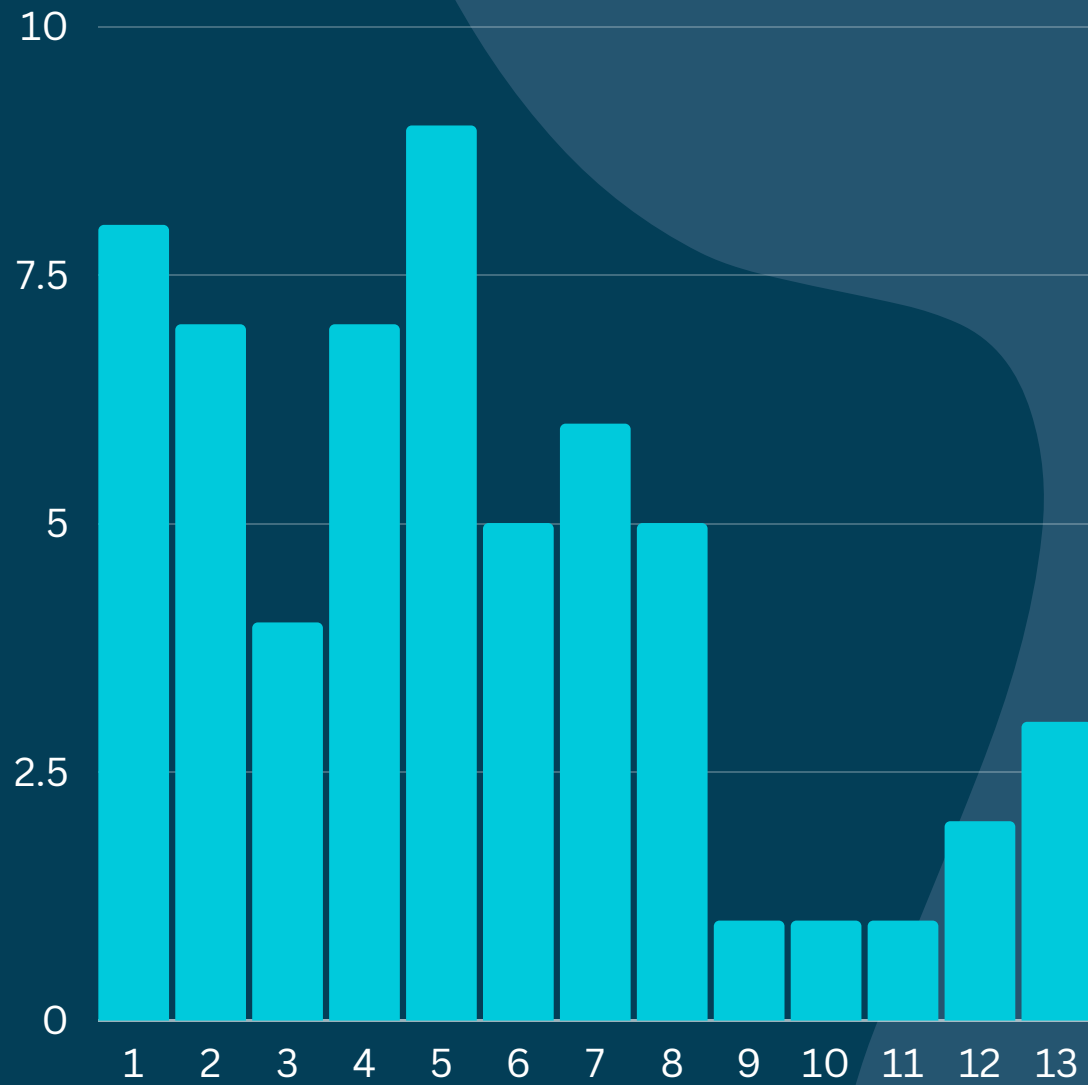
Demographic Data



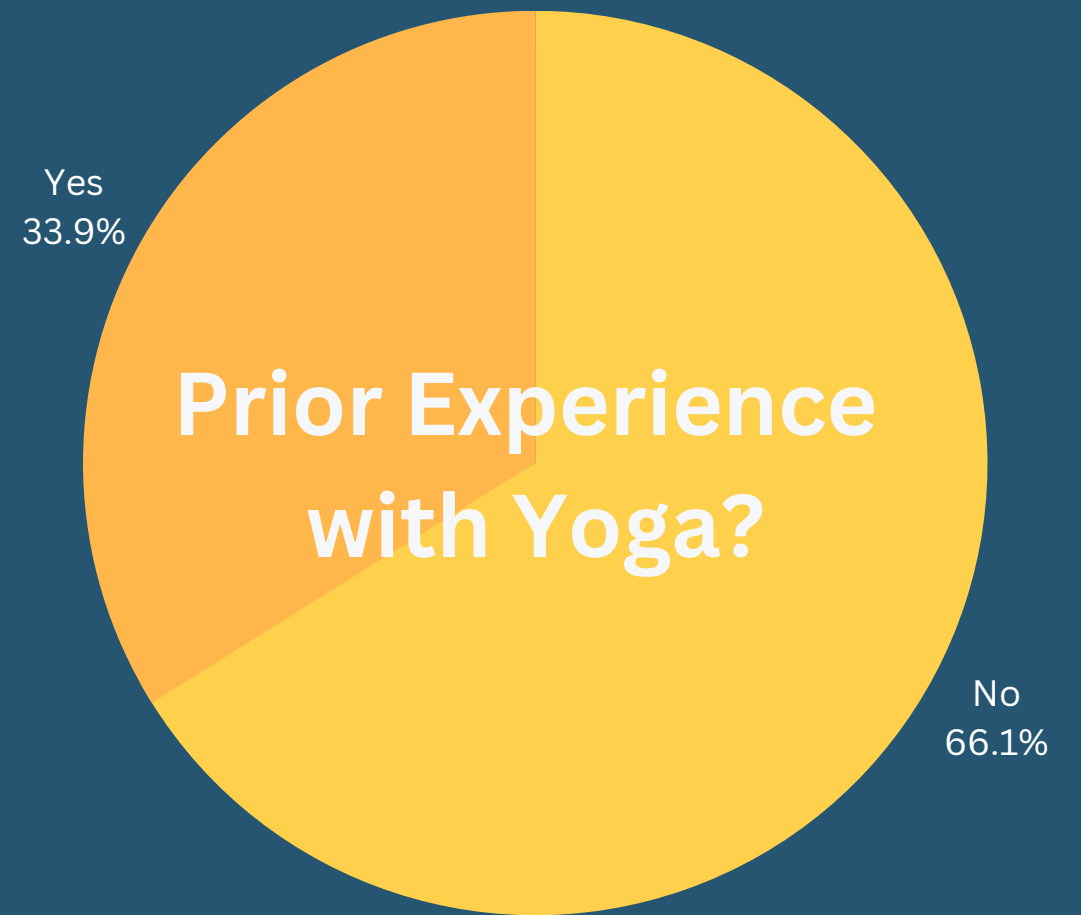
Demographic Data



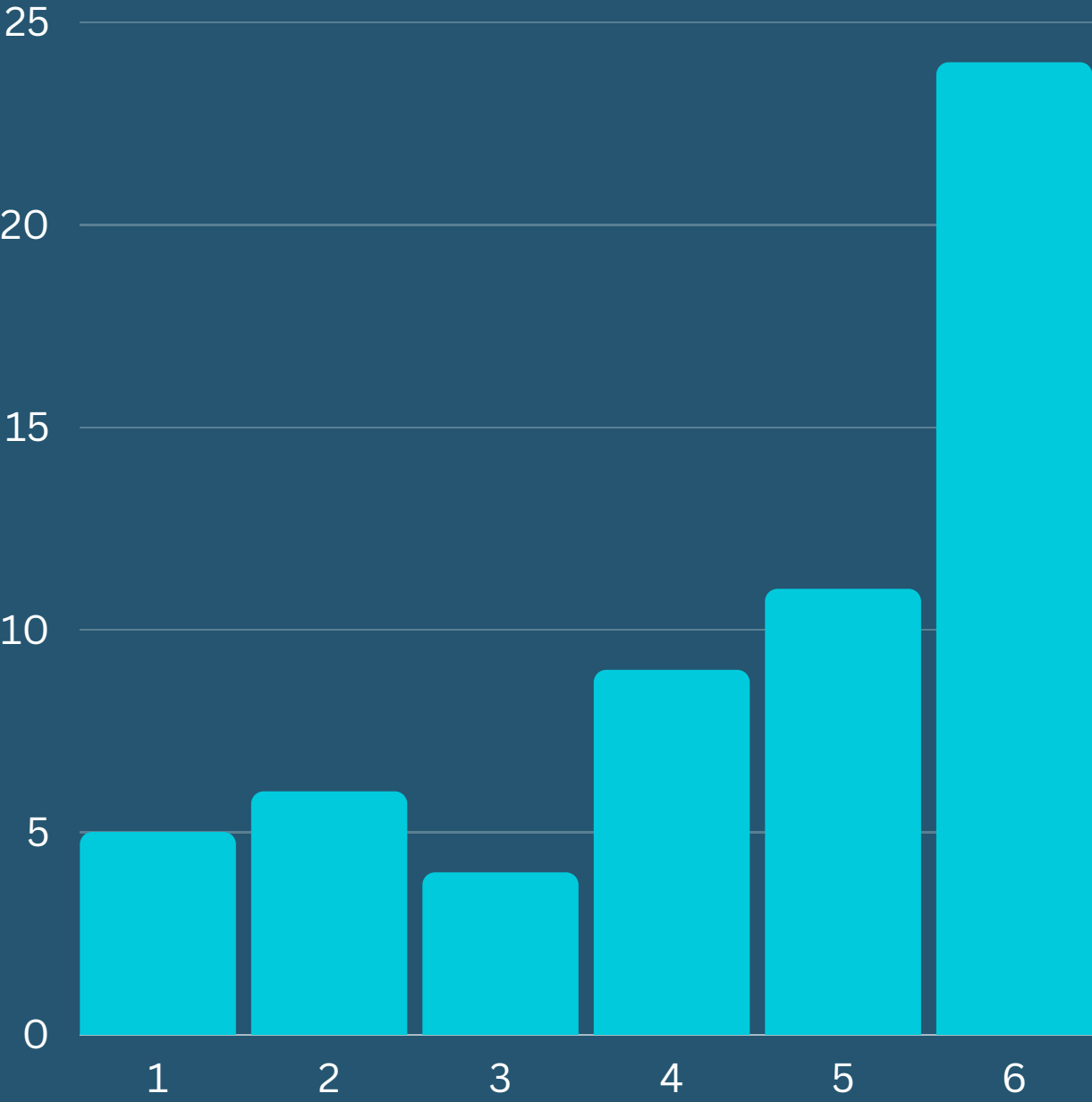
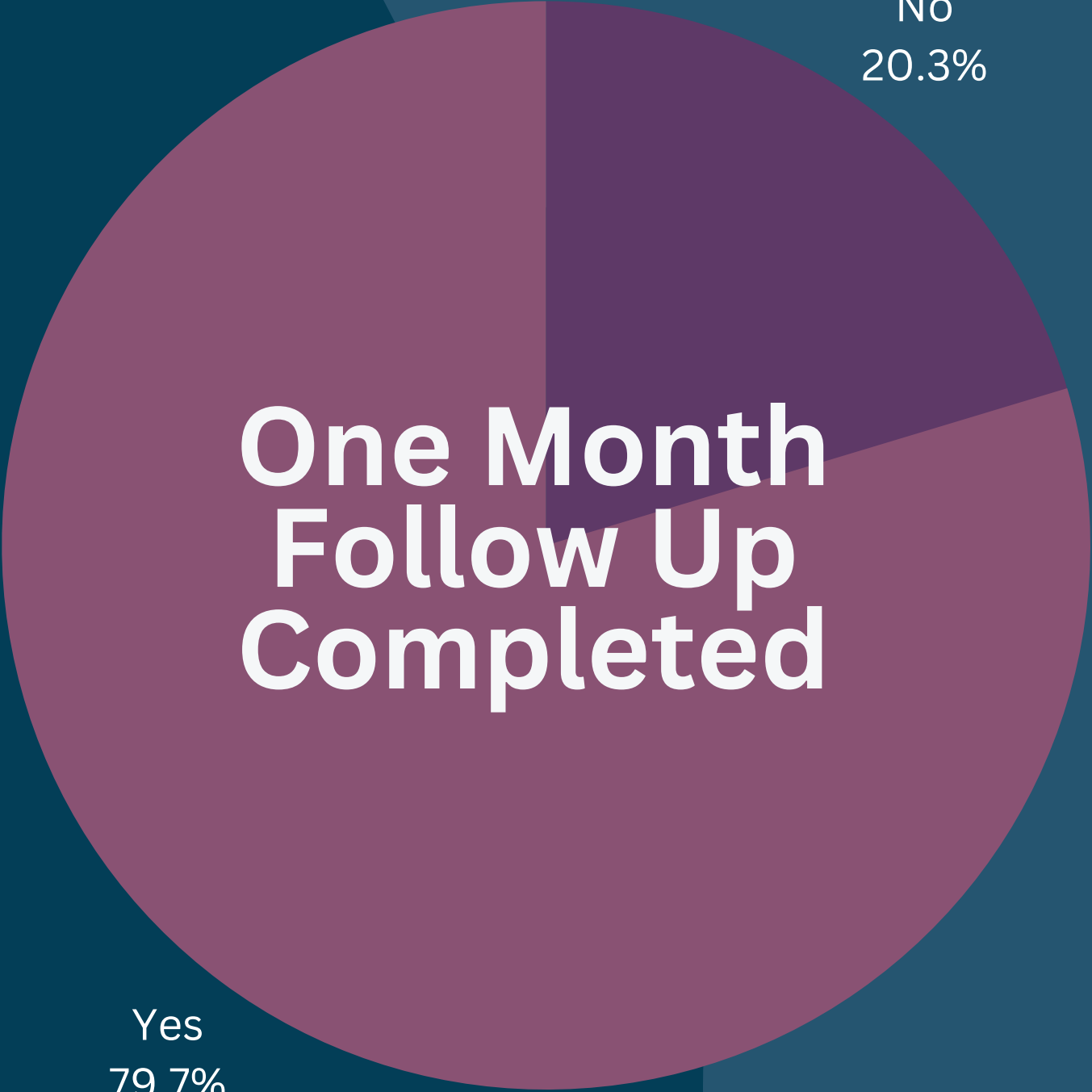
Demographic Data



ACES Score

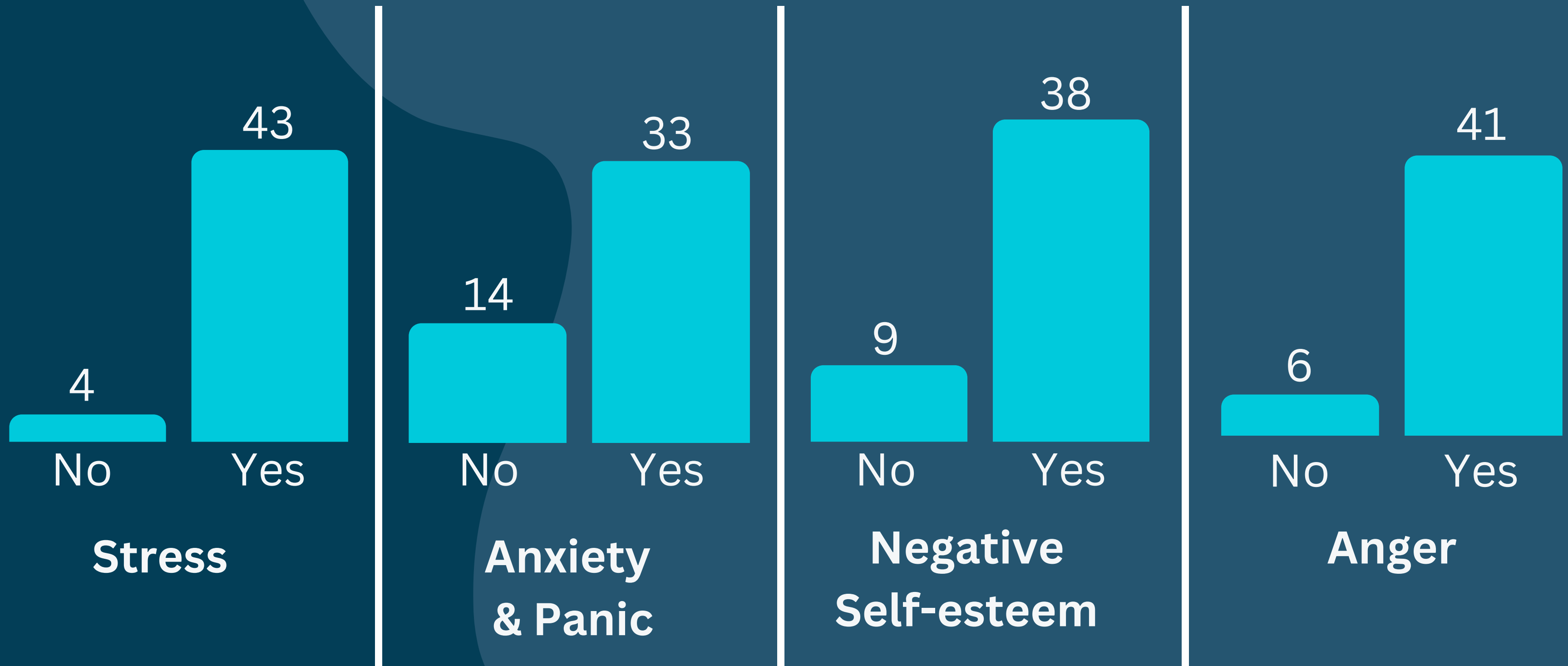


Demographic Data



Total Sessions Attended

Indication of the helpfulness of mindfulness and meditation at the one month follow-up (N=47):



Changes in Knowledge and Attitudes

Table 3. Changes over time in knowledge and attitudes about mindfulness and meditation at the one month follow-up

	Number and Percentage Responding 'Yes'				
	Pre		One Month Follow-Up		P Value*
	N	%	N	%	
Do you know what mindfulness/meditation means?	19	40	30	64	0.0127
Do you think meditation and mindfulness practices could help in your life?	35	74	45	96	0.0020
Have you practiced being mindful or meditating on your own in the past two weeks?	6	13	32	38	< 0.0001

*Exact McNemar test comparing changes from Pre to One Month Follow-Up

Changes in Physical Symptoms

Table 4. Changes over time in past month physical symptoms at the one month follow-up

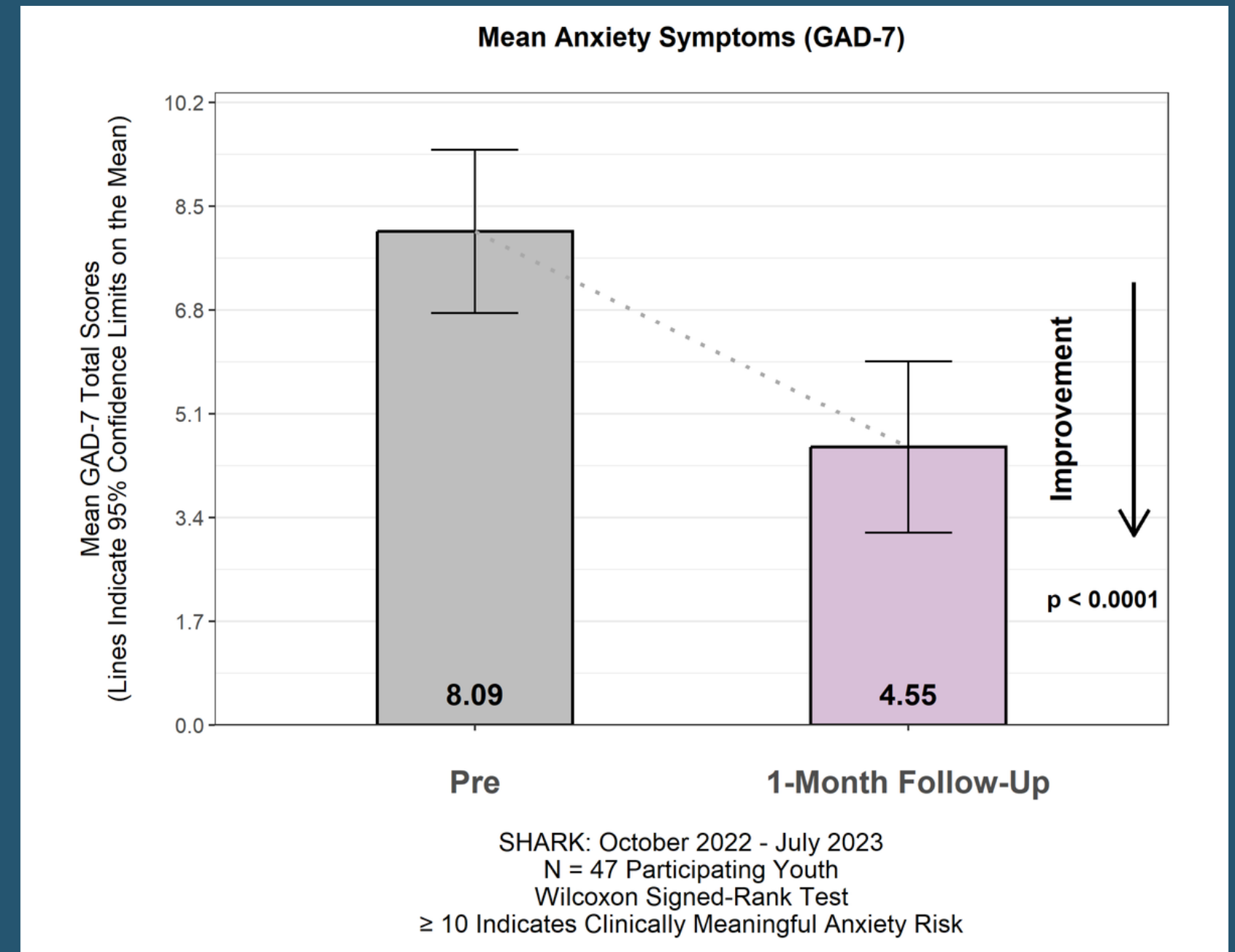
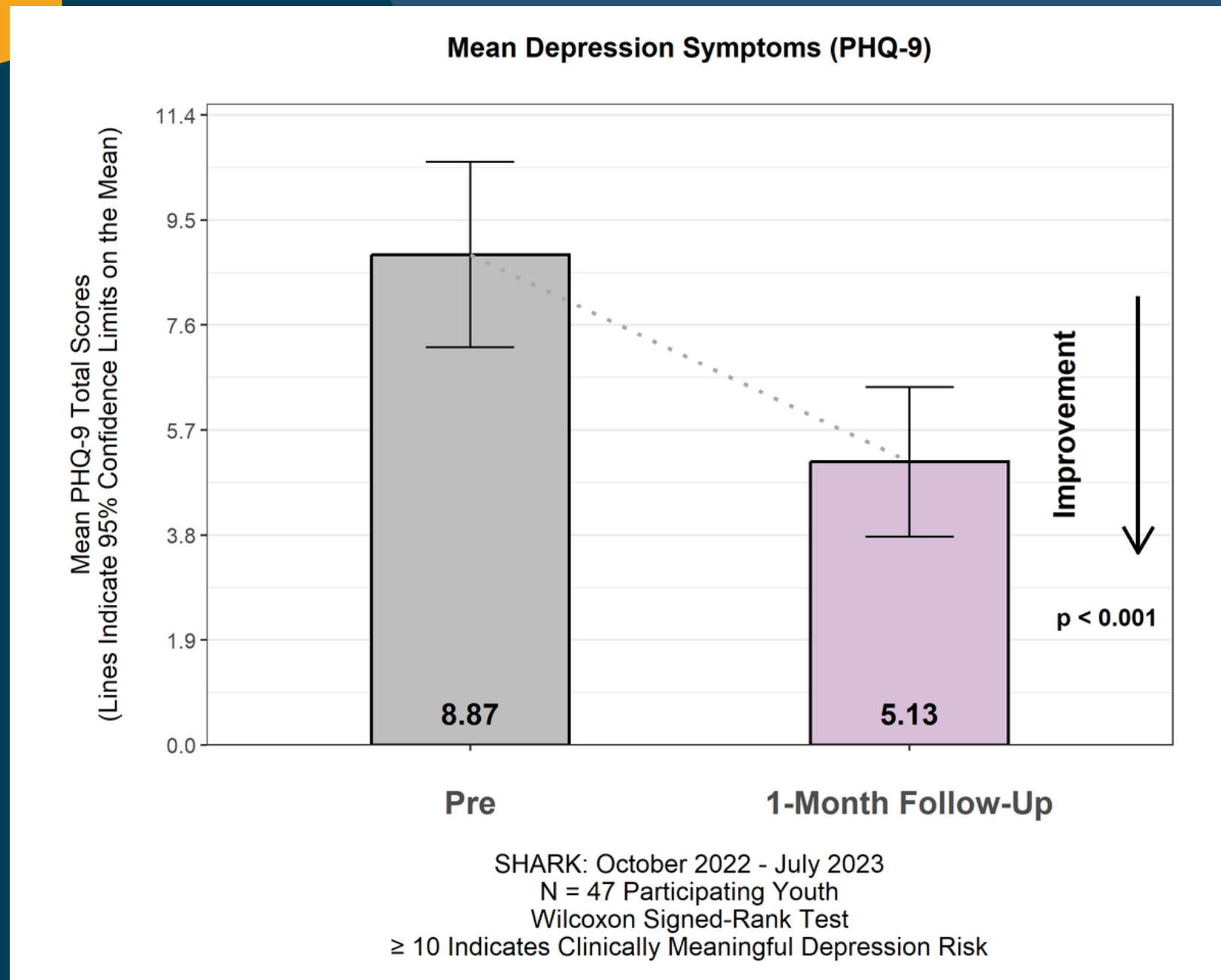
(N = 47)	Number and Percentage Responding 'Yes'				P Value*
	Pre		One Month Follow-Up		
	N	%	N	%	
Headache/Migraine	17	36	11	23	0.1094
Chronic Abdominal Pain	15	32	12	26	0.5811
Chronic Muscle or Bone Pain	11	23	8	17	0.6072
Chronic Nausea or Vomiting	11	23	8	17	0.5078
Difficulty Eating	12	26	11	23	1.0000
Difficulty Sleeping	26	55	19	40	0.1435
Frequent Dizziness	9	19	7	15	0.7266
Frequent Constipation/Diarrhea	7	15	4	9	0.3750
Chronic Fatigue	20	43	15	32	0.3018
Palpitations/Heart Racing	8	17	5	11	0.4531
Unexplained Shortness of Breath	9	19	5	11	0.4240
	N	Mean	Med	SD	
Change in Total Number of Symptoms	47	-0.851	-1.000	2.236	0.0082

*Exact McNemar test comparing changes from Pre to One Month Follow-Up

Bold indicates statistical significance (p < 0.05)

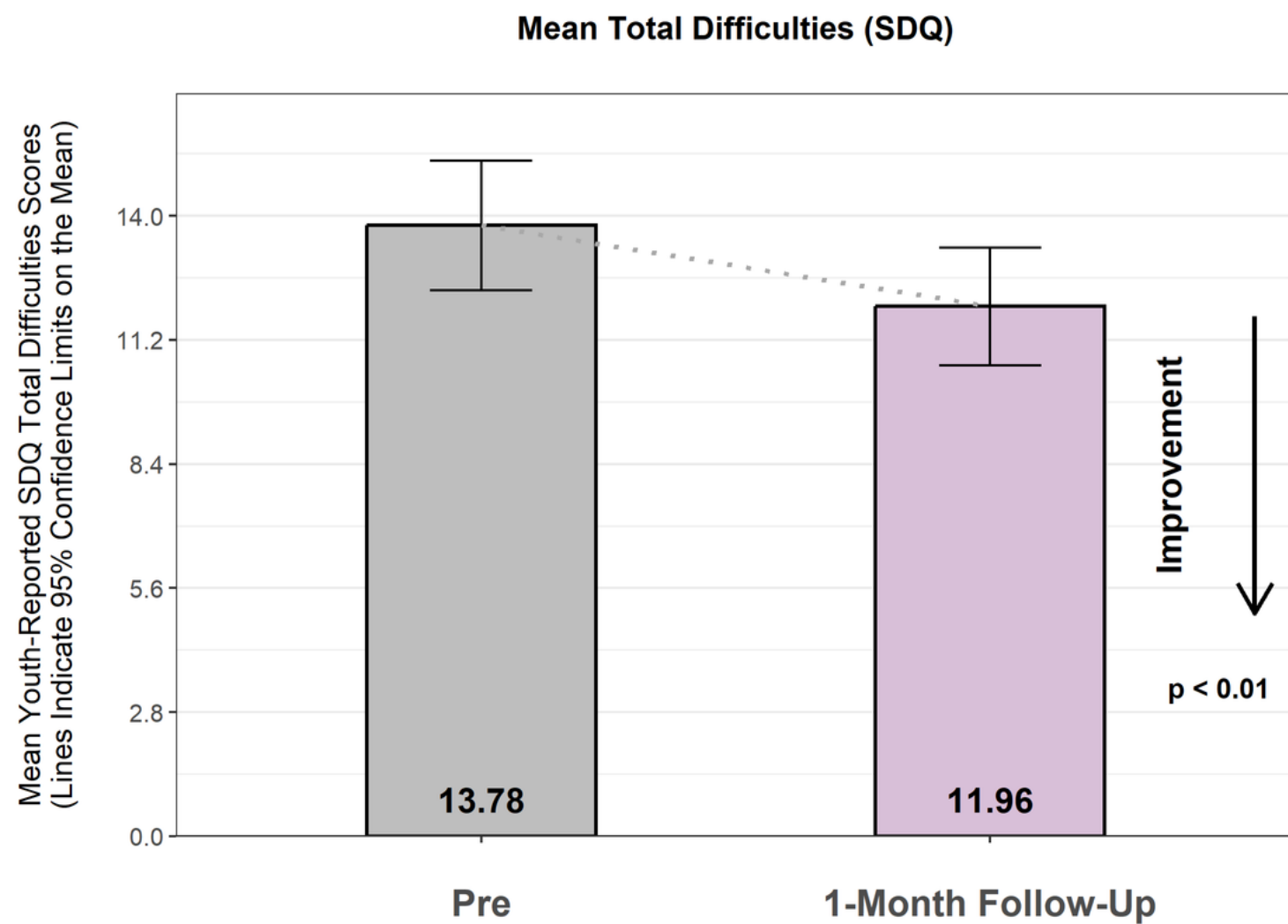
Summary: Significant decrease in total number of symptoms from pre- to one-month post-intervention. Mean number of symptoms at pre = 3.09 (SD = 2.31) and mean number of symptoms at one-month = 2.23 (SD = 2.42).

Changes in Behavioral Health

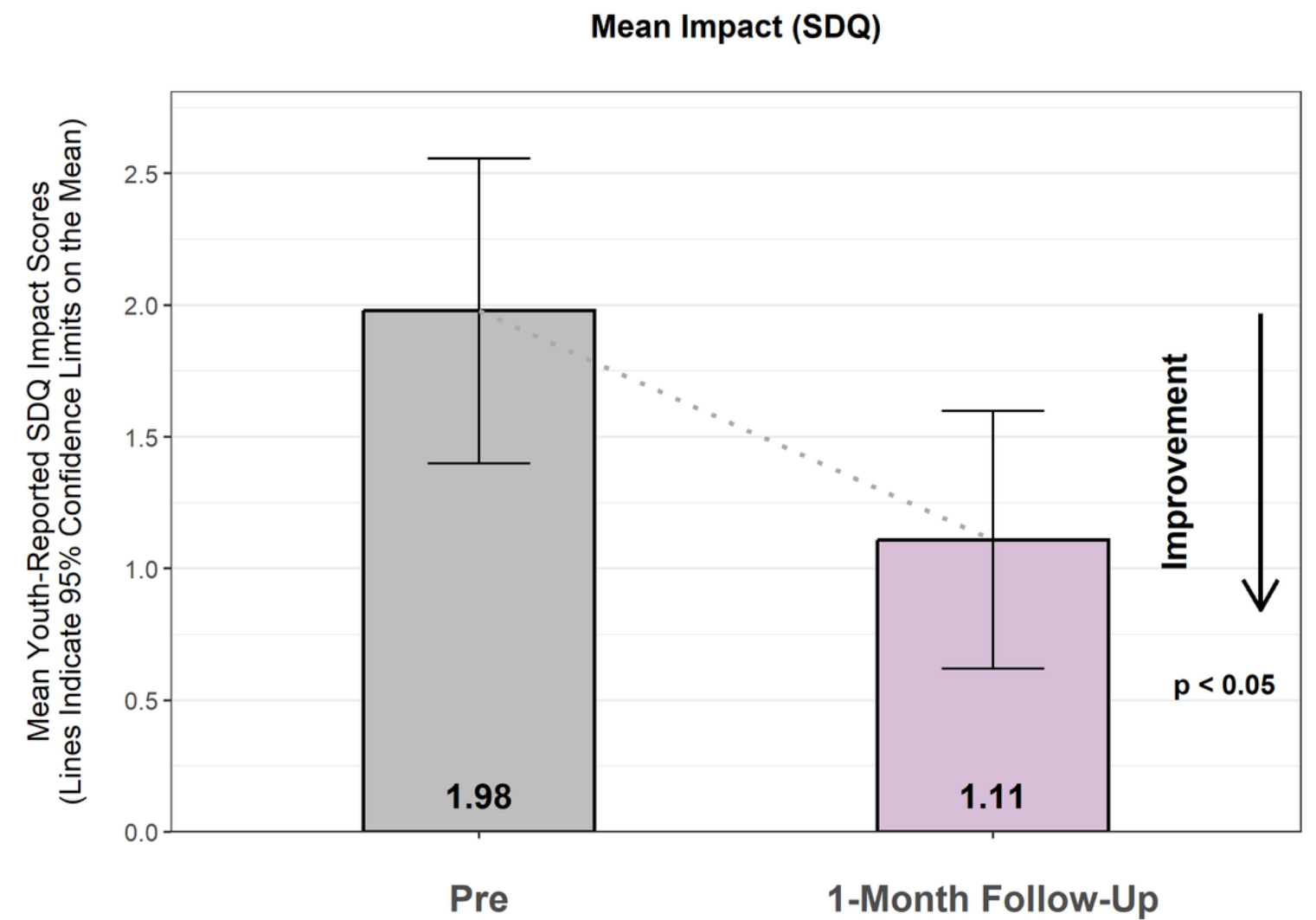


Summary: Significant improvements from pre-intervention to one-month post-intervention in PHQ-9 Total Score and GAD-7 Total Score.

Changes in Behavioral Health



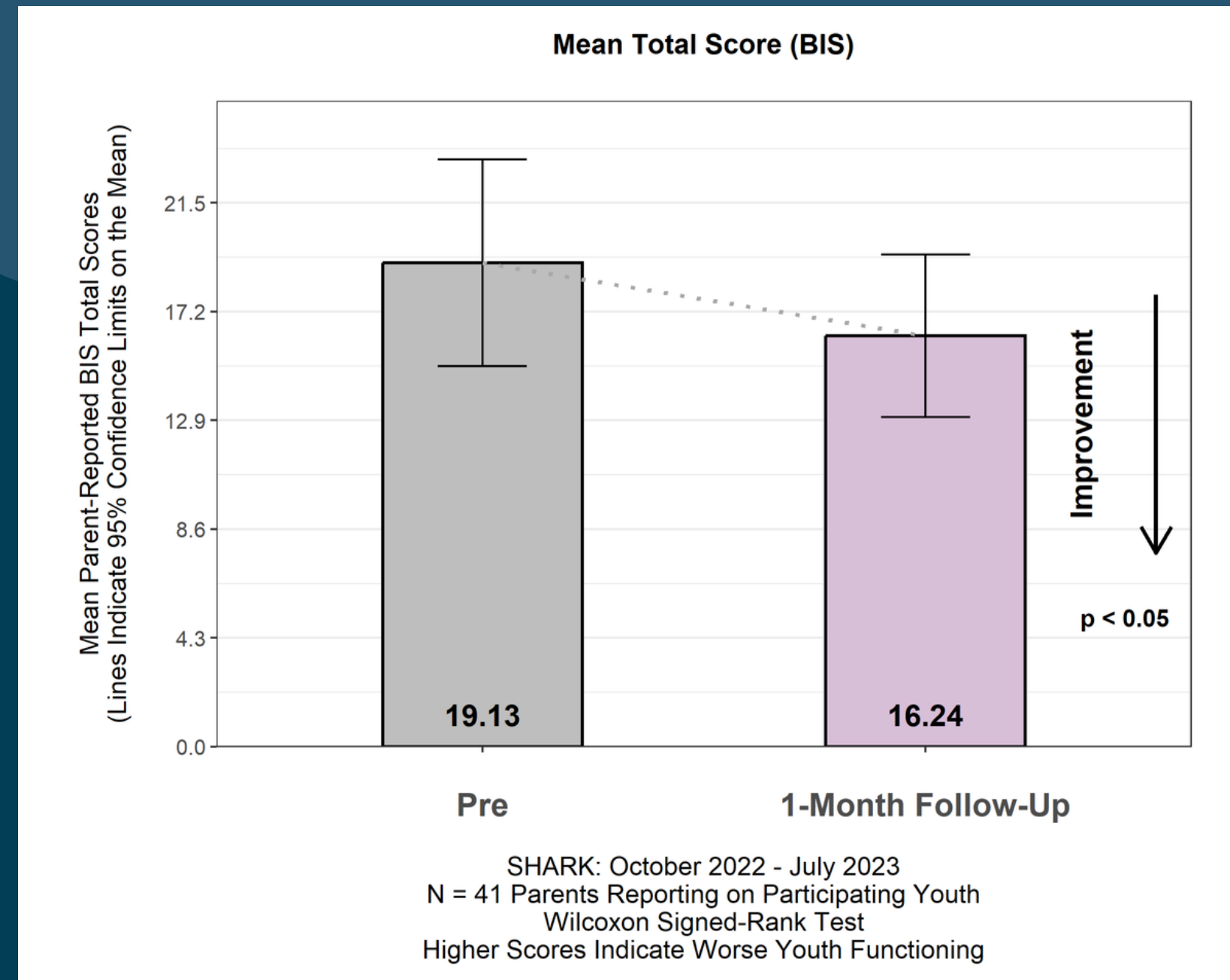
SHARK: October 2022 - July 2023
N = 46 Participating Youth
Wilcoxon Signed-Rank Test
Higher Scores Indicate Greater Difficulties



SHARK: October 2022 - July 2023
N = 46 Participating Youth
Wilcoxon Signed-Rank Test
Higher Scores Indicate Greater Distress and Impairment

Summary: Significant improvements from pre-intervention to one-month post-intervention in SDQ Emotional Symptoms (Parent and Patient Report), SDQ Peer Problems (Parent Report), SDQ Total Score (Patient-Report) and SDQ Impact (Patient-Report).

Changes in Behavioral Health



Summary: Significant improvements from pre-intervention to one-month post-intervention in BIS Total Score and BIS School/Work.

Changes in Behavioral Health Correlated with Number of Sessions Attended

Table 6. Correlation between change over time in behavioral health symptoms at the one month follow-up and number of sessions attended

	<i>Negative correlation suggests that greater reductions from Pre to One-Month are associated with more sessions attended</i>		
	N	Correlation	P Value*
PHQ-9 Total Score	47	-0.042	0.7772
GAD-7 Total Score	47	-0.360	0.0129
Parent-Reported SDQ SDQ Total Score	42	0.015	0.9253
Patient-Reported SDQ SDQ Total Score	46	-0.086	0.5680
BIS Total Score	41	0.131	0.4141
BIS Interpersonal	41	0.075	0.6429
Total Number of Symptoms	47	0.014	0.9259

Summary: significantly greater reductions in GAD-7 total score were positively correlated with number of sessions attended. Attendance at more sessions corresponded to greater improvements in anxiety.

Mindfulness Meditation Handout



Mindfulness Meditation

Why is meditation important?

Meditation has been shown to offer many benefits. It is a well known technique to reduce stress and anxiety. Research also shows that it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills.

How do you meditate?

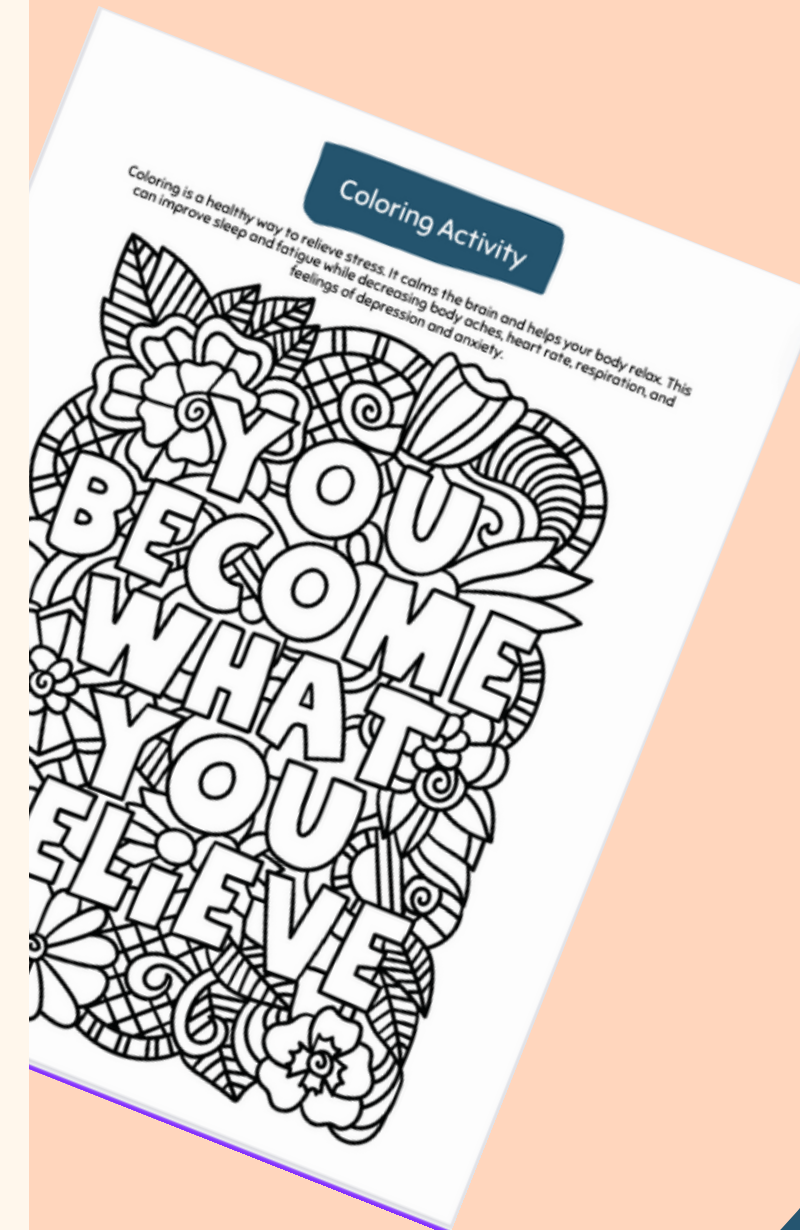
1. Set a time limit (5mins., 10mins, etc.)
2. Find a quite space
3. Find a comfortable position (sitting up straight or laying down) and relax
4. Close your eyes
5. Focus on you breath (Breath from your belly)
6. Notice any thoughts that come up and let them pass to return to your breathing



Be more concerned with making this a habit than making each session perfect

Mindfulness Meditation Resources

For guided meditations, meditation soundtracks, and other meditation resources visit www.aces-la.org/shark or scan the QR code



Mindfulness Meditation Webpage!

For more mindfulness meditation information, resources and our handout
please visit
www.aces-la.org/meditationprogram



thank  you

Questions?

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