

Summary of L2B Outcome Research (2009-2017)

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Setting	Citation	Outcomes (Increases)	Outcomes (Decreases)
Private High School Pennsylvania	Broderick & Metz, 2009 <i>Advances in School Mental Health Promotion</i>	Calmness; self acceptance	Tiredness, aches and pains
Public High School Pennsylvania	Metz et al, 2013 <i>Research in Human Development</i>	Self-efficacy; Emotion regulation	Perceived stress; Somatic symptoms
Alternative High School Kentucky	Bluth et al, 2015 <i>Mindfulness</i>	Credibility of mindfulness program compared to current curriculum	Depression, Anxiety
Public High School California	Fung et al, 2016 <i>Mindfulness</i>		Parent-reported behavior problems; Student reported internalizing problems, emotion suppression); 3 month follow-up
Undergraduates Pennsylvania	Dvorakova et al, 2017 <i>Journal of American College Health</i>	Life Satisfaction, Sleep Quality	Anxiety, Depression, Lower Alcohol Peak, Fewer alcohol consequences
17-20 yr old males in alternative HS Washington	Eva & Thayer, 2017 <i>Journal of Evidence-Based Complementary and Alternative Medicine</i>	Self-Esteem, ER, attention; Acceptable	Perceived Stress
12-17 yr old girls at risk for depression & diabetes Colorado	Shomaker et al, 2017 <i>Complementary Therapies in Medicine</i>	CBT and L2B -both acceptable	L2B –greater reductions in insulin resistance at posttest and 6 mo follow- up compared to CBT
Pre-Service Teachers in University Pennsylvania	Kerr, Lucas et al, 2017 <i>Teaching Education</i>	Emotional clarity and improved regulation of negative emotions; student-teachers controlled impulsive behavior and responded more flexibly to stressful emotions	Shielded from increases in depression.