

- Authors:**
- Erica Kumala, MD
 - Mari Ricker, MD
 - Leila Ali-Akbarian, MD, MPH

INTRODUCTION

- **Chronic Stress** has been found to cause multiple disease conditions (Rakel 2018)
- **Mind-Body Therapies** have been found to be efficacious for centuries to help with stress reduction (Upchurch et al. 2018)
- **Adolescents** are in a critical stage of **second synaptogenesis** where neurons are re-maturing (Arain 2013)
- Up to 47% of High School Students have been reported to have **high levels of stress** (Jacobson 2017)
- **Objective:** assess utility of a stress-management workshop to increase comprehension and acceptability about mind-body therapies in high school students

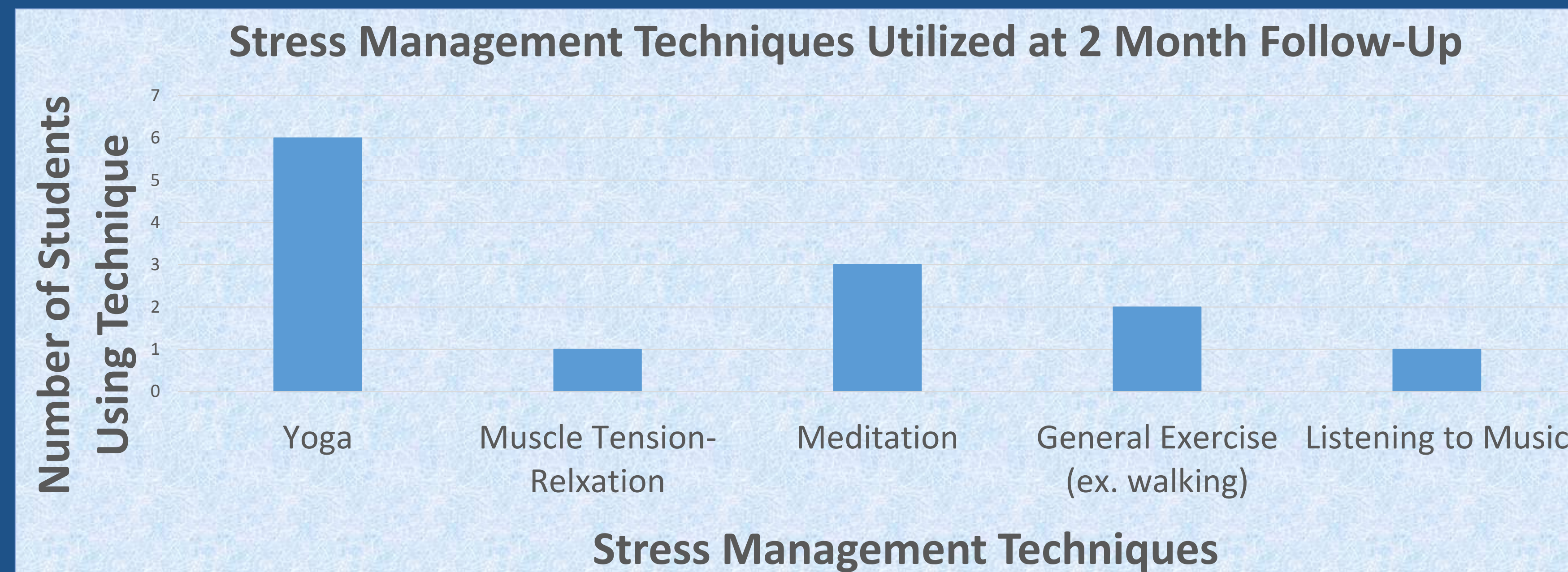
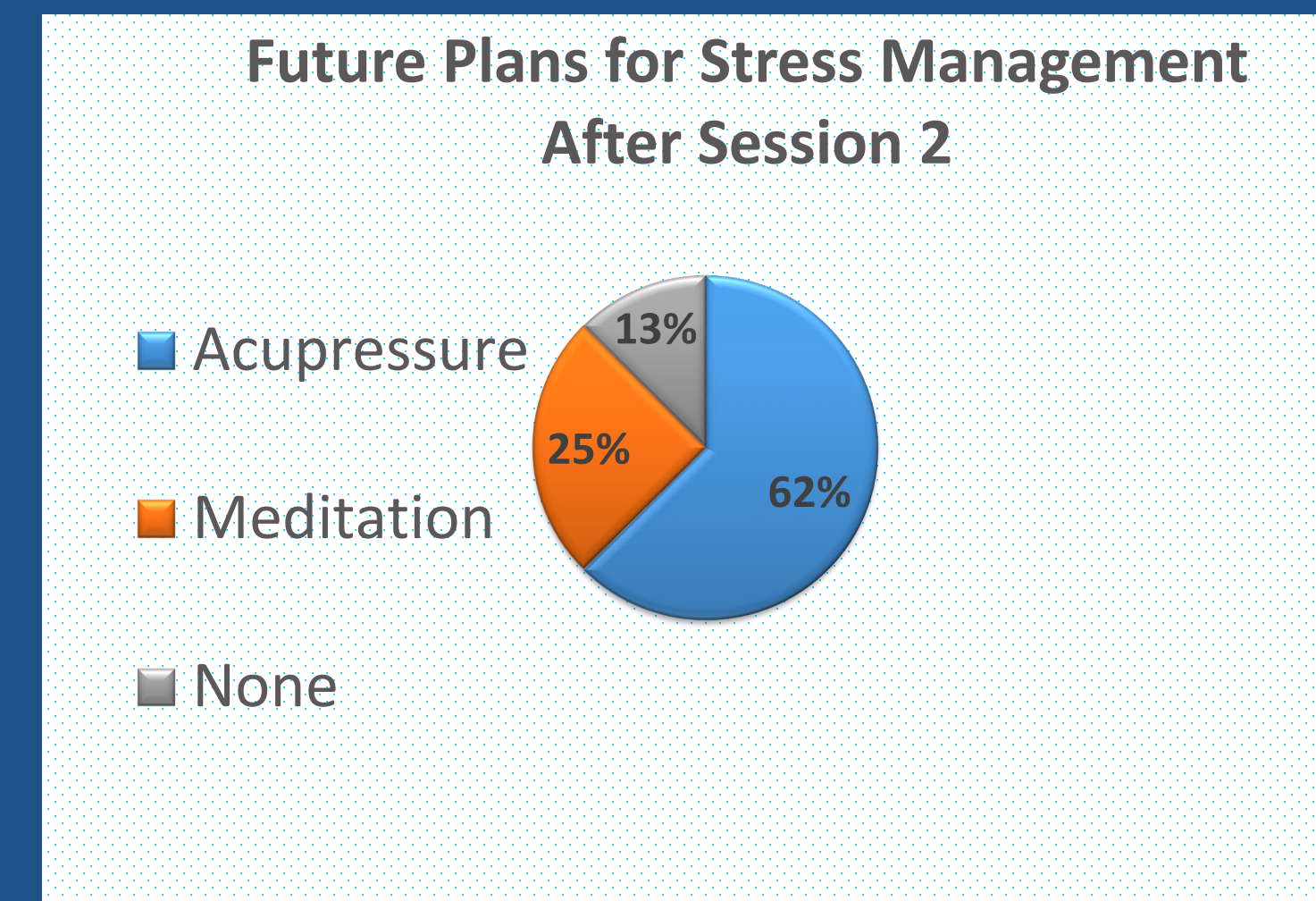
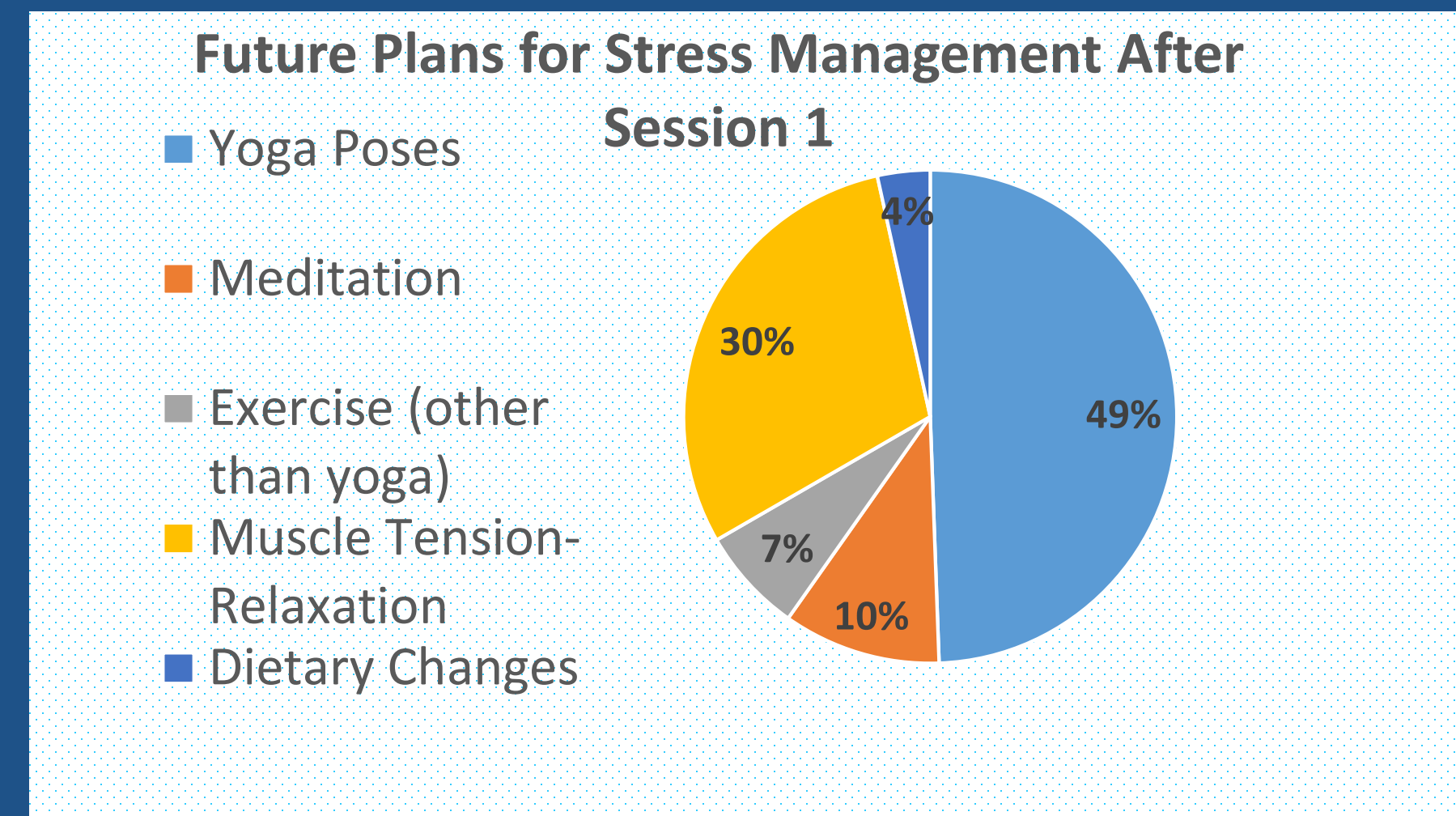
METHODS

- **Subjects:** 35 high school students
 - Basis Tucson North & Davis Monthan Air Force Base
- Powerpoint Presentation
- **Session 1:**
 - What is Stress?
 - Top 10 Stress Busters
 - Progressive Muscle-Tension Relaxation
 - Chair-Based Yoga Poses

Demographics				
Gender	Female (40%)	Male (60%)		
Age	14 years (9%)	15 years (17%)	16 years (45%)	17 years (54%)
Ethnicity	Hispanic (33%)	Non-Hispanic (66%)		
Race	Asian (29%)	Caucasian (51%)	Mexican (11%)	
Grade in School	9 th Grade (29%)	10 th Grade (9%)	12 th Grade (69%)	

The Healthy Self Project: *Evaluation of Utility of Mind-Body Therapies for Stress Management in High School Students*

Healthy Self= Heal Thy Self?



A STRESS MANAGEMENT WORKSHOP for HIGH SCHOOL STUDENTS may help to increase both *Comprehension* and *Acceptability* about mind-body therapies for overall self-care.

METHODS

- **Session 2:**
 - What is Meditation?
 - Guided Meditation
 - What is Acupuncture?
 - Acupressure Points
- Pre and post workshop surveys
- 2 Month follow up surveys
- **Comprehension:**
 - Paired t-test analysis (p value < 0.05 significant)
- **Acceptability:**
 - Short answer surveys

RESULTS

- **Comprehension:**
 - Session 1: not significant (p=0.152)
 - **Session 2: significant difference** (p value=0.000347)
- **Acceptability:**
 - **Most Popular:**
 - Session 1: Yoga (43%)
 - Session 2: Acupressure (54%)
 - **Least Popular:**
 - Session 1: Nutrition (3%)
 - Session 2: Meditation (23%)
- **2 Month Follow Up:**
 - 24 students from Basis Tucson North
 - Session 1: no significant difference (p=0.337)
 - **Session 2: significant difference** (p value=0.0268)
 - 36% of students (n=8) were still using a technique from the workshop to manage stress
 - Most Popular: Yoga

CONCLUSION & FUTURE STUDIES

- **Conclusion:** A stress management workshop for high school students may help to increase both comprehension and acceptability about mind-body therapies for overall self-care
- **Future Studies:**
 - Session 1 questions may have been too detailed, could be adjusted
 - Assess causes and levels of stress

REFERENCES

1. Arain et al., *Maturation of the adolescent brain*, Neuropsychiatric Disease and Treatment (2013).
2. Jacobson, Sarah. "Stress Among High School Students Rising to Dangerous Numbers." The Spotlight, 18 December 2017, <https://spotlight.com/our-world/2017/12/18/stress-among-high-school-students-rising-to-dangerous-numbers/>. Accessed 9 October 2018.
3. Rakel, David. *Integrative Medicine, Fourth Edition*. Elsevier (2018).
4. Upchurch et al., *Use of Mind-Body Therapies Among Young Adults Aged 18-24 Years: Findings From the 2012 National Health Interview Survey*, Journal of Adolescent Health (2012).