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What is the experience of mindfulness for young people being taught mindfulness in DBT?

A research study being completed by Jennie Eeles at The University of Southampton

This research study focuses on Dialectical Behaviour Therapy (DBT) which has begun to be used widely in for young people with mental health problems. In particular the study focuses on an element of this therapy called mindfulness. Mindfulness is also becoming increasingly widespread in health care as well as education and the workplace.

The study aims to explore and understand what it is like for young people who are receiving mindfulness teaching as part of their therapy. There have been more and more research studies completed with regards to the effectiveness of mindfulness for adults but relatively few have been completed with regards to mindfulness as a treatment for mental health problems in young people. Even fewer have been done from the point of view of the young person.

The study has recruited young people to interview them about their experiences. It has also recruited practitioners who are involved in teaching mindfulness in DBT to young people to help to understand the experience from their point of view.

The study is being completed as a PhD project at the University of Southampton and as such will be examined by March 2018. The study will be written for publication and presented within the DBT/Mindfulness community. The study will provide new information for those working with young people through DBT which will help them to understand more about the processes involved in this therapy.

Foundation PSA provided a bursary for this project to allow for the completion of research interviews through covering travel costs for the interviewer and interviewees. The funding also allowed for the interviews to be professionally transcribed. Without this funding the study could not have been completed.