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Some 80% of pupils also did not do the required mindfulness homework. Many of them found it boring ... Those students who did engage, did improve Professor Mark Williams Data from the study ...

Mindfulness in secondary schools 'fails to prevent mental health problems'

School culture is more important than universal intervention, finds the eight years long MYRIAD study. Emma Wilkinson reports Teaching children mindfulness in schools seems like such a good idea.

Mindfulness training in schools does not improve children's mental health

Students who engaged with the meditation practice benefitted but many were bored by it, say researchers ...

Mindfulness in schools does not

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improve mental health, study finds

The research team, from several universities including Oxford and Cambridge, concluded that mindfulness training should not be widely rolled out in schools. Prof Mark Williams, founding director ...

Children have exposed the truth about mindfulness

Professor Mark Williams, founding director of the Oxford Mindfulness Centre and co-investigator at the University of Oxford, said that, on average, pupils only practised mindfulness once over the ...

Trendy 'mindfulness' lessons in schools do NOT improve children's mental health and many pupils find it 'too boring', study finds

be careful and be cautious because enthusiasm is running ahead of the evidence," said Mark Williams, professor emeritus and founding director of the Oxford Mindfulness Centre at the

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University of ...

Young people's mental health is getting worse but mindfulness training isn't the answer, large UK study suggests

Prof Mark Williams, the found director of the Oxford Mindfulness Centre and co-investigator at the University of Oxford, said the findings confirmed the huge burden of mental health challenges ...

Mindfulness in schools does not improve mental health, study finds

For some, it made their mental health worse. Prof Mark Williams, the founding director at the Oxford Mindfulness Centre, and a co-investigator, said that on average, pupils practised mindfulness ...

Mindfulness lessons in schools do not improve children's mental health

Professor Mark Williams, founding director of the Oxford Mindfulness

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