

# Benefits of mindfulness-based symptoms for the treatment of anxious symptoms in children and adolescents: Meta-analysis [Beneficios de las intervenciones basadas en la atención plena para el tratamiento de síntomas ansiosos en niños y adolescentes: Metaanálisis]

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Anxiety refers to the state of agitation in the face of the anticipation of a threat, that is, of a dangerous situation, which gives rise to an emotional response, which encompasses both the cognitive level, as well as the emotional, physiological and/or motor level. The aim of this work is to identify the relationship between the benefits of mindfulness and its influence on anxiety scores in children and adolescents. After conducting a search of scientific articles published since the creation of the different databases, until August 2019, being the databases used Web of Science, PsycINFO, PsycArticles, Scopus, CSIC, Psycodoc, and PubMed, were obtained a total of 2025 articles of a scientific nature that, after applying the established inclusion criteria, left seven articles for review. Their results show the influence exerted by intervention programs, in this case, mindfulness (MBI). In this sense, the results suggest that when they carry out full-awareness intervention techniques, it is related to a reduction in anxiety scores and, consequently, to the presence of greater personal well-being. © 2020 Sociedad Universitaria de Investigación en Psicología y Salud.

Adolescents

Anxiety

Children

Meta-analysis

Mindfulness

adolescent

anxiety

article

awareness

child

female

human

male

Medline

meta analysis

mindfulness

PsycINFO

Scopus

systematic review

Web of Science

wellbeing