

STRONG CHILDREN'S RESEARCH CENTER

Summer 2017 Research Scholar

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ABSTRACT

Title: Parent Acceptability of Mindfulness in High Risk Families

Background: Adverse childhood experiences (ACEs) are associated with many longterm negative physical and mental health outcomes. Yet, positive parenting and parent-child relationships promote resilience and improve outcomes among children with ACEs. Though educational and healthcare settings have been identified as ideal for addressing ACEs among large numbers of children and youth, little is known about effective interventions that are feasible in these settings. Mindfulness-based parenting interventions have an emerging evidence-base for improving parenting skills and parent-child relationships but little is known about whether mindfulness based interventions are acceptable to parents of high risk youth.

Objective: To evaluate the perceived acceptability and utilization of a mindfulness based parenting strategy