

Independent Research Summary



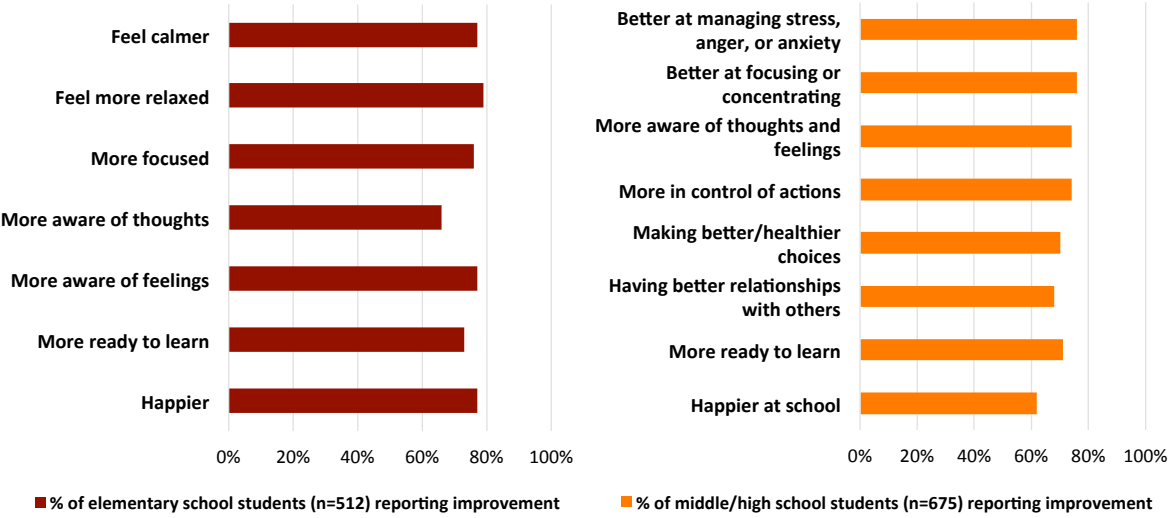
Statistically Significant Reductions in:
unexcused absences, detentions, anxiety, depression, global psychological distress, rumination, intrusive thoughts, physical arousal, emotional arousal, perceived stress, disciplinary infractions, reduced hostility.

Statistically Significant Increases in:
student emotion regulation, positive thinking, cognitive restructuring in response to stress, self-control, and school engagement.



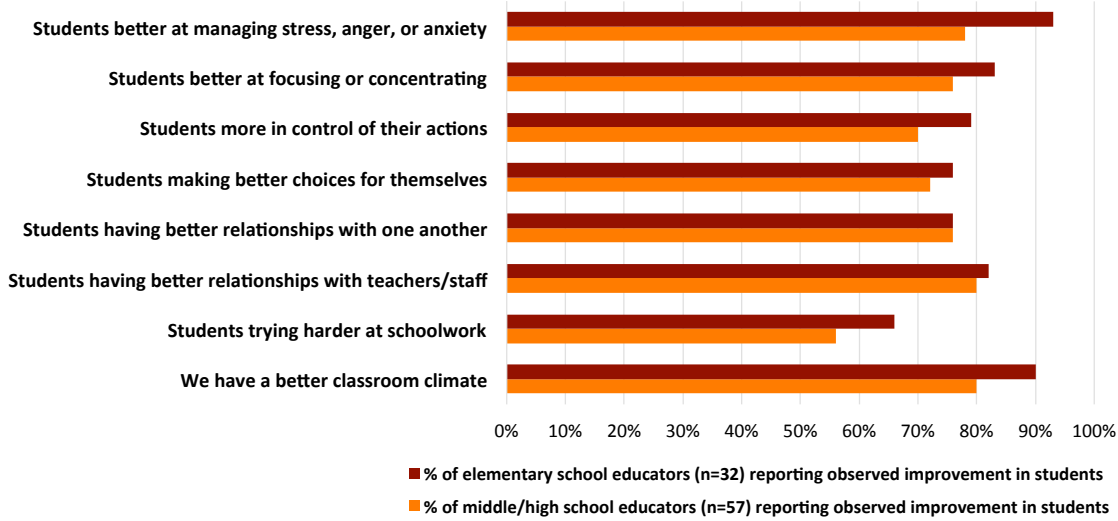
[Two research papers published in peer-reviewed Journals (Frank, et al; 2014, 2017)]

Students Self-Report on DMind Benefits



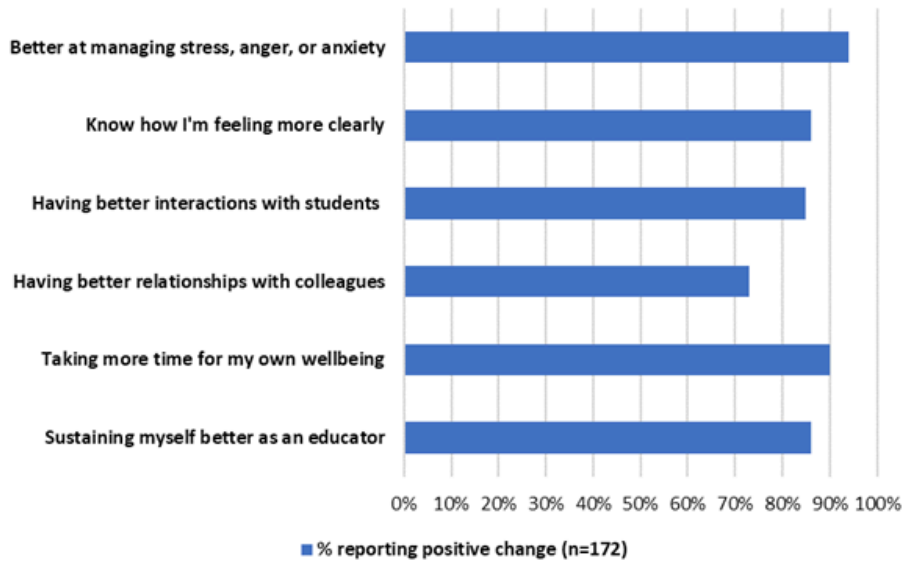
Source: Fall 2018 end-of-semester surveys collected from 3 elementary and 8 middle/high Bay Area schools

Teachers Report of DMind Benefits on Students



Source: Fall 2018 end-of-semester surveys collected from 3 elementary and 5 middle/high Bay Area schools

Teachers Self-Report on DMind Benefits



Source: Spring and Fall 2018 surveys collected from 6 elementary, 5 middle, 4 high schools in the Bay Area