Randomized Clinical Trials are an effective method of examining cause-and-effect relationships between independent and dependent variables. Random allocation to groups ensures that a difference between experimental and control groups can be determined with limited confounding variables. The following studies conducted mixed group randomized clinical trials.

Napoli $et\ al.$ (2005) examined whether mindfulness practice training improved attention among 1st to 3rd grade students from two elementary schools in southwestern US.

post

the course of the school year. Additionally, students engaged in core mindfulness practices (deep breathing, focusing on a single resonant sound) three times daily, which continued in kindergarten year. Classroom teachers with 1-day MindUP training lead the program. At the beginning and end of each cohort's prekindergarten year, parents and teachers completed a gold-standard questionnaire and students were assessed with a standardized language test. This study used appropriate statistical analyses to determine between group differences. showed no difference in inhibiting, shifting attention, and emotional control, but greater improvements for working group in memory planning/organizing. Further, significant differences were noted in language and literacy postkindergarten.

This study provided compelling evidence for mindfulness practice. Although this study did not fully randomize participants, the groups were closely matched on all demographic characteristics

Clinical Implications

This critical review outlines compelling evidence that integrating mindfulness practices into preschool and elementary curricula can be of benefit for students' executive functioning and self-regulation skills. As speech-language pathologists, we have a role in

collaborating with multidisciplinary school teams to support the learning needs of students. The evidence presented in this review may be used to inform team recommendations in developing programs that facilitate learning for all students.

References

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