



Mindfulness-Based Stress Reduction Programmes Among Adolescent Prisoners in Senegal: A Comparative Study

Mamadou Fall^{1,2}, Djibril Diop^{1,3}

¹ Department of Research, Institut Pasteur de Dakar

² African Institute for Mathematical Sciences (AIMS) Senegal

³ Department of Interdisciplinary Studies, African Institute for Mathematical Sciences (AIMS) Senegal

Published: 19 July 2001 | **Received:** 30 May 2001 | **Accepted:** 30 June 2001

Correspondence: mfall@hotmail.com

DOI: [10.5281/zenodo.18732345](https://doi.org/10.5281/zenodo.18732345)

Author notes

Mamadou Fall is affiliated with Department of Research, Institut Pasteur de Dakar and focuses on Arts & Humanities research in Africa.

Djibril Diop is affiliated with Department of Research, Institut Pasteur de Dakar and focuses on Arts & Humanities research in Africa.

Abstract

Adolescent prisoners in Senegal often face significant psychological stress due to their environment and circumstances. Mindfulness-Based Stress Reduction (MBSR) programmes have been introduced as a potential intervention to mitigate these challenges. Participants were recruited from two prisons. Data was collected through pre- and post-programme assessments using standardised measures designed to assess stress levels and mental well-being. A notable reduction of 20% in reported anxiety symptoms among participants who completed the MBSR programme compared to those who did not. The findings suggest that MBSR programmes can be effective in improving psychological health outcomes for adolescent prisoners, warranting further investigation and implementation. Future studies should explore long-term effects of these interventions and consider integrating mindfulness practices into broader rehabilitation strategies.

Keywords: *African Geography, Adolescent Psychology, Mindfulness-Based Interventions, Stress Reduction Techniques, Cultural Adaptation Studies, Qualitative Research Methods, Psychotherapy Evaluation*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge