

## Factors Associated with Recruitment and Adherence for Virtual Mindfulness Interventions in Youths

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**Abstract :** Intervention programs are mostly delivered online during the pandemic. Screen fatigue has become a significant deterrent for virtually-delivered interventions, and thus, we aimed to examine factors associated with recruitment and adherence to an online mindfulness program for youths. Our preliminary analysis indicated that 40% of interested youths enrolled in the program. No difference in gender and age was found for those enrolled in the program. Adherence rate was approximately 25%, which warrants further examination. Grounding on the preliminary findings, we will conduct a binary logistic regression analysis to identify elements associated with recruitment and adherence. The model will include predictors such as age, sex, recruiter, mental health status, time of the year. Odds ratios and 95% CI will be reported. Our preliminary analysis showed low recruitment and adherence rate. By identifying elements associated with recruitment and adherence, our study provides transferrable information that can improve recruitment and adherence of online-delivered interventions offered during the pandemic.

**Keywords :** virtual interventions, recruitment, youth, mindfulness

**Conference Title :** ICMHW 2022 : International Conference on Mental Health and Wellness

**Conference Location :** Toronto, Canada

**Conference Dates :** July 19-20, 2022