

## Bilaga till rapport



Främjande av psykiskt välbefinnande hos barn och ungdomar / Promoting mental well-being in children and adolescents, rapport nr 350 (2022)

## Bilaga 7 Program som ingår i programgrupperna

## Appendix 7 Programs included in groups of programs

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**Tabell 1** Program som ingår i SEL-gruppen/ **Table 1** Programs included in the SEL-gruppen

Reference	Program	Number articles:	Group
		u. d. c. c. c.	Comment
[1]	Aislados	1	SEL
[2]	Circle time	1	SEL
[3, 4]	Connection Project	2	SEL
[5]	Connect with Kids	1	SEL Icke-randomiserad studie
[6]	CRECES	1	SEL
[7]	Eminyeeto	1	SEL
[8]	Giant Leap	1	SEL
[9]	Head Start	1	SEL Långtidsstudie
[10]	MindOut	1	SEL
[11]	MindUp	1	SEL
[12] , [13], [14, 15], [16], [17], [18], [19], [20], [21], [22], [23] [24] [32]	PATHS	14	SEL [16], [17], [18], [21] är från samma forskargrupp [12], [23] är från samma forskargrupp [20] och [24] är icke-randomiserade studier
[25]	PATHS, PAX och GBG	1	SEL och GBG/PAX
[26], [27], [28], [29], [30], [31]	Positive attitude	6	SEL Icke-randomiserade studier. Alla är från samma forskargrupp.
[32]	RULER Feeling Words Curriculum	1	SEL
[33]	Secondary social and emotional aspects of learning (SEAL)	1	SEL
[34], [35], [36], [37] [34] [38] [39] [40]	Second Step	8	SEL [34], [35] är från samma forskargrupp. [34] [38] från samma forskargrupp. [37] är en långtidsuppföljning
[41]	Ej namngivet	2	SEL
[42], [43], [44]	SET (Kimber)	3	SEL Icke-randomiserade studier. Alla är från samma forskargrupp.
[45]	Slowly but Steadily	1	SEL

Reference	Program	Number articles:	Group Comment
[46], [47]	Social Skills Improvement System Classwide Intervention Program (SSIS-CIP)	2	SEL
[48]	Together at School	1	SEL
[49]	The pretend play- based training	1	SEL
[50], [51]	SPARK	2	SEL
[52]	Strong Kids	1	SEL
[53]	You Can Do It! (YCDI)	1	SEL
[54], [55]	Zippy's friends	2	SEL

**Tabell 2** Program som ingår i övriga grupper/**Table 2** Programs included in other groups

Reference	Program	Number articles:	Group
			Comment
[56], [57], [58]	Learning to BREATHE (L2B) (SEL, Mindfullness)	3	Mindfulness
[59], [60]	Stop and Breathe/Be	2	Mindfulness. Alla är från samma forskargrupp.
[61]	Mindfulness- baserad kognitiv terapi	1	Mindfulness
[62]	Bent on Learning (BOL)	1	Yoga
[63]	Transformative Life Skills (TLS)	1	Yoga
[64]	Kripalu Yoga Ed	1	Yoga
[65]	Ej namngivet	1	Yoga
[66]	OpenMind (OM)	1	Mindfulness och Yoga kombination
[67]	Ej namngivet	1	Mindfulness och Yoga kombination
[68]	Ed Yoga	1	Mindfulness och Yoga kombination
[69], [70] [71] [72]	GBG/PAX	4	GBG/PAX
[25]	PATHS, PAX och GBG	1	SEL och GBG/PAX
[73]	Active Parenting First Five Years (FFY)	1	Föräldraskapsstöd
[74]	Alla barn i centrum (ABC) (eng. All Children in Focus )	1	Föräldraskapsstöd

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