



THE DEVELOPMENT OF RESEARCH ON THE ONLINE PRACTICE OF MINDFULNESS AMONG ADOLESCENTS: A BIBLIOMETRIC ANALYSIS

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ABSTRACT

The ability of mindfulness to improve mental health and lower stress levels has drawn more attention in recent years. Online mindfulness practices have grown in popularity thanks to the development of digital technology, which has increased accessibility to mindfulness training for a wide range of people. This study aims to analyze the research landscape of online mindfulness practices through bibliometric methods. Using a comprehensive data set retrieved from major academic databases, the study examines key trends, influential publications, occurrence networks, and trend topic research clusters in this domain. The analysis highlights the rapid growth of interest in online mindfulness, particularly in the context of mental health interventions, education, and workplace wellness programs. Key themes identified include the effectiveness of online mindfulness interventions, user engagement, technological innovations, and challenges in virtual delivery.

Keywords: adolescent; bibliometric; mindfulness; online

INTRODUCTION

Adolescent is a period of physical and mental transition in human development that takes place between childhood and adulthood. It is also referred to as the magical age, the age of the plum, or the teenage years (13–19 years old; in English, this number range is read with the suffix "-teen"; therefore, this age range is called "teenage" and people in this stage are also called "teenager" or "teenage boy/girl") (Nhan, 2025). Although biological and psychological changes are the most obvious, this transition also includes social and biological changes (such as puberty). Although this time is seen as a "window of opportunity" to develop healthy habits and abilities, it is also susceptible to difficulties like peer pressure, academic stress, and the possibility of participating in harmful activities like substance abuse or mental health infections (Johannes A. Karl, 2021). The aforementioned attributes render adolescents a crucial research topic in disciplines like public health, education, and psychology (Johannes A. Karl, 2021).

For adolescents, the age when changes in living conditions, learning, communication environment, social environment, etc. begin to occur, combined with psychological characteristics such as impulsiveness and lack of experience, the risk of depression, anxiety and stress in this group is even higher and in the early stages of adulthood, because young people rarely receive any support for their mental health (C.Pascoe, 2019). An example of a study on generalized anxiety disorder in adolescents aimed at assessing stress characteristics and coping strategies in a group of patients who came for examination and treatment at Bach Mai Hospital and the National Children's Hospital (Võ Minh Đức, 2023). Using a cross-sectional descriptive study method, 51 cases were diagnosed with generalized anxiety disorder in the age group of 10 to 19 years old. Results: the most common stress was in studying with too much study, too difficult accounting for 43.1%; exams and rankings 41.2%; expectations of others 17.6%, the most common stress level was average. Or a survey on depression among students in Ho Chi Minh City - Vietnam in the past year recorded that nearly 21% showed signs of depression, 3% had intentional self-harm behavior. The rate of students who had run away from home in the past year was 8% (Nguyễn Văn Tuấn, 2023).

The ability to live completely in the present moment without getting sidetracked by thoughts of the past or anxious about the future is known as mindfulness (Nhan, 2025). Although this idea originated in Buddhism, it is now widely used in a variety of disciplines, including psychology, medicine, and education. The concept of mindfulness (Sanskrit: *smṛti*) first appeared in the Buddhist scriptures, where it plays an extremely important role in practice and enlightenment. In Buddhism, mindfulness is part of the "Eightfold Path", the path to enlightenment, liberation from suffering(Tran Thien Nhan, 2025). Mindfulness helps practitioners be aware of all actions, words and thoughts, helping them understand and control their minds, thereby achieving peace and liberation. One of the core elements of mindfulness is "non-judgmental awareness" - that is, we observe and experience everything without making judgments, criticisms or worries. When practicing mindfulness, we learn to pay attention to our breathing, sensations, thoughts and emotions without reacting or trying to change them. This helps us to perceive all situations in life with objectivity and calmness, without being dominated by negative emotions or harsh judgments (Li Jingjin, 2024).

In this context, to reduce stress and maintain psychological balance, they have turned to various healing and relaxation methods. One of the most common approaches is practicing mindfulness and meditation, with the goal of increasing concentration, controlling emotions, and reducing psychological stress (Nhan, 2025). In addition, creative activities such as painting, writing a diary, and engaging in music or crafts are also used to release emotions and enhance self-expression (Kabat-Zinn, *The Liberative Potential of Mindfulness*, 2021). Physical activities, including sports, yoga, and movement exercises, not only improve physical health but also positively support the spirit through the production of natural stress-reducing hormones (Kirk Megan A, 2022). In addition, adolescents often seek support from family, friends, or psychological professionals, as well as participate in online support groups or communities to share experiences (Suud, 2024). Self-care practices such as getting enough sleep, eating a healthy diet, and spending time in nature are also used to promote psychological recovery (Li Jingjin, 2024). Some adolescents choose traditional or religious healing practices, such as prayer or spiritual practices, to find inner peace (Nguyễn Văn Tuấn, 2023). These practices, which are highly individualized and varied, reflect the complex and urgent needs of adolescents in coping with the stress and pressures of modern life.

Healing activities are increasingly popular, especially among young people, reflecting the need for psychological comfort, reducing trauma and eliminating negative and insecure thoughts. The United Nations has called 2021 the "Year of Healing" after the negative impacts of the Covid pandemic (Shankland Rébecca, 2021). There are no statistics on the number of people participating in healing services, but on the social network TikTok, the hashtags "chua lanh" and "healing" are constantly in the top 100 most searched and used keywords. For example, the hashtag "chua anh" has more than 240,000 posts with more than 2 billion views, the hashtag "healing" has 11 million posts with nearly 60 billion views (Võ Minh Đức, 2023). Many healing trends such as meditation, experiential travel, leaving the city to return to the countryside, participating in sports, workshops, listening to podcasts, music, movies, reading books are responded to by many people (Johannes A. Karl, 2021). Especially in the age of information technology, practicing mindfulness online is becoming an increasingly popular and convenient method, especially in the context of technological development and the need for flexibility in studying and working (Kirk Megan A, 2022). This form is often implemented through online platforms such as mobile applications, websites, or video tutorials and webinars (Bailey Neil W, 2023). These methods are easily accessible and inexpensive. This makes it easy to access mindfulness resources without financial barriers, especially for young people with limited budgets. Suitable for busy schedules Young people, especially students, often have busy schedules and work pressure. Mindfulness online gives you flexibility in choosing your practice time, with short meditation exercises lasting only 5 to 10 minutes, helping you relax between stressful study hours (Borjalilu, 2023). This research paper will synthesize prestigious works and research articles in the world on practicing mindfulness online, thereby giving comments on the

advantages, disadvantages as well as development potential of this topic. With the characteristics of a quantitative research method, the quantitative bibliometric method is objective, capable of processing large databases, and providing general results.

Mindfulness has become an important area of research in psychology and medicine worldwide (Yogeswaran Vaidehi, 2021). Research on mindfulness focuses primarily on its effects on mental, emotional, and physical health, particularly in reducing stress, anxiety, depression, and improving attention. Practicing mindfulness can help us reduce stress, anxiety, and improve mental health. Mindfulness also helps us face unpleasant emotions more gently, instead of avoiding or suppressing them (Shankland Rébecca, 2021). Instead, we learn to accept and live in harmony with those emotions without letting them control our actions. One of the first and most influential studies on mindfulness was the "Mindfulness-Based Stress Reduction" (MBSR) program developed by Jon Kabat-Zinn at the University of Massachusetts in the 1970s. This study showed that the MBSR program could help reduce stress, anxiety, and improve the quality of life of participants (Kabat-Zinn, *The Liberative Potential of Mindfulness*, 2021). Numerous research have examined the benefits of practicing mindfulness and this article provides a critical review of research articles that have investigated the effectiveness of a brief, 5-minute computer-based mindfulness practice in enhancing mindfulness (Bailey Neil W, 2023). The article is based on three studies, which included high school students and online participants, measuring mindfulness levels before and after practice using the Toronto Mindfulness Scale (TMS). Despite promising early findings, this approach has demonstrated negligible efficacy and may have detrimental repercussions on the practitioner (Borjalilu, 2023).

In recent years, many international studies have been published in reputable scientific journals, talking about the effectiveness of mindfulness and online meditation in reducing stress (Rebecca, 2021). During the Covid-19 pandemic, several studies evaluated the effectiveness of online mindfulness programs in reducing stress for healthcare workers during the pandemic (Xinli Chi, 2018). The results showed significant improvements in stress levels and psychological well-being. As the *Online Mindfulness-Based Interventions for Healthcare Professionals* article pointed out, there has been a lot of research on the effectiveness of online mindfulness meditation, however, the literature has accumulated evidence of commercialized online mindfulness-based interventions, but further research is still needed to develop and test appropriate interventions for healthcare professionals (Kirk Megan A, 2022). These studies highlight the potential for applying technology in modern mental health support. This study will provide important insights into the effectiveness and challenges of studies on improving concentration, reducing stress, and supporting emotional balance through online mindfulness meditation, especially in the context of increasing young people facing academic and work pressures, while promoting social awareness of the role of technology in improving the quality of life. The growing recognition of mindfulness as an effective approach to improving mental health has led to increased interest in its online application, particularly among adolescents in the digital age. This study aims to map and evaluate the development of research on online mindfulness practices through a bibliometric analysis, identifying key trends, influential publications, and emerging themes. Using data from major academic databases, the findings reveal a rapid expansion of this field, especially in mental health, education, and youth well-being contexts while also emphasizing its significance in providing a comprehensive overview of research development and guiding future studies on digital mindfulness interventions for adolescents.

METHOD

This study uses data from 249 scientific articles (in English and final edition) published on Scopus from 2011 to 2024. These are all scientific publications on online mindfulness practice that were published on Scopus during the research period. The reason the author chose the research time frame of 13 years from 2011 to 2024 is because this is the entire period when research on online mindfulness practice began and from there it developed rapidly and strongly with related topics. At

the same time, this can also support researchers who are interested and intend to cooperate in research for future projects, especially applying online mindfulness practice in daily life. This study uses the bibliometric method to answer the research questions. The bibliometric method is a method applied in many different research fields, often used to provide information about the field of interest and the role of stakeholders at the individual, organizational and national levels. Many studies have used the bibliometric method to analyze the publication trends of prestigious journals in the world (Valenzuela-Fernandez, 2019).

This study uses information on the number of published articles, the number of authors, research units and countries to show the publication productivity of the Journal and the authors interested in the Journal. The science map tool is used to answer questions about research performance over the years, research collaborations between countries, the number of countries with related research topics, the number of authors participating in the research, data on research data sources and research trends. In addition, the research collaboration model is built on co-author relationships, so these mutual relationships will create a network map of authors who have collaborative relationships with each other. Applying the same idea to the keywords of scientific articles, the study will have a map of research topics of interest. The study uses Microsoft Excel software in the data collection process to create tables. Biblioshiny software is also used to create scientific maps and analyze performance. Using the keywords "mindfulness," "online," and "adolescent," the author will first gather article data on the Scopus website system before converting the data into a CSV file. After that, OpenRefine software is used to evaluate the data, and Biblioshiny is used to create data tables and visualizations. The variable relationship network was also shown in this article using the VOSviewer software. VOSviewer generates network maps that show relationships between keywords, author clusters, or research fields (Valenzuela-Fernandez, 2019)

RESULT

Sources Analysis

Annual scientific production

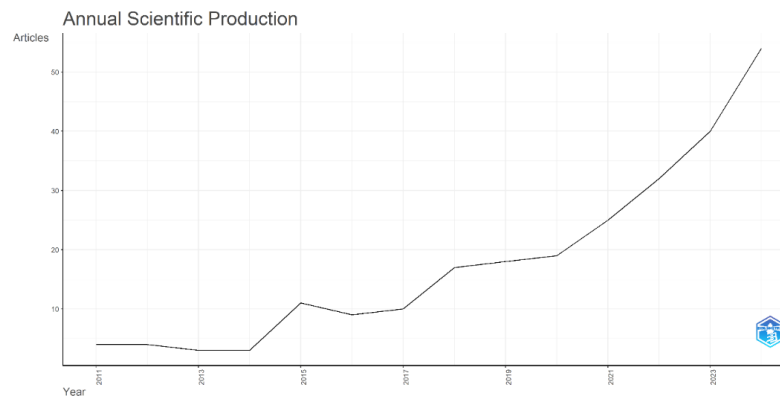


Figure 1: Annual scientific production

According to Figure 1, illustrates the trend in the number of scientific articles published each year from 2011 to 2023. From the first period (2011-2015), the number of articles remained low and grew slowly, suggesting that this may be the initial stage of the research field or a lack of widespread attention.

Three-fields plot

Figure 2 shows the relationship between the three main data fields. In this image, the three fields analyzed include SO (Sources) – the names of scientific journals, AU (Authors) – the names of authors, and DE (Keywords/Descriptors) – keywords or research topics.

research. The apparent growth trend in recent times may also reflect the development of new research tools, increased interdisciplinary collaboration, and a growing awareness of the importance of this field for public health.

The number of scientific articles often reflects the increase in interest in that field of research, research on mindfulness is no longer an old topic, but recently, practicing mindfulness online has received the most attention, especially during the Covid-19 epidemic. The COVID-19 pandemic has had a profound impact on people's mental and physical health, leading to an increase in the need to seek mindfulness practice as a supportive method (Rebecca, 2021). In the context of social distancing, travel restrictions, and increased stress related to health, finances, and instability, many people are facing feelings of loneliness, anxiety, and burnout (C.Pascoe, 2019). Analyzing annual scientific production not only provides an overview of the evolution of knowledge in the field, but also helps to orient research strategies, predict future trends, and identify gaps in research that need to be exploited. To save time and be more popular, many healing methods have been increasingly developed and interested, although their effectiveness is not yet guaranteed, but this will be a potential trend for future research.

Three-fields plot

On the left side, journals such as BMJ Open, BMC Psychiatry, and Mindfulness are shown as the main sources for articles related to research on the topic. These journals have diverse connections to their authors, thereby indicating collaboration or dissemination of work across different fields. In the center area, the names of authors such as Bluth K, Alvarez-Jimenez M, and Rice S appear prominently, illustrating their important role in contributing to research and having many prominent works. These authors are linked to a wide range of research topics in the right-hand area, which demonstrates the breadth of their research interests. The right-hand side shows the main keywords such as adolescents, bipolar disorder, and COVID-19, which show the main research areas explored. The presence of the keyword COVID-19 reflects the relevance to topical topics, while other keywords such as adolescents and adolescence highlight the focus on specific age groups in mental health research. The strong cross-linking between the fields in this graph provides a comprehensive view of the research structure in the field, identifying important journals, prominent authors, and research topics of interest. These three data fields support the analysis of the interaction between publication sources, scientists, and research focus, thereby helping to guide future research strategies.

Document Analysis

Word cloud

The Word Cloud image from figure 3 shows the frequency of keywords appearing in articles related to the topic of "mindfulness". From this, it can be easily seen that the keyword "mindfulness" occupies the center position with the largest size, showing that this is the main and most popular research topic in the data set. Keywords related to the research subject such as "human", "adult", "female", "male", and "middle aged" appear with high frequency, reflecting the special interest in applying mindfulness in the adult group, both male and female. Keywords "controlled study", "randomized controlled trial", and "major clinical study" show the significant presence of experimental studies with rigorous designs, showing the effort to quantify and test the effectiveness of mindfulness practice. Additionally, terms such as "mental health," "anxiety," "depression," and "cognitive behavioral therapy" reflect the growing interest in mindfulness as an intervention in the mental health field. The presence of terms such as "empathy," "quality of life," and "self-compassion" also suggests that research is expanding its in-depth approach, moving beyond symptoms to the development of positive psychological competencies. In particular, keywords such as "covid-19" and "pandemic" appear, reflecting the recent research landscape where mindfulness is viewed as a tool to cope with the global crisis. Overall, this word cloud demonstrates the diversity of topics, research subjects, and approaches in the field of mindfulness research, and reflects the

close connection between mindfulness and fields such as psychology, clinical medicine, and public health. Additionally, words such as “mental health”, “anxiety”, and “depression” also appeared with high frequency, indicating a strong interest in psychological issues in relation to mindfulness. Other terms such as “controlled study” and “quality of life” also indicate a trend toward using controlled research methods to assess the impact of mindfulness on health and quality of life. Some keywords related to research methods such as “questionnaire”, “survey”, and “randomized controlled trial” emphasize the role of quantitative tools in data collection. At the same time, terms such as “psychology” and “procedures” indicate the integration of mindfulness in psychological and clinical research.

Trend topics

The trend graph from figure 4 shows the frequency of use of terms in research over the years from 2011 to 2024, showing the development over time of research topics related to mindfulness and mental health. Early terms such as "psychological aspect", "stress" and "questionnaires" demonstrate the foundation of the field's focus on psychological measurement and stress testing from its early stages. From 2015 onwards, new topics such as "mindfulness", "adolescent", and "mental health" began to emerge strongly, reflecting the significant growth of research focusing on the impact of mindfulness on mental health and specific age groups. In particular, the emergence of the term "awareness" emphasizes the core role of mindfulness in raising awareness and improving health. In the period from 2019 to 2023, topics related to "coronavirus disease 2019" (COVID-19), "telemedicine", and "emotion regulation" appeared more frequently, reflecting the impact of the COVID-19 pandemic on psychological and medical research. The application of technologies such as telemedicine in the context of mindfulness is also a notable trend (Yogeswaran Vaidehi, 2021). From 2020 onwards, the frequency of terms such as "statistics and numerical data" increased, indicating the development of quantitative research and data analysis in this field.

Networking Approach

Occurrence networks

The graph is divided into three main clusters, shown by different colors:

Red cluster: Focuses on the anthropological and psychological aspects of mindfulness, including "human," "adult," "empathy," and "motivation." This cluster reflects how mindfulness is studied in the human context, especially in terms of motivation, cognition, and emotion. Green cluster: Related to mental health, with keywords such as "anxiety," "mental health," "emotion regulation," and "stress, psychological." This shows the strong relationship between mindfulness and managing stress, anxiety, and improving mental health. Blue Cluster: Focuses on the COVID-19 pandemic context, with keywords such as "pandemic," "students," and "mental stress." This cluster reflects how mindfulness is being studied in a global context, especially during the covid-19 period when mental health issues have become more serious. The dense connections between these clusters show that mindfulness is a multidisciplinary topic, closely related to fields such as psychology, education, public health, and medicine (Darren L Dunning, 2018). In addition, it can be seen that mindfulness is studied in many groups such as adults, adolescents, students, and even the elderly. These recent topics will be new topics for further research in the coming years.

Thematic map

Among them, motor themes such as “motivation,” “attention,” and “physiological stress” are central and highly developed, emphasizing the core role of these factors in mindfulness meditation research, especially in relation to improving concentration and reducing physiological stress. Niche themes such as “child parent relation” or “coping behavior” are more specialized and less connected to other themes, indicating that these are areas of intensive research but not a common focus. The fundamental ideas of research that provide the basis for the advancement of other fields are represented by the Basic themes, which include "mindfulness" and "humans." conversely, the emerging or declining themes (lower left quadrant), like "eating" and "meal," have low centrality

and development, suggesting that they are either not yet very significant in current study or are rapidly losing focus. This provides an overview of trends and priorities in mindfulness meditation research, helping to guide future research focusing on important topics such as motivation, attention, and stress reduction.

CONCLUSION

This study provides a comprehensive overview of the development trends and potential of online mindfulness meditation research for young people. Through a literature review, the study sheds light on the remarkable effects of this method on improving concentration, reducing stress, and supporting emotional balance. At the same time, the study also points out the challenges in applying and implementing online mindfulness practice, especially in personalizing the experience and maintaining motivation for participants. By addressing these gaps and exploring the outlined recommendations, future research can significantly enhance our understanding of online mindfulness practices for adolescents, ensuring they are effective, ethical, and widely accessible. Such advancements have the potential to positively influence adolescent mental health, particularly in an increasingly digital and fast-paced world.

The study has shown the significant benefits that online mindfulness meditation practice brings, especially for adolescents - an age group that often faces academic pressure and psychological challenges. First of all, this practice has been shown to help improve concentration, support adolescents to better manage their attention and improve learning efficiency. The results of this study indicate that mindfulness meditation activates the prefrontal cortex, an area involved in attention and cognitive control, thereby reducing distractions caused by technological or environmental factors. In addition, online mindfulness meditation is also an effective tool in reducing stress. In addition, this method also promotes emotional balance, reduces symptoms of anxiety and depression, and helps adolescents maintain a more positive psychological state. However, the study also highlights some significant obstacles to doing mindfulness meditation online. The programs' lack of personalization is one of the biggest obstacles, which makes it hard for participants to stay motivated to practice over the long run. Additionally, some teenage groups have had limited access due to the disparity in technology infrastructure and device skills. Furthermore, there are significant variations in the quality and efficacy of online programs due to the absence of standardization in the material and teaching strategies. These results highlight the need to improve online mindfulness programs, and open up new research directions to optimize the effectiveness and sustainability of this method. The results of these studies, which have been steadily increasing in the number of articles on this topic over the years, confirm the value of online mindfulness in addressing the psychological and emotional problems of adolescents, but also promote social awareness of the role of technology in improving the quality of life. From there, we can see the potential to open up many opportunities for future research and applications. Future research on mindfulness has the potential to develop in many diverse areas. Topics such as integrating advanced technology (AI, VR, AR) to enhance the mindfulness experience, applying mindfulness in education to improve emotions and learning, and using mindfulness to support mental health and physical health will continue to be focused. In addition, research will expand to special target groups such as the elderly, vulnerable people and adolescents. New areas such as the relationship between mindfulness and the environment, art, as well as integration with artificial intelligence, promise to create innovative and highly applicable research directions in modern life.

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