

PERSPECTIVE

Mindfulness Therapy for Autoimmune Diseases in Indonesia: Mechanisms, Applications, and Challenges

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Abstract: Mindfulness therapy, a psychological approach emphasizing awareness of the present experience without judgment, has gained attention as a potential intervention for improving the quality of life of patients with autoimmune diseases in Indonesia. With the increasing prevalence of autoimmune diseases and their associated physical and psychological symptoms, mindfulness therapy is highly relevant. This review explored the mechanisms of action, case studies, challenges, and recommendations for implementing mindfulness therapy in Indonesia. Mindfulness has been shown to modulate brain activity associated with emotional processing, reduce inflammation, improve pain management, enhance social relationships, and improve sleep quality. Case studies in Indonesia have demonstrated the effectiveness of mindfulness therapy in patients with rheumatoid arthritis and lupus, with participants reporting significant improvements in their physical and mental symptoms. However, challenges such as insufficient understanding among medical personnel, societal stigma, limited availability of programs, cultural factors, and lack of comprehensive research need to be addressed. Recommendations include enhanced education and training for medical personnel, public awareness initiatives, the development of culturally appropriate programs, improved accessibility, and further research on the effectiveness of mindfulness therapy in Indonesia. By addressing these challenges and implementing recommendations, mindfulness therapy can be effectively integrated into the Indonesian healthcare system to improve patient's quality of life with autoimmune diseases.

Keywords: Mindfulness Therapy; Autoimmune Diseases; Quality of Life; Mental Health

1. Introduction

Therapy is a psychological approach emphasizing a complete awareness of the present experience without judgment. The concept originates from meditation practices that have existed for millennia, particularly in Buddhist traditions. In the context of health, mindfulness has been adopted as a methodology to assist individuals in managing stress, anxiety, and various health conditions. Research indicates that mindfulness can enhance mental and physical health and positively influence quality of life [1]. The prevalence of autoimmune diseases continues to increase in Indonesia. According to data from the Ministry of Health of the Republic of Indonesia, approximately 4.5% of the population experience various types of autoimmune diseases such as lupus, rheumatoid arthritis, and Graves' disease [2, 3]. Painful physical symptoms and significant psychological effects such as depression and anxiety frequently accompany these diseases. Therefore, mindfulness therapy is highly relevant as an intervention to enhance the quality of life of patients with autoimmune diseases in Indonesia. A study conducted [4] demonstrated that mindfulness therapy can reduce symptoms of depression and anxiety in patients with autoimmune diseases.

In this study, 60 patients who participated in an 8-week mindfulness program exhibited a significant reduction in depression and anxiety scores compared to the control group.

This suggests that mindfulness functions as a relaxation technique and a tool to improve overall mental well-being. Mindfulness can be adapted to local values in the Indonesian sociocultural context. For instance, meditation practices integrated with local spiritual teaching can increase the acceptance and efficacy of this therapy. Found that patients who adopted a culturally appropriate mindfulness approach demonstrated better stress management and quality of life outcomes. Thus, it is imperative to investigate how mindfulness therapy can effectively apply to patients with autoimmune diseases in Indonesia [5]. Through a more comprehensive understanding of its mechanisms and benefits, appropriate strategies can be developed to enhance the patient's quality of life in this country.

2. Mechanism of Action of Mindfulness Therapy

Mindfulness therapy operates through various psychological and physiological mechanisms, offering a multifaceted approach to improving health outcomes. Fundamentally, mindfulness enhances self-awareness and diminishes emotional reactivity to stress, as demonstrated [6], who observed its role in modulating brain activity related to emotion processing, thereby alleviating symptoms of anxiety and depression. Physiologically, mindfulness has been found to reduce inflammation, a critical factor in autoimmune diseases. Reported decreased levels of pro-inflammatory cytokines among individuals practicing mindfulness, highlighting its potential to alleviate inflammation-driven symptoms and improve overall quality of life for such patients. In addition to its anti-inflammatory effects, mindfulness therapy aids in pain management [7]. Found that individuals practicing mindfulness reported reduced pain levels and improved coping mechanisms, which is especially beneficial for those with autoimmune conditions frequently accompanied by chronic pain [8].

Moreover, mindfulness positively impacts social well-being [9] revealed that practitioners often develop better interpersonal relationships, fostering emotional support and mitigating feelings of loneliness and isolation, which are crucial for enhancing quality of life. Lastly, mindfulness significantly improves sleep quality, a critical aspect for autoimmune patients whose sleep disturbances often exacerbate symptoms. Found that mindfulness interventions reduced insomnia and improved overall sleep quality, reinforcing its importance in comprehensive care strategies. Together, these findings underscore the holistic benefits of mindfulness therapy in addressing both psychological and physiological challenges, particularly in populations with chronic conditions. For the better understanding, further studies will be needed [10].

3. Case Studies and Application in Indonesia

The study conducted [11] titled "Mindfulness-Based Breathing and Music Therapy to Overcome Nurses' Occupational Stress" (see Table 1) explains the importance of mindfulness and music therapy approaches in managing nurses' stress. In the context of often demanding emotional work, nurses can experience high levels of stress that can impact their mental and physical health. The authors showed that mindfulness-based breathing therapy helps nurses increase self-awareness and reduce anxiety by teaching them breathing techniques that can be practiced in the workplace. In the nursing world, where high workloads and emotional distress are typical, strategies to manage stress are crucial. Through breathing techniques taught in mindfulness therapy, nurses can find ways to focus on their breathing, which helps calm the mind and reduce anxiety symptoms. Therapeutic music has been identified as an effective tool for enhancing mood and relaxation. Music can influence a person's emotions, and in the context of work stress, listening to soothing music can help nurses distract from the pressure they are facing. Research shows that by utilizing these two methods, nurses can reduce their stress levels, improve concentration, and ultimately improve the quality of patient care they provide. With better mental quality, nurses can better provide better patient attention and care. Through this study, the authors highlight the importance of ongoing psychological support for health workers to maintain their mental health amidst their challenges.

Table 1. Research results that support the implementation of mindfulness therapy in Indonesia.

Author	Year	Title	Research Method	Results
Widyani and Siregar [11]	2024	Mindfulness-Based Breathing and Music Therapy to Overcome Work Stress in Nurses	Experiment	Combined mindfulness and music therapy is effective in reducing work stress in nurses.
Hasina et al. [12]	2024	Mindfulness meditation based on spiritual care to reduce community anxiety due to the impact of pandemic coronavirus disease	Quantitative	Spiritual-based mindfulness meditation can reduce people's anxiety during the pandemic.
Wahyuni, Siregar, and Arruum [13]	2024	Effectiveness of Mindfulness Intervention on Nurse Burnout	Systematic Review	MBSR is effective in reducing burnout in nurses.
Warsah et al. [14]	2023	Insights on Mother's Subjective Well-being: The Influence of Emotion Regulation, Mindfulness, and Gratitude	Quantitative Survey	Mindfulness improves maternal subjective well-being with emotion regulation and gratitude as mediator variables.
Dwidiyanti et al. [15]	2020	Effects of Spiritual Mindfulness on Spiritual Self Reliance and Medication Adherence in Patients with Schizophrenia	Quantitative study	Spiritual mindfulness improves schizophrenia patients' compliance with treatment.
Ratnawati et al. [16]	2024	Improving adolescents' HIV/AIDS prevention behavior through mindfulness-based interventions	Phenomenological study	Mindfulness intervention improves HIV/AIDS prevention behaviors among adolescents in Indonesia.

In another study [12] in “Mindfulness Meditation Based on Spiritual Care to Reduce Community Anxiety Due to the Impact of Pandemic Coronavirus Disease” discussed the application of mindfulness meditation focusing on spiritual care as an intervention to reduce anxiety in communities due to the impact of the COVID-19 pandemic. The pandemic has caused a spike in fear and uncertainty among people, calling for effective methods to support mental health. The authors showed that individuals can better manage stress and fear associated with crises through mindfulness meditation combined with spiritual elements. Mindfulness meditation helps individuals remain focused on the present and develop a sense of acceptance of conditions that cannot be changed. By focusing on current experiences, individuals can reduce their symptoms of anxiety caused by worrying about the future. The spiritual component of this intervention provides meaning and purpose to strengthen mental resilience. In times of uncertainty, having a clear sense of purpose can help individuals remain motivated and optimistic in facing challenges. Thus, this study highlights the importance of holistic and spiritual well-being interventions to address community anxiety. It also shows the potential for this method to be widely applied in public health contexts in the future, especially when societies face global crises, such as pandemics.

On the other hand, a study conducted [13] entitled “The Effectiveness of Mindfulness Interventions on Nurse Burnout: A Systematic Review” examined in depth how mindfulness interventions can be an effective solution for overcoming the burnout problem often experienced by nurses. Burnout is a condition of physical and mental exhaustion that can affect the quality of health services and the well-being of nurses. In this systematic review, we analyzed various studies to evaluate the impact of mindfulness practices, such as meditation and relaxation techniques, on burnout among nurses. The results showed that mindfulness interventions can significantly reduce burnout by improving nurses' ability to manage stress, increase self-awareness, and strengthen emotional connectedness with patients. Thus, this study not only confirms the importance of mindfulness as a tool to improve nurses' mental health but also recommends implementing mindfulness programs in health institutions as a strategic step to maintain the well-being of health workers and improve the quality of care they provide. Implementing mindfulness in nurses' training can equip them with the necessary skills to cope with their stress, thus creating a more positive and productive work environment.

In a broader context, a study [14] titled “Insights on Mother's Subjective Well-Being: The Influence of Emotion Regulation, Mindfulness, and Gratitude” investigated the factors influencing mothers' subjective well-being. This study focuses on emotion regulation, mindfulness, and gratitude as essential components of maternal well-being. The ability of mothers to regulate their emotions is crucial in dealing with daily challenges, including the stress and pressure of parenting. Mindfulness, or mindfulness, was identified as a practice that helps mothers stay present in

the present moment, reduce anxiety, and increase life satisfaction. By practicing mindfulness, mothers can learn to respond to their emotions and understand and accept the feelings that arise. Gratitude has also been found to be an essential component that can improve mothers' outlook on life and increase their overall happiness. Expressing gratitude for little things in daily life can help promote a positive perspective, contributing to better mental well-being. This study shows that mothers who can better regulate their emotions, undergo mindfulness practices, and are grateful tend to have higher subjective well-being. These findings provide valuable insights for practitioners and researchers designing interventions that support mothers' mental and emotional health.

Furthermore, a study conducted [15] titled "Effects of Spiritual Mindfulness on Spiritual Self-Reliance and Medication Adherence in Patients with Schizophrenia," explored the impact of spiritual mindfulness on spiritual resilience and medication adherence in patients with schizophrenia. This research is essential, as schizophrenia often faces challenges in terms of medication adherence, which can affect long-term health outcomes. By applying a mindfulness approach focusing on spiritual aspects, the authors found that patients who engage in mindfulness practices experience improved spiritual resilience. This spiritual resilience helped them become more independent and empowered in dealing with their illnesses. Spiritual mindfulness has also been shown to contribute positively to medication adherence. Patients who experienced an improvement in their spiritual well-being were more likely to follow their treatment plan. This suggests that a spiritual approach in mental health care can provide significant benefits, improving patients' psychological well-being and supporting them to remain medication adherent. This study indicates the need for further attention to spiritual aspects in the treatment of schizophrenia, which can be an essential component of a holistic and effective treatment strategy.

In the realm of disease prevention, a study conducted [16] entitled "Improving Adolescents' HIV/AIDS Prevention Behavior: A Phenomenological Study of the Experience of Planning Generation Program (GenRe) Ambassadors as Peer Educators" examined the experience of GenRe program ambassadors in improving HIV/AIDS prevention behavior among adolescents. This phenomenological study explores how peer educators' experience has a positive impact not only on adolescents' knowledge and awareness of HIV/AIDS but also on their behavior change. GenRe Ambassadors serve as agents of change, sharing information and building discussions on HIV/AIDS prevention, which is especially important among adolescents who often lack accurate information. Through the interaction and training they receive, ambassadors become more confident and able to deliver critical messages related to sexual and reproductive health. The results show that involvement in the program empowers GenRe ambassadors and creates a more supportive environment for adolescents to open up and talk about sensitive health issues. This study emphasizes the importance of peer education approaches in promoting HIV/AIDS prevention behaviors as well as the need for programs that support the active participation of adolescents in public health efforts.

Overall, these studies show that interventions focusing on mindfulness, emotion regulation, and spiritual approaches can significantly contribute to addressing stress, anxiety, and mental health challenges faced by different groups of people, including nurses, mothers, patients with schizophrenia, and adolescents. We hope to create a more supportive mental and emotional health environment by integrating this holistic approach into healthcare practice. It also shows that ongoing psychological support and preventive strategies are crucial for maintaining an individual's mental health, especially amidst the challenges faced in daily life. Good mental health is not just about treatment or intervention when problems arise but also involves the prevention and maintenance of well-being through supportive practices, such as mindfulness and emotion regulation. Furthermore, considering the results of these studies, it is clear that attention to mental health cannot be ignored in professional and personal contexts. In stressful work environments such as those experienced by nurses, applying mindfulness techniques and music therapy can serve as effective coping mechanisms. This can create a positive cycle in which nurses who are more mentally healthy will be better able to provide quality care to patients, improving patient satisfaction and health outcomes.

On the other hand, in the broader context of society, the importance of a spiritual approach in mindfulness meditation underscores how integrating spiritual elements can give life a deeper meaning and purpose. When individuals feel connected to something greater, they can find strength and resilience in facing complex challenges. During times of crisis, such as the COVID-19 pandemic, where anxiety and uncertainty prevail, spiritual support can be a source of comfort and motivation. Studies of maternal well-being have also highlighted the critical role of social support and mindfulness practices in improving subjective well-being. Mothers who can regulate their emotions and practice gratitude will not only experience an increase in their life satisfaction but will also be better able to

support their children in facing life challenges. This creates a positive chain effect in which mothers' mental health can contribute to their children's mental health.

In the context of the mental health of patients with schizophrenia, the focus on spiritual mindfulness shows that strengthening individual resilience can contribute to medication adherence. Patients who feel more independent and empowered are more likely to take responsibility for their health. This is important, given the challenges that patients with mental illness often face in maintaining medication adherence. Peer education programs such as those conducted by GenRe ambassadors show that involving adolescents in disease prevention programs can equip them with the proper knowledge and confidence to share information. Peer education raises awareness about health issues and helps create an environment where adolescents feel comfortable discussing sensitive topics. Combining these findings, it is clear that a multidisciplinary approach involving mindfulness, spiritual support, and peer education is essential for maintaining and improving mental health. Moreover, health institutions and community organizations must invest in mental health-supportive programs, creating an infrastructure that allows individuals to access the resources they need to overcome their challenges.

Public policy support is also needed to integrate this approach into a broader health system. The government and relevant agencies must understand that mental health is as important as physical health and should be integral to health service planning and delivery. Collaborative efforts between different sectors, including education, health, and the community, can create more robust support networks for individuals experiencing mental health problems. Thus, it can be concluded that effective mental health care requires a holistic and sustainable approach. Through evolving research and practices, we can find new ways to support the mental health of individuals and society. Mindfulness, spiritual support, and peer education are just a few examples of approaches that can help us achieve this goal. Collaboration between researchers, practitioners, policymakers, and the wider community is essential to ensure that mental health is considered a priority. Finally, awareness of the importance of mental health needs to be expanded among health professionals and society. Mental health education, counseling on mindfulness techniques, and encouragement to live a grateful life should become part of society's culture. By adopting a more open and supportive attitude towards mental health issues, we can create an environment where individuals feel empowered to look after their well-being and support others around them. As such, a more mentally healthy future for our society is not only possible but also our collective responsibility. Through integrated and comprehensive efforts, we can realize this vision, ensuring that every individual has access to the support they need to overcome stress, anxiety, and other mental health challenges. We must continue supporting further research in this area and encourage implementing best practices that have proven effective. Mental health is an investment in the future.

4. Challenges and Barriers to Implementation

Although mindfulness therapy has demonstrated numerous benefits, various challenges and barriers must be addressed before its implementation in Indonesia. One of the primary challenges is insufficient understanding and knowledge of therapy among medical personnel and patients. A survey conducted [14] revealed that only 30% of medical personnel know mindfulness therapy and its benefits in patients with autoimmune diseases. Another challenge is the societal stigma associated with mental health. Many patients experience hesitation or reluctance to seek psychological assistance, including mindfulness therapy, due to concerns about being perceived as "weak" or "incapable." Indicated that this stigma can impede patients' access to necessary treatments, including mindfulness programmes [15].

Furthermore, the limited availability of programs and trained facilitators presents obstacles. Access to high-quality mindfulness therapy programs is restricted to numerous regions, particularly remote areas. This limitation prevents patients from experiencing the potential benefits of therapy. Found that only a few health centres outside major cities offer mindfulness programs. Cultural factors may also influence the acceptance of mindfulness therapy [16, 17]. Although mindfulness originates from meditation traditions, some individuals may perceive this practice as incongruent with their cultural values [18, 19]. Therefore, it is essential to adapt the mindfulness approach to align it with the local cultural context to enhance its acceptance within the community. Finally, there is a lack of comprehensive research on the effectiveness of mindfulness therapies in Indonesia. Although some studies have demonstrated its benefits, additional research is necessary to understand how it can be effectively integrated into the Indonesian healthcare system. Further research can also aid in identifying factors that influence the success of mindfulness therapy in patients with autoimmune disorders [20–22].

5. Conclusions

Therapy has significant potential to enhance the quality of life of individuals with autoimmune diseases in Indonesia. Empirical evidence supports its incorporation into health care programs; however, several challenges must be addressed to expand its benefits. First, medical personnel require enhanced education and training in mindfulness therapy to provide accurate information and support. Public awareness initiatives regarding mental health and the benefits of mindfulness are necessary to mitigate stigma. Second, culturally appropriate mindfulness programs should be developed to align with Indonesian values and traditions to enhance participation and efficacy.

Furthermore, improving accessibility to mindfulness programs, particularly in remote areas, is crucial. Collaboration between government entities and health institutions is essential to offering affordable and accessible programs nationwide. Finally, further research on the effectiveness of mindfulness therapy in Indonesia is required to strengthen the evidence base and provide insights into healthcare integration. These measures aim to improve the quality of life of patients with autoimmune diseases in Indonesia, facilitating disease management and overall well-being.

Author Contributions

Conceptualization, V.Y.L. and D.F.S.; methodology, V.Y.L.; software, N.P.; validation, V.Y.L., D.F.S. and N.P.; formal analysis, V.Y.L.; investigation, D.N.S.; resources, N.P.; data curation, V.Y.L.; writing—original draft preparation, V.Y.L.; writing—review and editing, D.F.S.; visualization, N.P.; supervision, V.Y.L.; project administration, V.Y.L.; funding acquisition, V.Y.L. All authors have read and agreed to the published version of the manuscript.

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Conflicts of Interest

The authors declare no conflict of interest.

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