

Open Peer Review on Qeios

## Online Mindfulness Meditation

National Cancer Institute

## Source

National Cancer Institute. Online Mindfulness Meditation. NCI Thesaurus. Code C148288.

Online, guided sessions designed to improve psychological well-being through reduced anxiety, depressive symptoms, and distress, and improved mood.

Qeios ID: WTKXDH · https://doi.org/10.32388/WTKXDH