



SRI SRI INSTITUTE FOR ADVANCED RESEARCH
Bengaluru, India

• INTERACTIVE FLASHCARDS

SKY IN FOCUS • STUDENTS

Breathing Room

SKY and Students

Seven studies with students, from middle school classrooms to master's programmes.

YES!

YES!+

SKY Schools

SKY



SKY and Students



YES! Reduces Impulsive Behaviour

Study with **445 High School Students**

YES! Group: In 4 Weeks

- Reduced impulsive behaviour in daily life
- Improved planning and reduced acting without thinking

YES! can help protect adolescents from substance misuse and other high-risk behaviours linked to impulsivity.



SKY Improves Self-Esteem and Focus in Young Adults

Study with **59 Public School Students** from New York

SKY Group: In 5 days

- **8%** increase in self-esteem
- **19%** reduction in distractibility
- Improved ability to cope with anger
- Decreased aggression and impulsivity
- Increased planning, concentration, and identity formation

SKY calms the stress response and supports better emotional regulation in adolescents.



SKY Builds Emotional Resilience in Teens

Study with **79 Eighth Graders** in the United States

SKY Group: In 3 Months

- **11%** increase in planning and concentration
- **9%** increase in identity formation
- **8%** decrease in belief in aggression as a solution

SKY enhanced emotional and cognitive skills, supporting resilience and positive youth development in adolescents.



SKY Reduces Stress and Fosters Social Connections

Study with 21 seventh-graders in the US

Effect of SKY Schools programme at 10-month follow-up

- **23% lower cortisol** at follow-up
- **18% higher oxytocin** post-intervention
- Fewer poor mental health days reported

SKY can reduce stress and improve social connection in adolescents, even with limited school resources.



SKY Boosts Student Mental Health

Study with 131 University Students in the US

SKY Group vs. Two Well-Being Interventions: In 8 weeks

- SKY reduced depression and stress
- SKY improved mental health and mindfulness
- SKY boosted positive emotions and social connection

Compared to two other interventions, SKY produced the broadest benefits across six key wellbeing outcomes, offering a scalable support for student mental health.



YES!+ Boosts Student Well-Being

Effect of YES!+ in 4 weeks

Open Trial 1 17 University Students

- **41%** reduced depression
- **34%** lower perceived stress
- **16%** higher social connectedness and life satisfaction

Open Trial 2 29 Young Adults

- **13%** improved positive emotions
- Better emotional regulation and faster emotional recovery



YES!+ reduces stress and depression, while improving emotional balance, connection, and life satisfaction in young adults.



SKY Boosts Wellness in Trainee Counsellors

Study with 42, Master's Counselling Students

SKY Group: Over 1 Month

- **9%** boost in overall wellness in 3 days
- Improved problem-solving abilities
- Enhanced stress coping skills
- Boosted self-esteem and meaning

SKY enhances trainee counsellors' wellness, reducing stress and building confidence with lasting effects in just one month.



Liu et al., 2025
California State University, Fresno, California, USA
Counselor Education and Supervision

