**The effectiveness of mindfulness programs for allied health students: A scoping review**

Introduction. It is well established that students completing university experience high levels of stress, anxiety and depression, with some studies suggesting at any given time up to 50% of students will be experiencing psychological problems. A lack of literature exists specifically investigating stress and anxiety levels in Graduate-Entry Masters allied health students of occupational therapy, physiotherapy, and speech pathology, who have often have more personal, family and financial complications given the large time commitment and considerable financial resources often associated with this period.

Aims. The aim of this review was to explore the scientific evidence regarding the effectiveness of mindfulness practice for postgraduate allied health students delivered at university, and to assess the quality of methodology within studies identified.

Methods. A search was conducted electronically of three databases (Medline, EMBASE, PsycINFO) from the past 10 years with no language restrictions. After preliminary title and abstract screening, articles were selected and data was extracted. The quality of selected articles was assessed by two independent researchers.

Results. 2608 publications were identified from the initial search strategy. A total of 24 papers were included after title and abstract screening which fulfilled the inclusion criteria for full-text review.

Discussion. Overall, studies reported a found significant decrease in measures of depression, anxiety and stress following mindfulness intervention. Most studies (96%) acknowledged a high ratio of female to male participants. This was often referred to as a limitation for generalising to the greater population. Issues with recruitment and retention will also be discussed.

247 words