

## **Stormproof and Stable? The Impacts of Mental Strength Building Exercises on Adolescents Aboard**

This study investigates the effects of mental strength building exercises on adolescents during a six-month sailing journey. Adolescents were individually randomized to treatment and control ship, with the treatment group undergoing weekly resilience exercises. The Mental Strength Index, incorporating measures of Grit, Resilience, and Locus of Control, remained largely unchanged, but showed a significantly increased (internal) Locus of Control. These effects are strongest among adolescents with lower (external) baseline Locus of Control. In this subgroup in particular, the treatment causes them to become more self-confident in their socio-economic expectations. The findings highlight the potential of classroom-delivered resilience-building programs in improving adolescents' mental strength.