Testing the Feasibility and Engagement of a Brief Mindfulness Intervention for Nursing Students

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Background

➢ 20% of TCU undergraduate students were found to have significant mental health requirements from a spring 2022 survey.

➢ 12.4% of students within the past 12 months claimed they had encountered issues with alcohol or other substances.

➢ The current study assessed the viability and involvement of a mindfulness intervention among nursing students, as mindfulness interventions have become increasingly popular today.

Methods

➢ Participants were college students enrolled in the nursing program at Texas Christian University.

➢ Participants were recruited on campus, asked to complete either a mindfulness or relaxation exercise, and then asked to fill out a self-report measuring happiness, gratitude, and self-compassion.

➢ The average age of people who completed the study was 21.40 years (*SD* = 1.27), all respondents were female (*n* = 10) and most were White (*n* = 7 , 38.9%) and in their fourth year (*n* = 6, 33.3%).

Figure 1

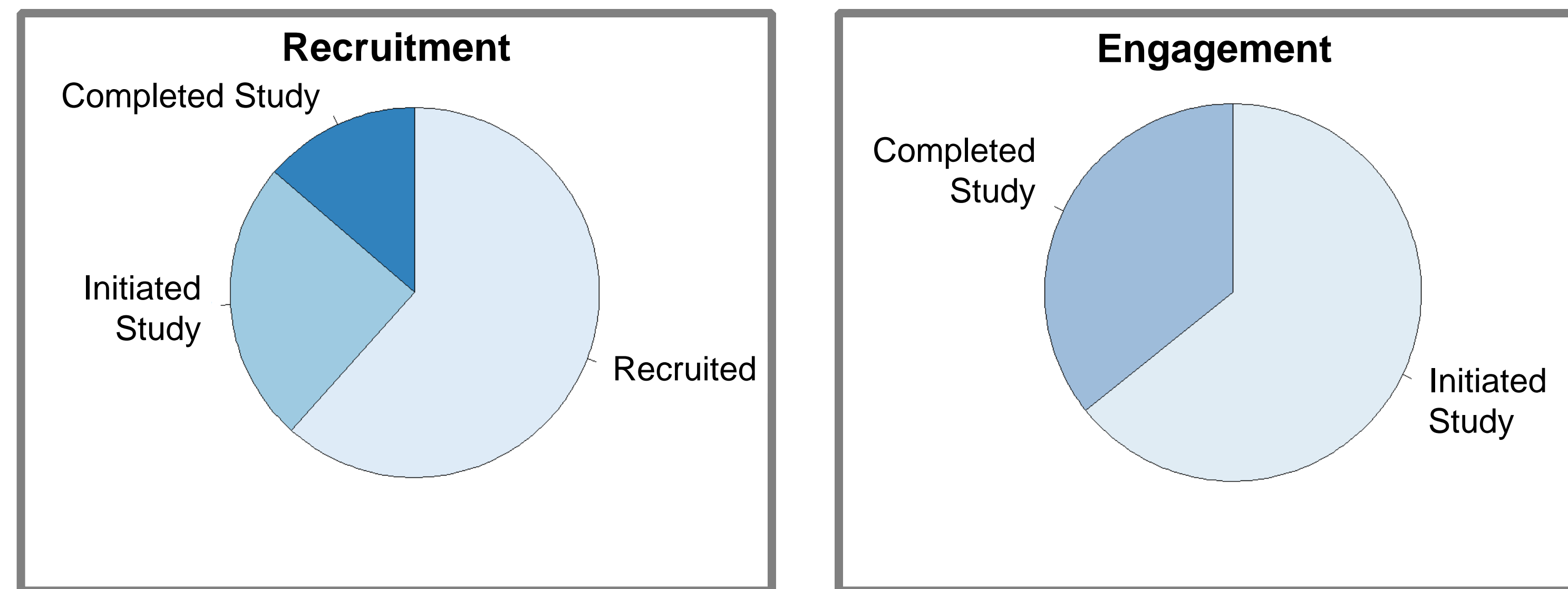*Recruitment, Engagement, and Completion of the Interventions*

Table 1

Happiness, Gratitude, and Self Compassion Scores by Condition

	Mindfulness Condition	Relaxation Condition
Happiness	4.35 (0.38)	4.41 (0.43)
Self-Compassion	6.30 (0.49)	6.03 (0.70)
Gratitude	2.54 (0.31)	2.29 (0.68)

Note. Means and Standard Deviations are shown above.

Analytic Plan

➢ The number of people recruited for the study, along with initiation and completion of the study, measured engagement in the mindfulness intervention.

➢ Descriptive statistics were calculated for measures of happiness, self-compassion, and gratitude to evaluate whether people in the mindfulness condition reported more positive outcomes when compared to people in the relaxation condition.

Results

➢ This study recruited a total of 73 people (see Figure 1).

➢ Of those who were recruited, 18 people (24.7%) started the study session and 10 people (13.7%) people completed the study.

➢ Mean values of happiness, self-compassion, and gratitude showed that, on average, people in the mindfulness condition reported higher level of gratitude and compassion than people in the relaxation condition (see Table 1).

Discussion

➢ The current study sought to evaluate nursing students' interest and engagement in a mindfulness intervention.

➢ While 73 students were recruited, only 18 initiated the study and 10 completed the study in its entirety.

➢ Although there was moderate interest in the study, incentives may be required to engage nursing students in mindfulness intervention.

➢ Additional studies are needed to further evaluate whether mindfulness interventions may improve well-being among students at risk for mental health and substance use problems.