



THE EFFECTS OF MINDFULNESS BASED STRESS REDUCTION PROGRAM ON PROMOTING WELL-BEING AMONG ACADEMICS

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RESEARCH QUESTION

Can Mindfulness Based Stress Reduction program improve participants' mindful attitude and by implication, reduce stress and promote well-being in work?

PARTICIPANTS

Academics of the University of Helsinki

Experimental group n = 17

Control group n = 30

INTERVENTION

Seven weeks of training

Six sessions of 2,5 hours

Content of the program

- Practice of mindfulness: body-scan, sitting, walking, yoga and loving kindness meditation
- Mini lectures of mindfulness
- Discussions in small groups and in the whole group

RESEARCH METHOD

Participants filled two mindfulness questionnaires before and after the program.

They evaluated the impact of the program by answering open-ended questions.

Two-way variance analysis was run to the quantitative data and content analysis to the qualitative data.

MINDFULNESS QUESTIONNAIRES

Examples of claims of The Freiburg Mindfulness Inventory (FMI)

1. I am open to the experience of the present moment.
2. I sense my body, whether eating, cooking, cleaning or talking.
3. When I notice an absence of mind, I gently return to the experience of the here and now.
4. I am able to appreciate myself.
5. I pay attention to what's behind my actions.

Examples of claims of The Mindfulness Process Questionnaire (MPQ)

1. When I feel myself getting caught up in my thoughts or feelings, I am able to bring my mind back to what's happening right now.
2. I don't consciously try to be accepting of whatever thoughts and feelings I have.
3. I try to be open to whatever happens, as it's happening, instead of having my mind wander to other things.
4. I intentionally try to be accepting of my thoughts and feelings as they occur.
5. When I notice that I'm not engaged in the present moment I can gently bring myself back.

RESULTS

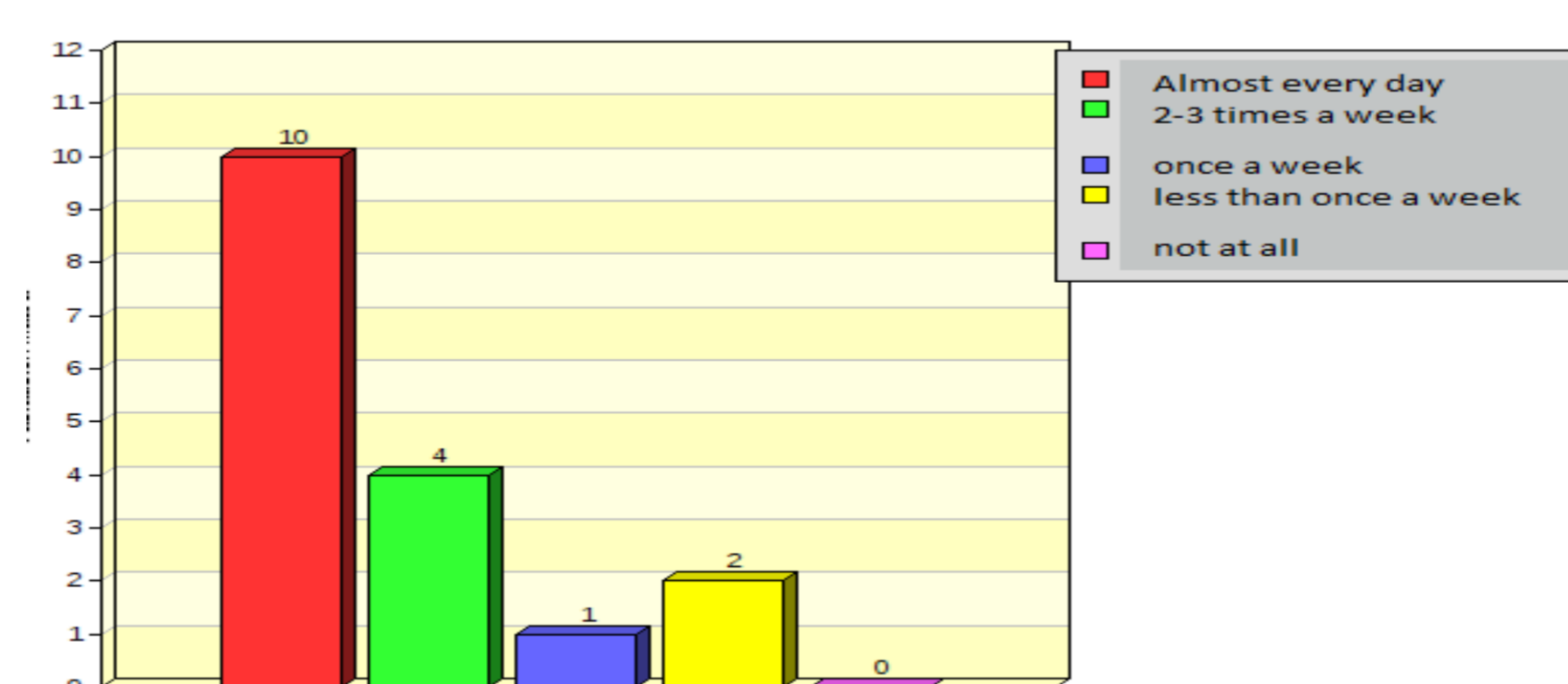
There was a significant difference between experimental and control groups in both mindfulness measures, $F(1,45)=738,63$ $p < 0.001$.

The intervention increased the participants level of mindfulness.

1. Change of the mindfulness in experimental and control group

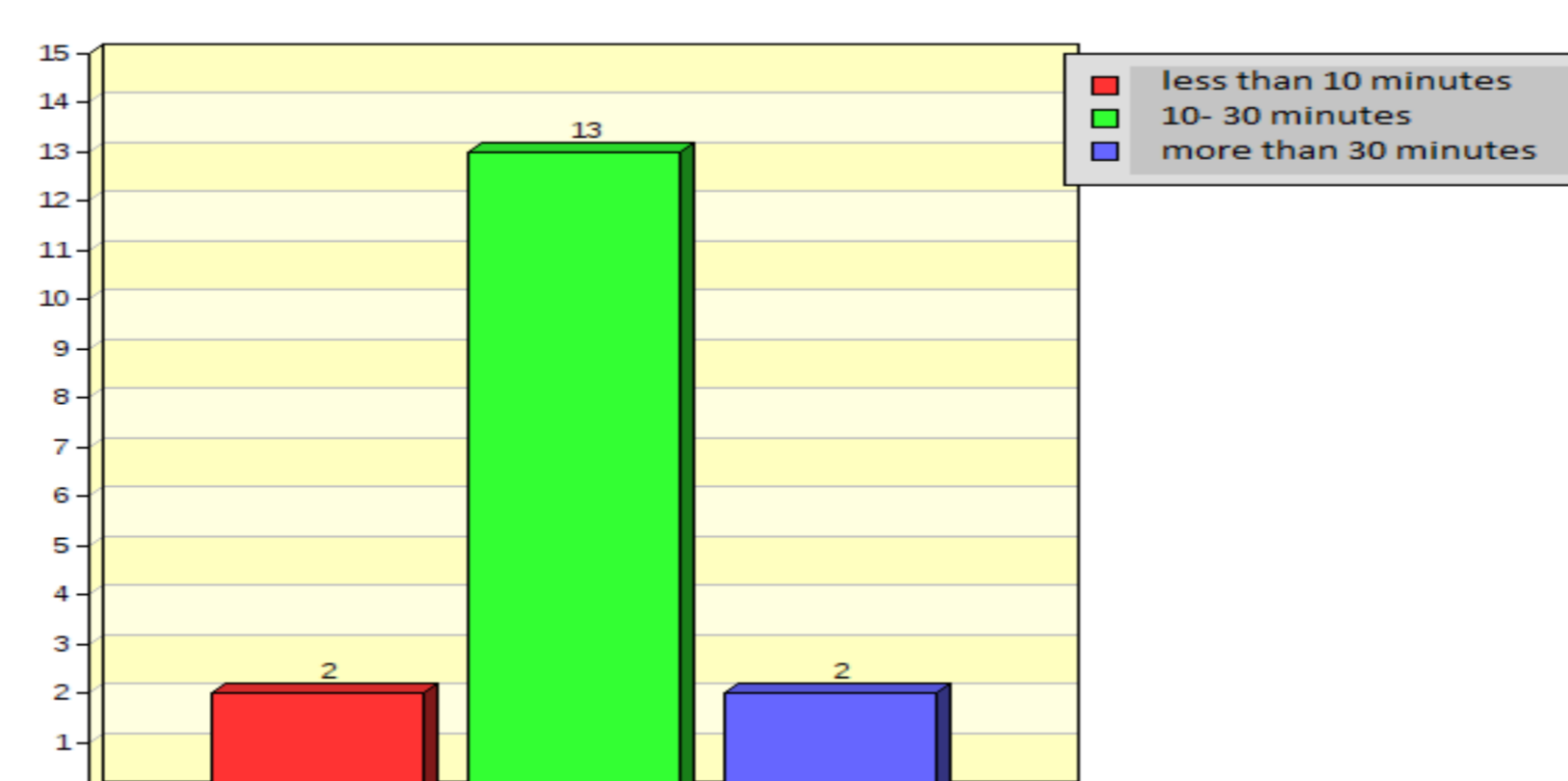
| | Questionnaire | Before training M | After training M | Change M |
|-------------------------|---------------|-------------------|------------------|----------|
| Experimental group n=17 | FMI | 1.27 | 1.69 | 0.42 |
| | MPQ | 1.98 | 2.6 | 0.62 |
| Control group n=30 | FMI | 1.6 | 1.72 | 0.12 |
| | MPQ | 2.34 | 2.53 | 0.19 |

2. How often have you practiced mindfulness or meditation independently during the last seven weeks?



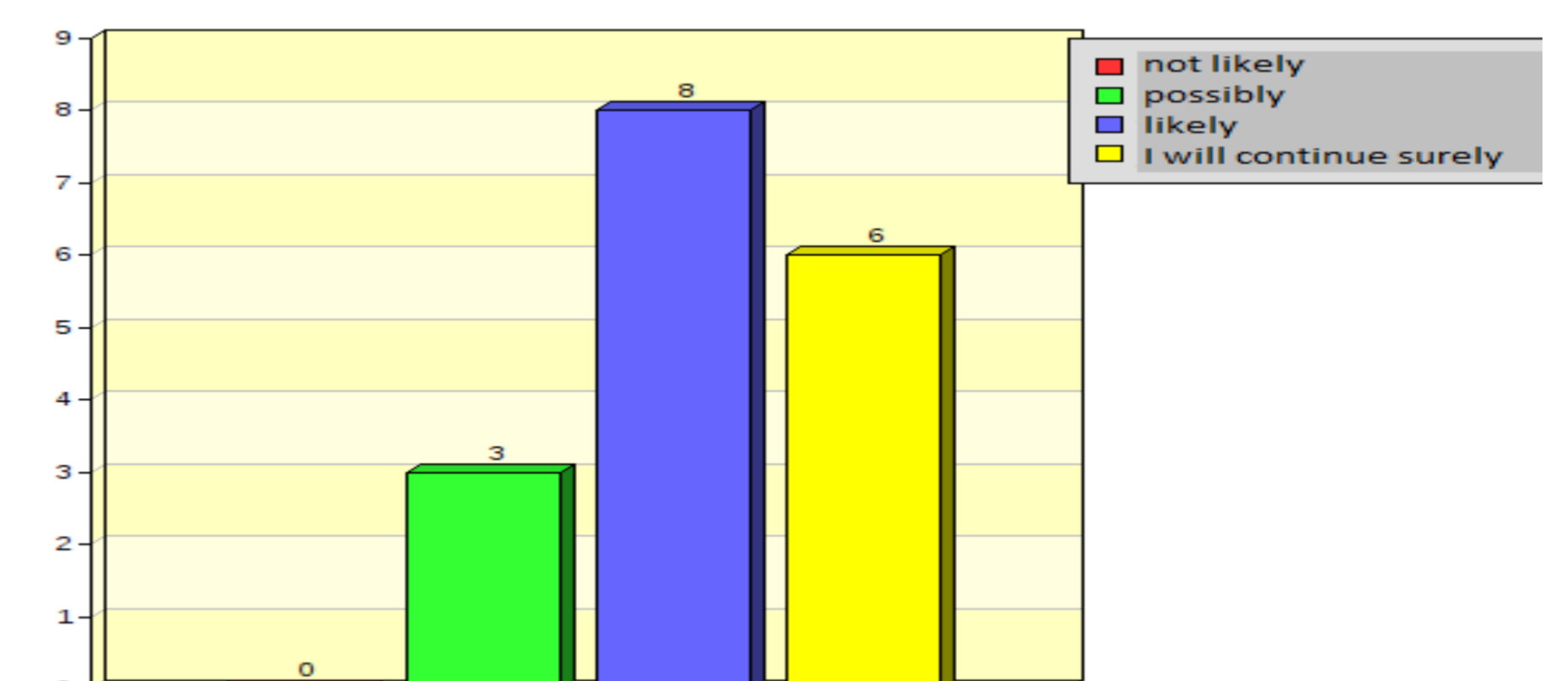
N = 17, M = 3.3. SD = 1.02

3. How long on average did you practice at a time?



N = 17, M = 2. SD = 0.49

4. What are the odds, that you continue practicing mindfulness after the training?



N = 17, M = 3.2. SD = 0.71

PARTICIPANTS' EXPERIENCES

More approving towards themselves and others

I am gentler to my children. Earlier I worried about their mood swings but now I know that if their moods are changing I can support my children.

I have become more merciful to myself and others.

Carefree attitude

Mindfulness practices and ideology help me to enjoy life regardless of its difficulties. I feel more calm and trustful.

I have carefree and cheerful take of life.

Well-fare at work

I try to take some breaks which help me to concentrate better.

I am more conscious of sliding into stressful state or when my thoughts are going around.

I feel that I can control my workload and handle stress related to my work better.

I have started to understand that I am pretty good in my work, and I have got more energy to do new things.

Training has promoted my capability to relax and to fall asleep again when I wake up at night.

It was challenging to arrange time for practice.

CONCLUSION

Mindfulness Based Stress Reduction program is a good way to promote comprehensive well-being of academics.