

Effect of a Mindfulness Application on Graduate Nursing Student's Stress and Anxiety

Authors : Susan K. Steele-Moses, Aimee Badeaux

Abstract : Background Literature: Nurse anesthesia education placed high demands on students both personally and professionally. High levels of anxiety affect student's mental, emotional, and physical well-being, which impacts their student success. Whereas more research has focused on the health and well-being of graduate students, far less has focused specifically on nurse anesthesia students (SNRAs), who may experience higher levels of anxiety due to the rigor of their academic program. Current literature describes stressors experienced by SRNAs that cause anxiety and affect their performance, including personal, academic, clinical, interpersonal, emotional, and financial. Sample: DNP-NA 2025 and DNP-NA 2024 cohorts (N = 36). Eighteen (66.7%) students participated in the study. Instrumentation: The DASS-21 was used to measure stress (7 items; $\alpha = .87$) and anxiety (7 items; $\alpha = .74$) from the participants. Intervention: The mind-shift meditation app, based on cognitive behavioral therapy, is being used daily before clinical and exams to decrease nurse anesthesia students' stress and anxiety over time. Results: At baseline, the students exhibited a moderate level of stress, but their anxiety levels were low. The range of scores was 4-21 (out of 28) for stress (M = 12.88; SD = 5.40) and 0-16 (out of 28) for anxiety (M = 6.81; SD = 5.04). Both stress and anxiety were normally distributed [SW = .242 (stress); SW = .210 (anxiety)] without any outliers. There was a significant difference between their stress and anxiety levels ($t = 5.55$; $p < .001$) at baseline. Stress and anxiety will be measured over time, with the change analyzed using repeated measures ANOVA. Implications for Practice: The use of purposeful mindfulness meditation has been shown to decrease stress and anxiety in nursing students.

Keywords : mindfulness, meditation, graduate nursing education, nursing education

Conference Title : ICNEPD 2024 : International Conference on Nursing Education and Professional Development

Conference Location : Lisbon, Portugal

Conference Dates : April 11-12, 2024