

**Does the intervention of mindfulness reduce levels of burnout and compassion fatigue and increase resilience in pre-registration students? A pilot study.**

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*Does the intervention of mindfulness reduce levels of burnout and compassion fatigue and increase resilience in pre-registration students? A pilot study.*

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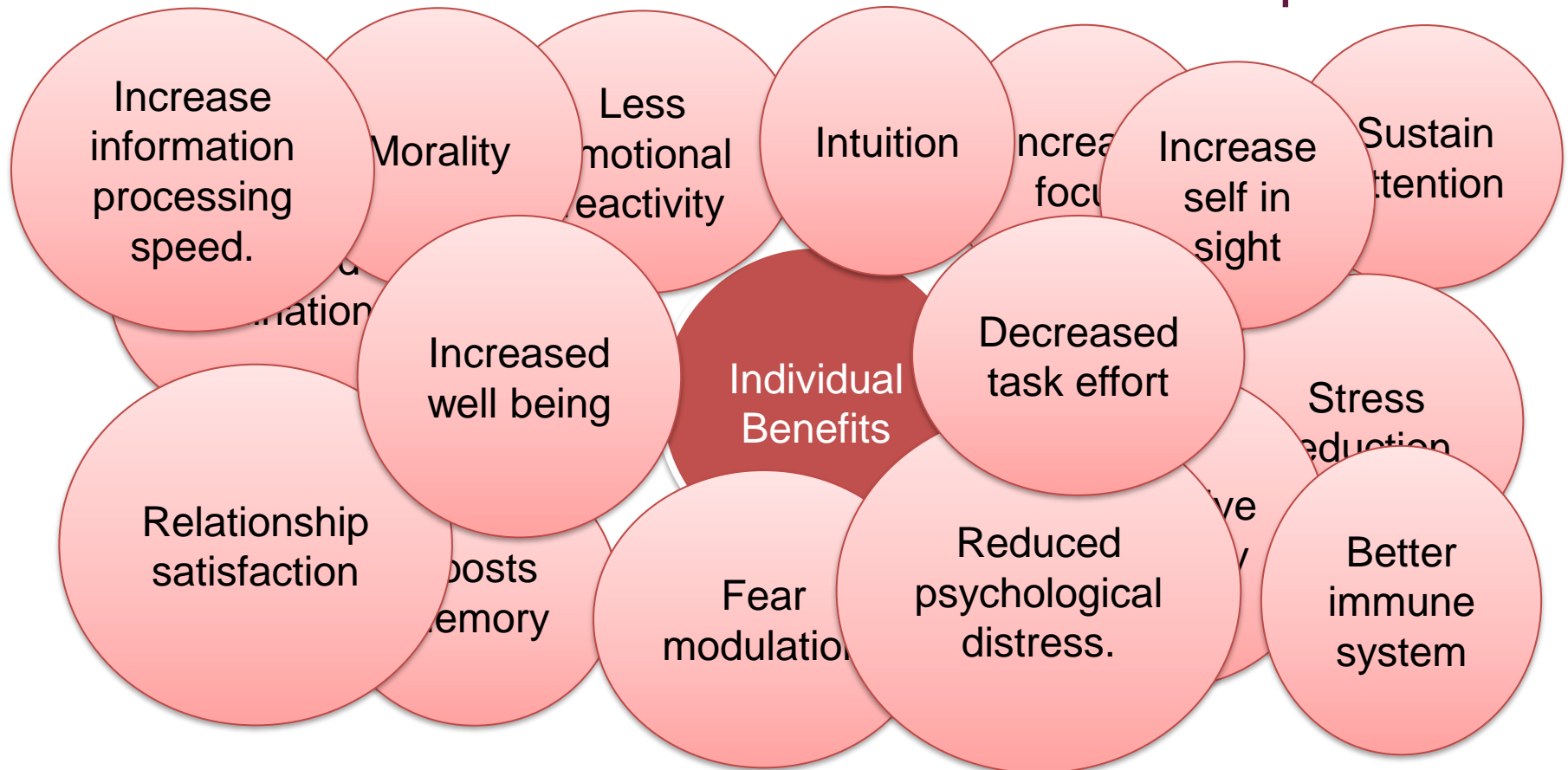
# Why research mindfulness with pre registration students?

- Self care is vital in the modern world!

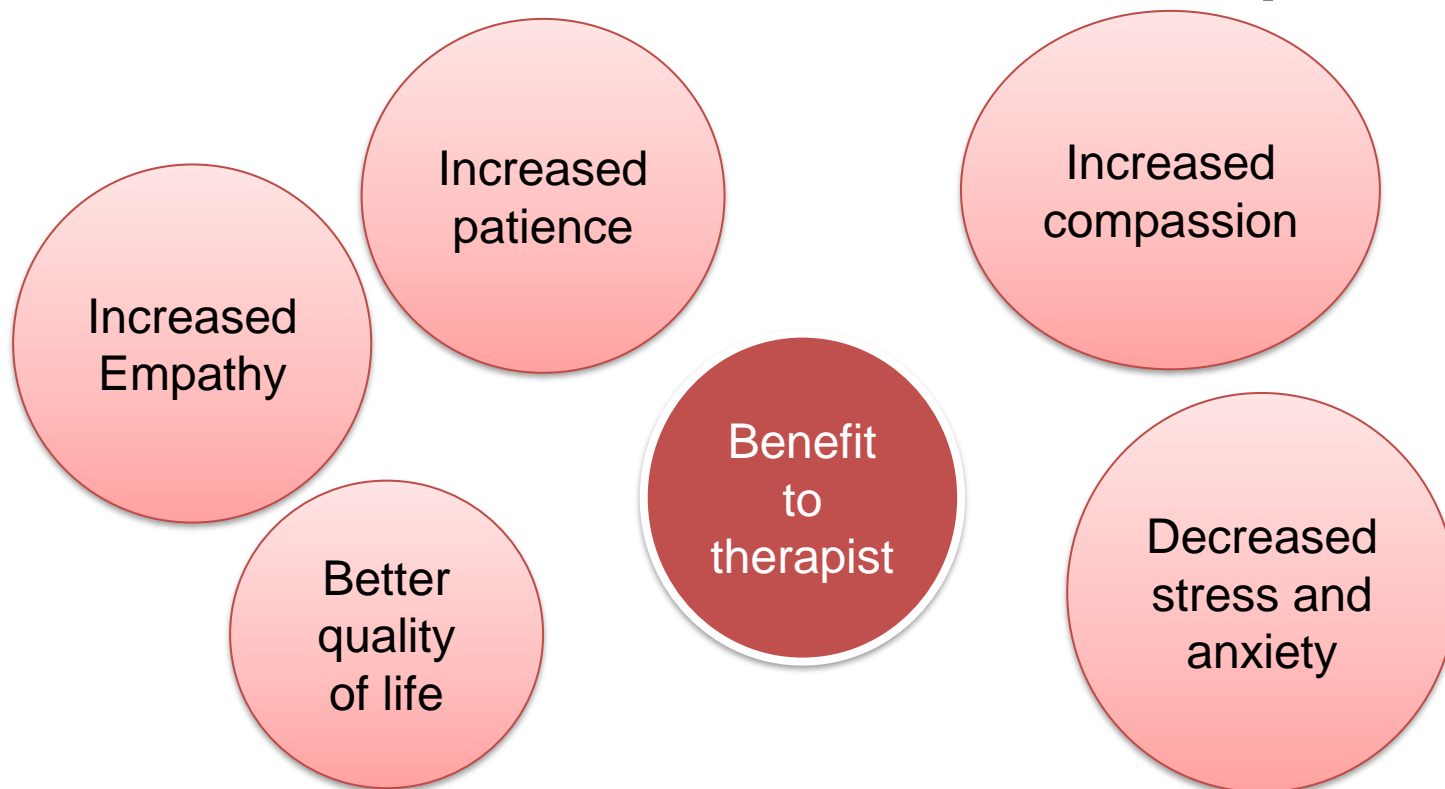
# What is mindfulness?

- Mindfulness is the ability to pay attention to the present moment with awareness and without being judgemental (Kabat-Zinn, 1990)
- [Living Mindfully – know your mind](#)

## Benefits of Mindfulness for the person



# Benefits for a therapist.



# Areas of investigation

Mindfulness

Burnout

Compassion  
Fatigue

Resilience

## Aims of the study

To investigate the impact of the 5 week Living Mindfully ‘Mindfulness Based Stress Reduction’ (MBSR) programme on pre-registration students in one education establishment.



# Project outline

- A pre/post test pilot study.
- Convenience sampling; Intervention offered to year 2 PgD, control group from year 1 PgD.
- Data was collected with validated tools at week 0, week 5, 3 months and 12 months.

## Validated tools

### Mindfulness

- five facet mindfulness short form questionnaire

### Burnout

- Maslach Burnout Inventory Student Survey (MBI-SS)

### Compassion Fatigue

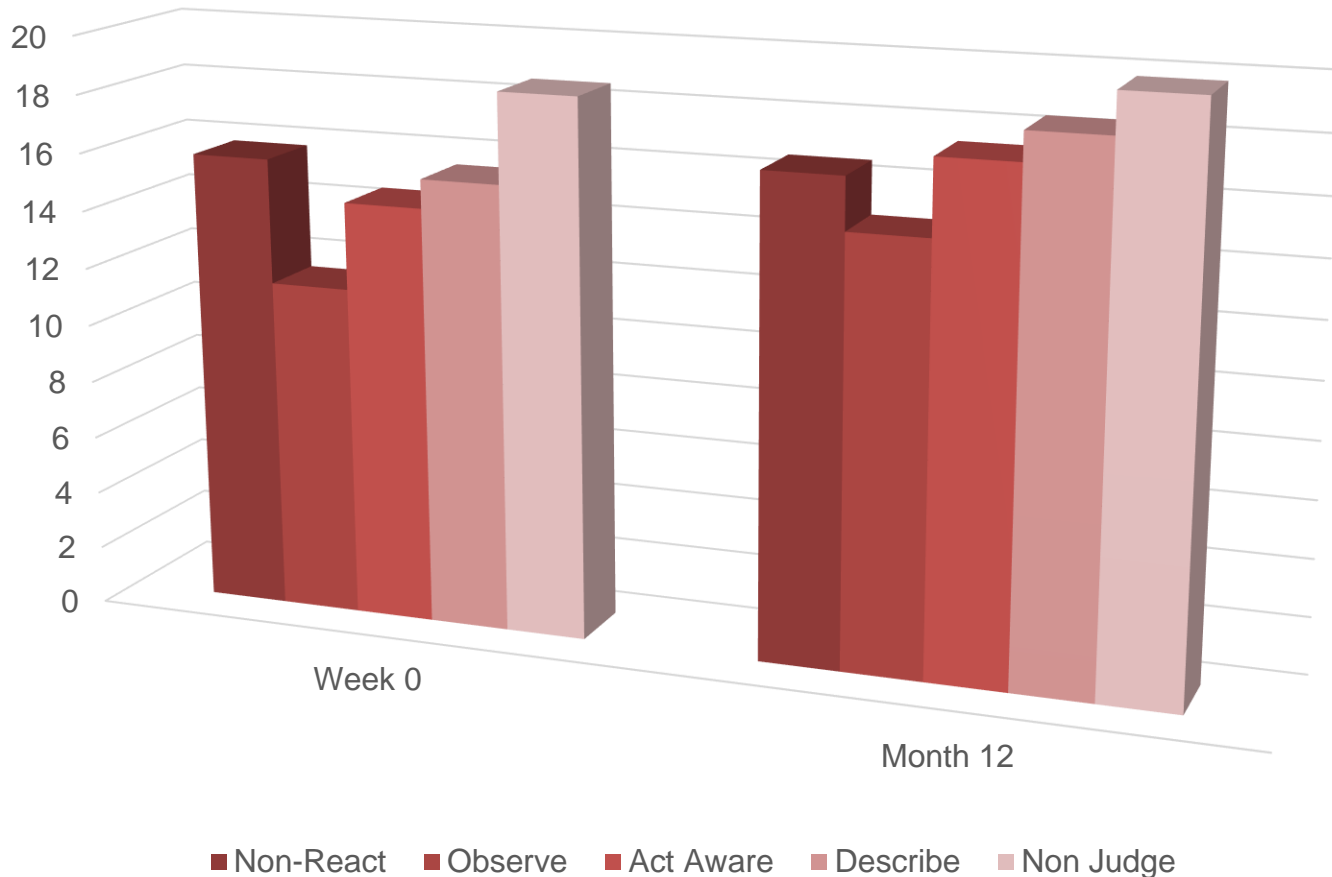
- Professional Quality of Life (ProQoL) 5 questionnaire

### Resilience

- Connor Davidson Resilience-short form scale

# Mindfulness Scores

Comparison from baseline to month 12

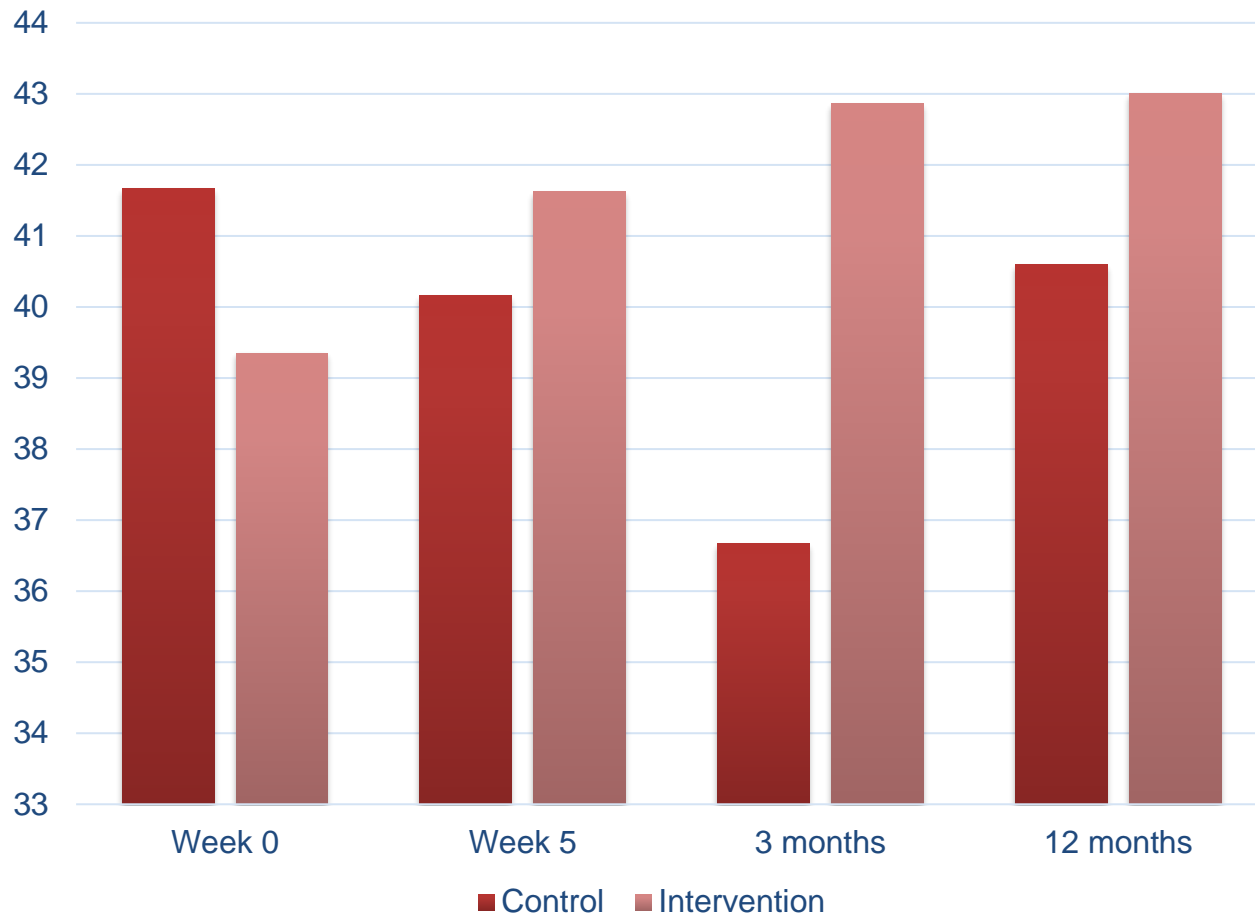


# MBI Change Scores



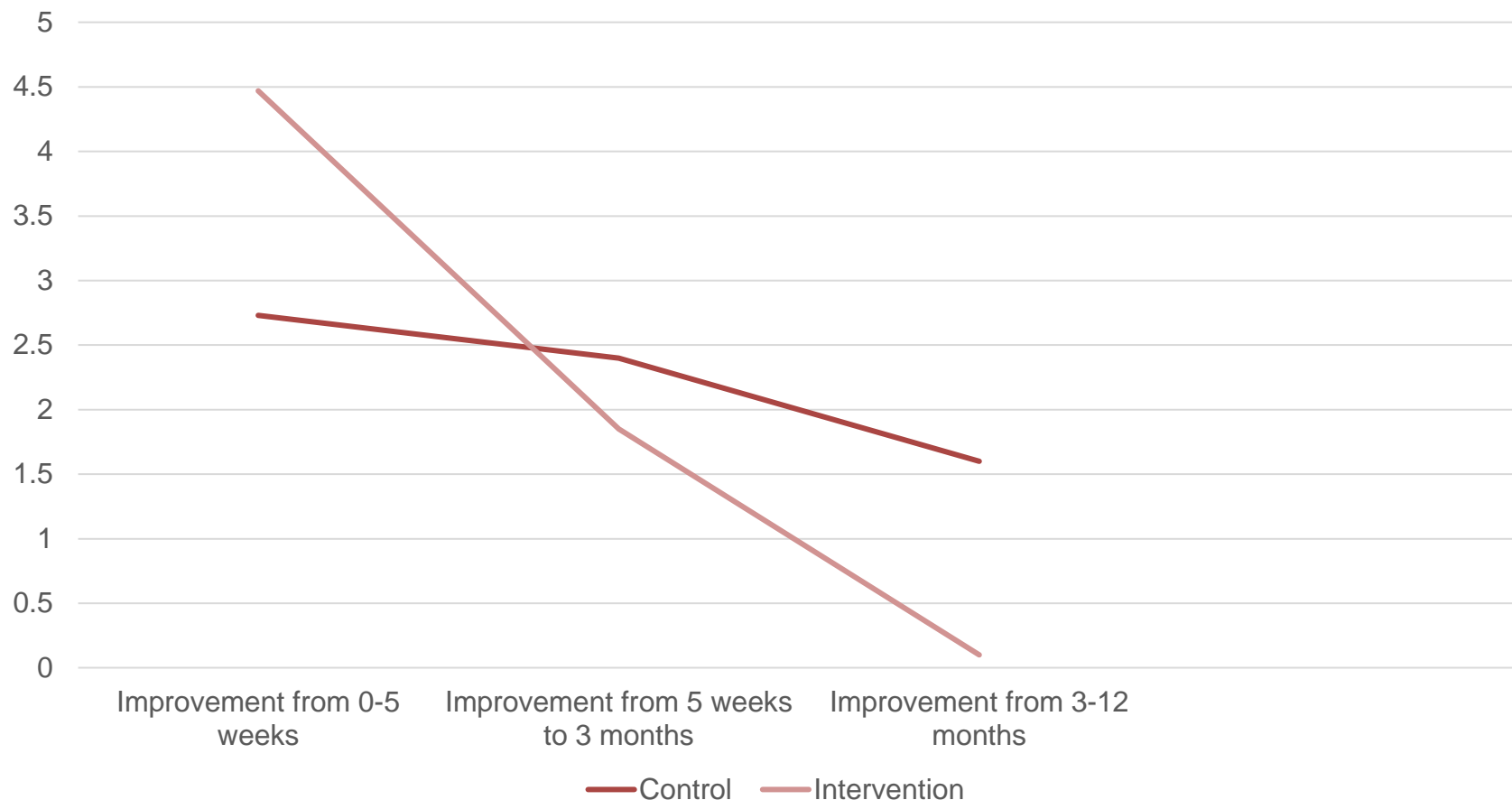
# Results

## Compassion Satisfaction (PROQoL)



# Resilience

## Connor Davidson 10-item Resilience Scale



# Mindfulness evaluation

- “ A greater awareness and understanding of how my mind works and what impact it can have.”
- “...just to be aware of feelings/emotions and not let them control your actions in certain situations.”

# The novice researcher experience





# What would I have done differently?

- Have a smaller focus
- Recruitment open event
- Alternative data collection
- All of the above give more manageable data analysis.

## What's next?

- To learn from the limitations of the study and move forward with further research.

# Thanks

- All the participants
- CoRIPS
- Prof. Heidi Probst
- Dr Denyse Hodgson
- All my colleagues at SHU who helped out with logistics

# Questions?

THANKS FOR YOUR MINDFUL ATTENTION.

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