INTRODUCTION/BACKGROUND

- Stress negatively impact nursing students
- Mindfulness Meditation (MM) can manage stress
- The project explored the impact of MM to reduce stress in nursing students

METHODS

- Setting: University in NJ
- Population: 61 undergraduate, 41 graduate
- Recruitment: Emails, Fall 2020
- Intervention:
  - Link to Perceived Stress Scale (PSS) sent week 1, 3 and 5
  - Participants practiced MM for 4 weeks at least 10 min daily
- Outcomes Measured:
  - Undergrad and grad students stress levels
  - Calm app features used
  - Time spent using the app in relation to PSS
- Tool: PSS 10 question survey

RESULTS

- Higher PSS scores in graduate students
- Mean PSS scores decreased from week 1 to 3 and week 1 to 5 ($p = 0.000$)

DISCUSSION

- Similar results obtained in this project, PSS scores compared in weeks 1, 3 and 5, the students' stress levels decreased
- The overall PSS scores decreased in relation to the time spent on the Calm app daily ($p = 0.32$)

For more information and references, please scan barcode below

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