

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 ($p = 0.32$)

Stress in Nursing Students Significant difference ($p = 0.000$) found between nursing students stress levels after using Mindfulness Meditation



For more information and references, please scan
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GRAPHS/FIGURES

