

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:

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- 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)

Mindfulness Meditation to Reduce Stress in Nursing Students

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



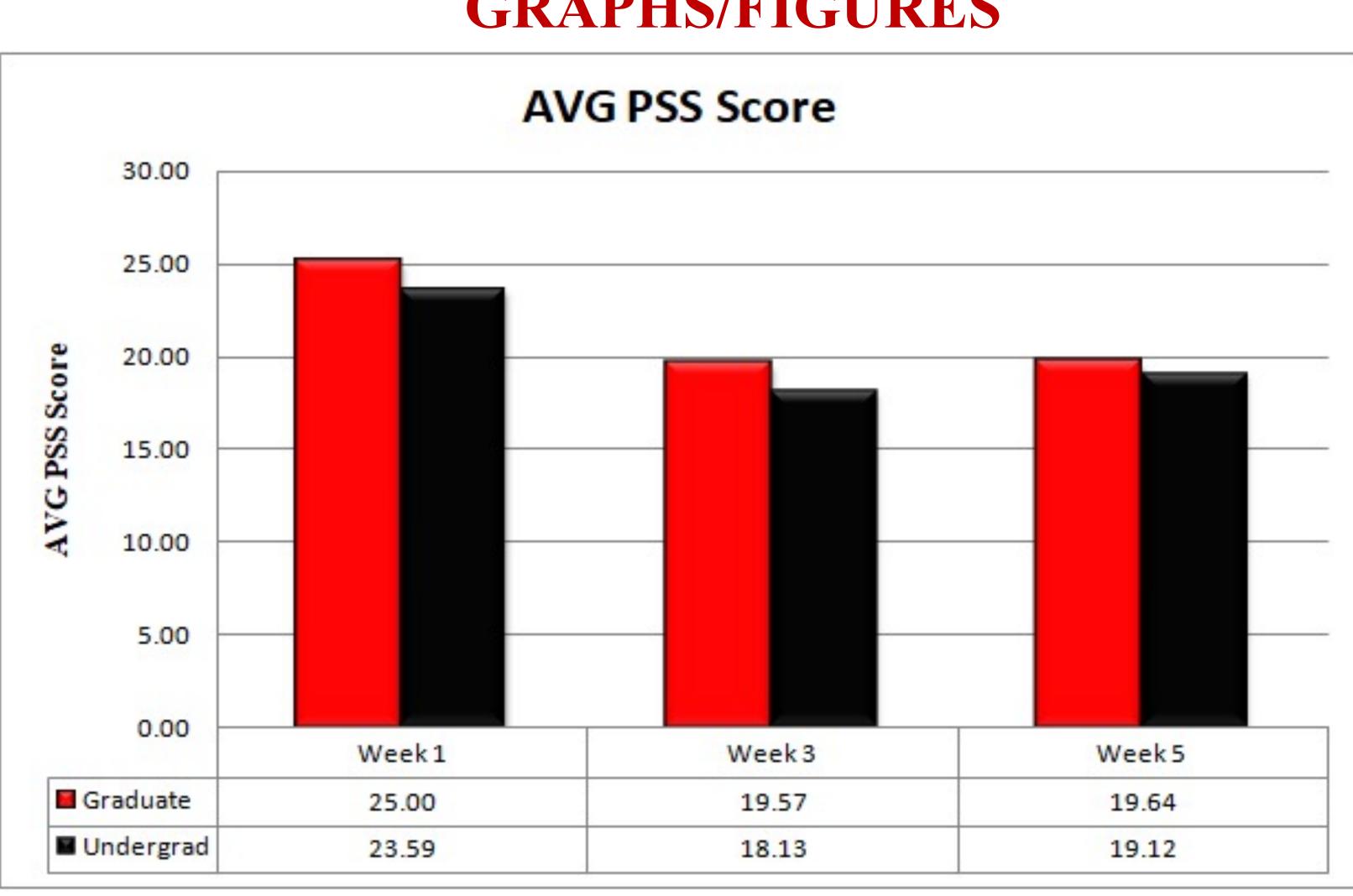
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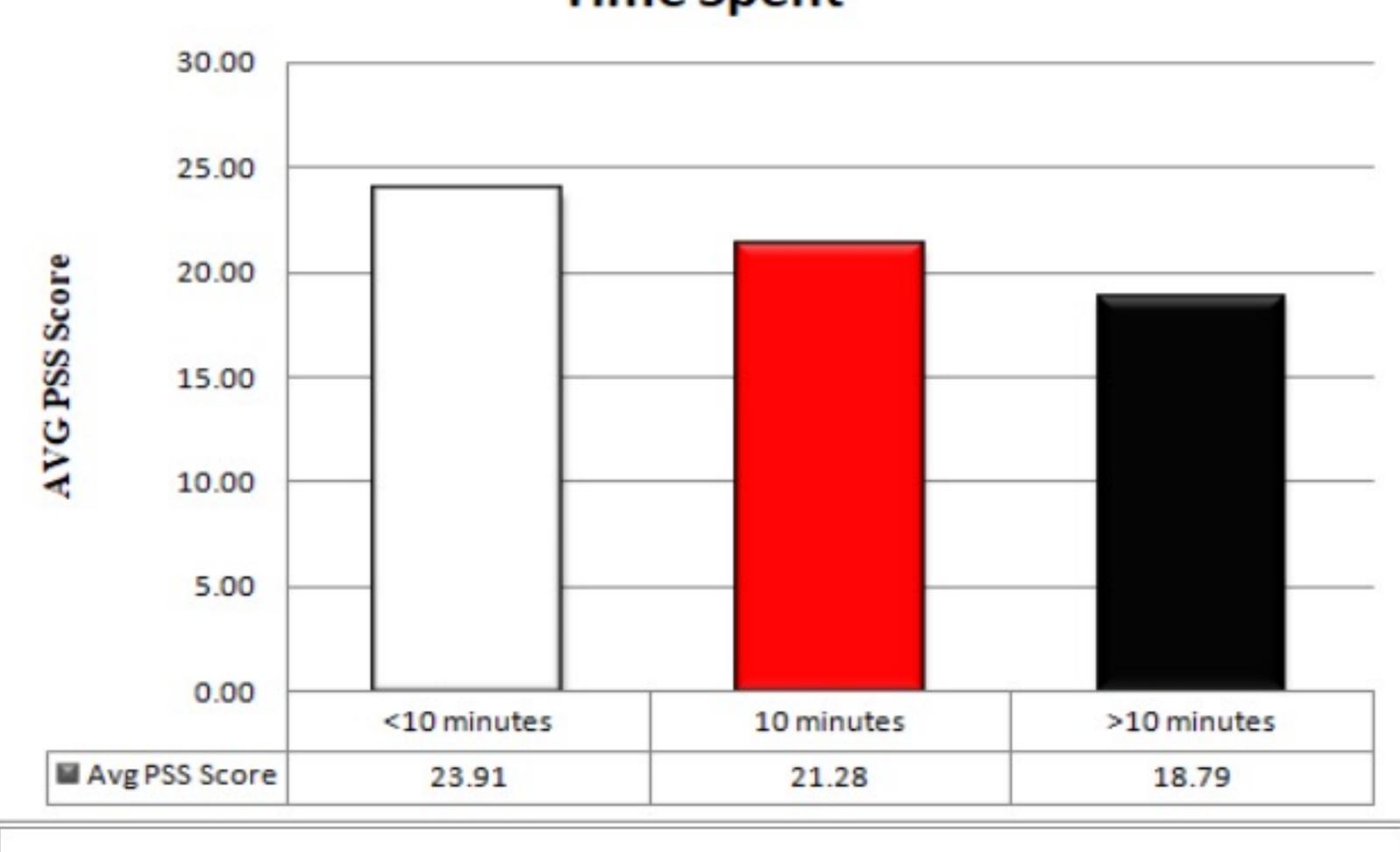


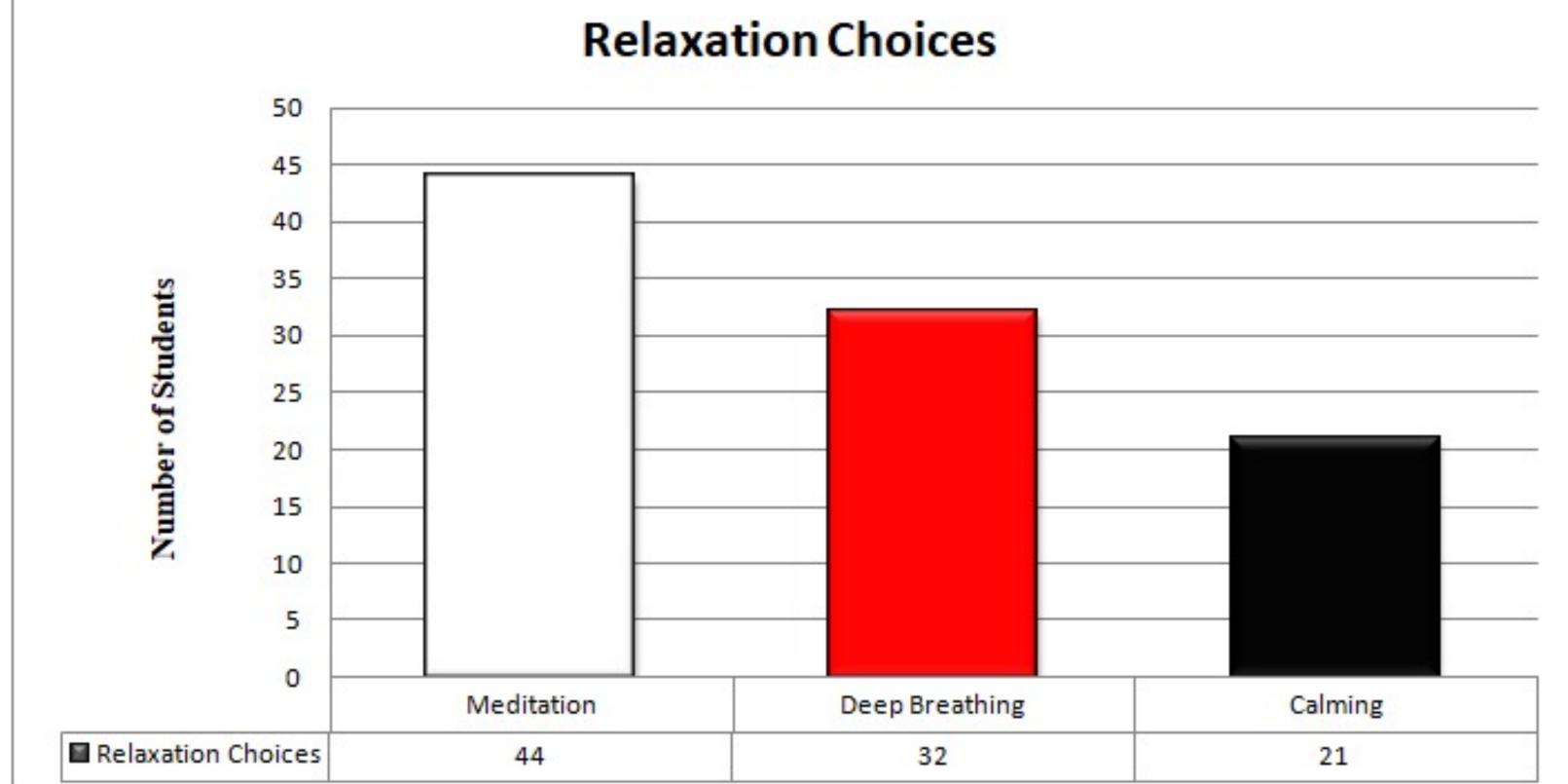
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Time Spent