



A STRESS MANAGEMENT TOOL IN NURSES: MINDFULNESS - BASED STRESS REDUCTION

Nadiye BARIŞ EREN^{1*}

¹*Istinye Tarsus University, Faculty of Health Science, Department of Nursing, 33400, Mersin, Türkiye*

Abstract: Health, which is a state of complete physical, social and spiritual well-being, is under the influence of various stressors. Stress occurs due to the negative effects on the organism physically and mentally. Stress is encountered in every field in our daily life and affects our health negatively. Nurses working in the healthcare field, which is one of the stressful environments, experience intense stress. Therefore, nurses working in such an environment need to use stress management effectively to protect their own health and increase patient care quality and satisfaction. One of these methods is Mindfulness- Based Stress Reduction. The evidence-based program that includes mindfulness meditation, breathwork, basic yoga, and other relaxation methods for 8 weeks. This review will discuss Mindfulness- Based Stress Reduction in nurses.

Keywords: Mindfulness, Nurses, Stress management

*Corresponding author: Istinye Tarsus University, Faculty of Health Science, Department of Nursing, 33400, Mersin, Türkiye

E mail: nbariseren@tarsus.edu.tr (N. BARIŞ EREN)

Nadiye BARIŞ EREN

<https://orcid.org/0000-0002-1935-244X>

Received: March 30, 2023

Accepted: April 17, 2023

Published: July 01, 2023

Cite as: Barış Eren N. 2023. A stress management tool in nurses: Mindfulness - based stress reduction. BSJ Health Sci, 6(3): 508-510.

1. Introduction

Health, which is a state of complete physical, social and spiritual well-being, is under the influence of various stressors. Stress occurs due to the negative effects on the organism physically and mentally. It disrupts the internal and external balance of the individual (Baltaş and Baltaş, 2000). The factors that cause stress are called stressor. In individuals under stress, deterioration in thought processes, physical and mental illnesses, as well as deterioration in social relations can be seen (Clegg, 2001; Ay, 2008). Ineffective management of stress and its long-term effects cause anxiety. Anxiety is a universal emotion and a tension felt in response to an anticipated threat to an individual's self-integrity and a warning to be alert (Öz, 2010). Anxiety is handled in two ways, state and trait. Situational anxiety plays a triggering role in coping mechanisms when faced with stressful events; On the other hand, trait anxiety is known to be associated with inadequate coping mechanisms (Hovardaoğlu, 2002).

The work environment is an important factor affecting stress and anxiety. Health care areas are known to be more stressful and anxious than the others. Especially the health of healthcare workers is adversely affected, both because the working environment is stressful and because they care for individuals experiencing intense stress. In addition, stimuli such as patient admission, readiness for treatment and care interventions, worsening of patients, clinical roles and responsibilities, noise and light in the work area increase the stress of healthcare workers (Akbal-Ergün et al., 2001).

Nurses, who are more numerous in the healthcare team and are responsible for 24-hour patient care, experience high levels of stress and are at risk due to the negative effects of stress. On the other hand, nurses should maintain their calmness, know how to cope with stress well, and create a suitable therapeutic environment for patients. The recent literature regarding the Mindfulness-Based Stress Reduction for nurses will be discussed further in this review.

2. Stress Management in Nurses

A study by Jordan et al. (2016) reported that nurses were not healthy, had a higher risk compared to other occupational groups, and could not cope with stress. According to a study, 92% of nurses had moderate-to-very high stress levels. In addition, when faced with workplace stress, 70% of nurses reported that consume more junk food, and 63% cope with stress by eating more (Jordan et al., 2016).

It is seen that although the work stress of the nurses is high, they do not use an appropriate stress management (Jordan et al. 2016). In addition, studies indicate that the stress and burnout experienced by nurses negatively affect the quality of health care, patient safety, and satisfaction (Smith, 2014; Jordan et al., 2016; Mancarella, 2023).

Healthy nurses and a healthy working environment increase the workforce, increase employee satisfaction, and increase retention of nurses and increase health care quality and patient satisfaction. Stress and coping skills affect nurses' health and job performance (Jordan et al.,



2016). Therefore, the issue of stress management in nurses is important.

3. A Stress Management Tool: Mindfulness-Based Stress Reduction

The Mindfulness- Based Stress Reduction program was first introduced in 1979 by Jon Kabat-Zinn. He developed this program to increase individuals' quality of life in the chronic disease process and teach them how to lead a healthier life. Mindfulness-based interventions have also emerged as a convenient and easy-to-apply method in the last five years in our country (Aktaş et al., 2019; Şener, 2021).

Experienced and certified people carry out the program. Within the program's scope, there are two instructors for each group, a main instructor and a co-facilitator (Suyi et al., 2017). The program originally lasted 8 weeks and included a patient-centered approach. Participants in the program need time to acquire skills and apply them to daily life (Aktepe and Tolan, 2020). It focuses on evidence-based practices such as basic yoga, relaxation methods, breathwork, and mindfulness meditation (Kabat-Zinn, 2003).

4. Discussion and Conclusion

Studies show that the program has various positive effects on nurses. Mindfulness is one strategy that nurses can be used to manage stress levels, reframe potentially overwhelming situations, and improve well-being (Sulosaari et al., 2022; Mancarella, 2023). A study by Duarte and Pinto-Gouveia (2016) found that mindfulness-based intervention in oncology nurses was effective in reducing burnout, compassion fatigue, and stress, and improving overall well-being.

According to the study by Guillaumie et al. (2017) mindfulness-based interventions improved the mental health of nurses. A study by Salvarani et al. (2019) found that emergency nurses experienced work-related distress and were at risk for burnout. It was recommended that nurses participate in programs such as Mindfulness- Based Stress Reduction. The study's results showed that burnout negatively correlated with dispositional mindfulness, emotion regulation abilities and cognitive empathic attitude. A study by Ghawadra et al. (2020) found that mindfulness was effective in improving nurses' anxiety and job satisfaction. In the study conducted by Lin et al. (2019) on the effect of a modified Mindfulness-Based Stress Reduction program on nurses that found that the program was an effective approach for nurses to decrease stress and negative affect and improve positive affect and resilience. A study by Smith (2014) revealed that Mindfulness-Based Stress Reduction had many benefits, including improving empathy, increasing focus, good mood, reducing stress, anxiety, and burnout. According to the study nurses' used of Mindfulness- Based Stress Reduction would positively affect patient care and nurse clinical environment.

Another study by Norouzinia et al. (2017) found that Mindfulness- Based Stress Reduction effectively improved burnout and job stress scores. In addition, less stress and burnout will provide better quality nursing care and better communication with other healthcare team members. A study by Gilmartin et al. (2017) reported that brief mindfulness interventions (eg, ≤ 4 hours) caused positive changes in levels of stress, anxiety, mindfulness, resiliency, and burnout symptoms. Another study by Xie et al. (2020) found that mindfulness-based intervention effectively improves the level of mindfulness and alleviate occupational burnout in intensive care nurses. A quantitative and qualitative study by Cohen-Katz et al. (2005) reported that Mindfulness- Based Stress Reduction is an effective method to reduce burnout in nurses.

Studies show that the program also reduces nurses' perceived stress levels. A study by Errazuriz et al. (2020) found that Mindfulness- Based Stress Reduction as an effective intervention for reducing psychological distress and perceived stress with beneficial short-term outcomes. In addition, participants allocated to the Mindfulness- Based Stress Reduction group consistently reported better psychological wellbeing than control groups. Another study by Mahon et al. (2017) found that mindfulness was reduced nurses' perceived stress and also enhanced nurses' compassion levels. Finally, another study by Morrow et al. (2022) comparing mindfulness interventions on healthcare workers, mostly nurses, found that all mindfulness interventions reduced participants' perceived stress levels, increased their awareness, and reduced their burnout. According to a study by Suyi et al. (2017) evaluating the effect of mindfulness on stress and burnout in mental health professionals, including nurses, stress decreased and mindfulness and compassion increased in employees after mindfulness training. Mindfulness-based programs can improve nurses' ability to manage their work-related stress and health (Penque, 2019).

As can be seen, Mindfulness- Based Stress Reduction has many positive effects on nurses. Nurses, who will improve the health of nurses in the working environment, affect communication with other team members positively, and feel good, will also positively change the approach of the nurse to the patient and the patient's relatives. Therefore, the quality of patient care and satisfaction will also increase. In addition, it is also expected that the job satisfaction of the nurse working in such an environment will increase.

Author Contributions

The percentage of the author contributions is present below. The author reviewed and approved final version of the manuscript.

	N.B.E.
C	100
D	100
S	100
L	100
W	100
CR	100
SR	100

C=Concept, D= design, S= supervision, L= literature search, W= writing, CR= critical review, SR= submission and revision.

Conflict of Interest

The author declares that there is no conflict of interest.

References

Akbal-Ergün Y, Özer Y, Baltaş Z. 2001. Stress levels of nurses working in intensive care and the effects of stress on nurses. *J Inten Care Nurs*, 5(2): 70-79.

Aktaş S, Gülen M, Sevi O. M. 2019. Mindfulness therapies for medically unexplained somatic symptoms: A systematic review. *Current Approach Psych*, 11(3): 271-283.

Aktepe İ, Tolan Ö. 2020. mindfulness: A current review. *Current Approach Psych*, 12(4): 534-561.

Ay AF. 2008. People and stress. Basic nursing, concepts principles practices. Medical Publishing, Istanbul, Türkiye, 2nd ed., pp. 37.

Baltaş A, Baltaş Z. 2000. Stress and human stress basing races. Remzi Bookstore, Istanbul, Türkiye, pp. 23-32.

Clegg A. 2001. Occupational stress in nursing: A review of the literature. *J Nurs Manage*, 9(2): 101-106.

Cohen-Katz J, Wiley S. D, Capuano T, Baker DM, Shapiro S. 2005. The effects of mindfulness-based stress reduction on nurse stress and burnout Part II: A quantitative and qualitative study. *Holistic Nurs Pract*, 19(1): 26-35.

Duarte J, Pinto-Gouveia J. 2016. Effectiveness of a mindfulness-based intervention on oncology nurses' burnout and compassion fatigue symptoms: A non-randomized study. *Inter J Nurs Stud*, 64: 98-107.

Errazuriz A, Schmidt K, Undurraga EA, Medeiros S, Baudrand R, Cussen D, Henriquez M, Celhay P, Figueroa RA. 2020. Effects of mindfulness-based stress reduction on psychological distress in health workers: A three-arm parallel randomized controlled trial. *J Psychiatric Research*, 145: 284-293.

Ghawadra SF, Lim Abdullah K, Choo WY, Danaee M, Phang CK. 2020. The effect of mindfulness-based training on stress anxiety depression and job satisfaction among ward nurses: A randomized control trial. *J Nurs Manage*, 28(5): 1088-1097.

Gilmartin H, Goyal A, Hamati M. C, Mann J, Saint S, Chopra V. 2017. Brief mindfulness practices for healthcare providers—a

systematic literature review. *American J Med*, 130(10): 1219-e1-17.

Guillaumie L, Boiral O, Champagne J. 2017. A mixed-methods systematic review of the effects of mindfulness on nurses. *J Adv Nurs*, 73(5): 1017-1034.

Hovardaoğlu S. 2002. Prediction of Stress Symptoms and Situational and Trait Anxiety. *Crisis J*, 5(2): 127-134.

Jordan TR, Khubchandani J, Wiblehauser M. 2016. The impact of perceived stress and coping adequacy on the health of nurses: a pilot investigation. *Nurs Res Pract*, 5843256.

Kabat-Zinn J. 2003. Mindfulness-based interventions in context: past present and future. *Clin Psychol (New York)*10 144-156.

Lin L, He G, Yan J, Gu C, Xie J. 2019. The effects of a modified mindfulness-based stress reduction program for nurses: A randomized controlled trial. *Workplace Health Safety*, 67(3): 111-122.

Mahon MA, Mee L, Brett D, Dowling M. 2017. Nurses' perceived stress and compassion following a mindfulness meditation and self compassion training. *J research in Nurs*, 22(8): 572-583.

Mancarella JA. 2023. Mindfulness techniques for clinical nurses. *Nurs*, 53(1): 28-29.

Morrow EH, Mai T, Choi B, Gu L. Y, Thielking P, Sandweiss D, Qeadan F. 2022. Comparison of mindfulness interventions for healthcare professionals: A mixed-methods study. *Complement Therap Med*, 70: 102864.

Norouzinia R, Ramezani Z, Khalili A, Dehghani M, Sharifis A. 2017. The effect of mindfulness-based stress reduction training on stress and burnout of nurses. *Indo American J Pharm Sci*, 4(5): 1296-1302.

Öz F. 2010. Anxiety and fear. Basic concepts in the field of health. Mattek Printing Press Publishing, Ankara, Türkiye, 2nd ed., pp. 130- 148s.

Penque S. 2019. Mindfulness to promote nurses' well-being. *Nurs Manage*, 50(5): 38.

Salvarani V, Rampoldi G, Ardenghi S, Bani M, Blasi P, Ausili D, Strepparava MG. 2019. Protecting emergency room nurses from burnout: The role of dispositional mindfulness emotion regulation and empathy. *J Nurs Manage*, 27(4): 765-774.

Smith SA. 2014. Mindfulness-based stress reduction: An intervention to enhance the effectiveness of nurses' coping with work-related stress. *Inter J Nurs Knowled*, 25(2): 119-130.

Sulosaari V, Unal E, Cinar FI. 2022. The effectiveness of mindfulness-based interventions on the psychological well-being of nurses: A systematic review. *Applied Nurs Res*, 151565.

Suyi Y, Meredith P, Khan A. 2017. Effectiveness of mindfulness intervention in reducing stress and burnout for mental health professionals in Singapore. *Explore*, 13(5): 319-326.

Şener N. 2021. The Effects of mindfulness stress reduction program on menopausal complaints and quality of life in postmenopausal women. PhD thesis, İnönü University, Malatya, Türkiye, pp. 152.

Xie C, Zeng Y, Lv Y, Li X, Xiao J, Hu X. 2020. Educational intervention versus mindfulness-based intervention for ICU nurses with occupational burnout: A parallel controlled trial. *Complement Therap Med*, 52: 102485.