

# Evaluating the Effects of a Mindfulness Mobile Application on Student Pharmacists' Stress, Burnout, and Mindfulness



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## OBJECTIVE

- To evaluate the effectiveness of the daily use of a mindfulness mobile application in improving student pharmacists' perceived stress, burnout, and mindfulness.



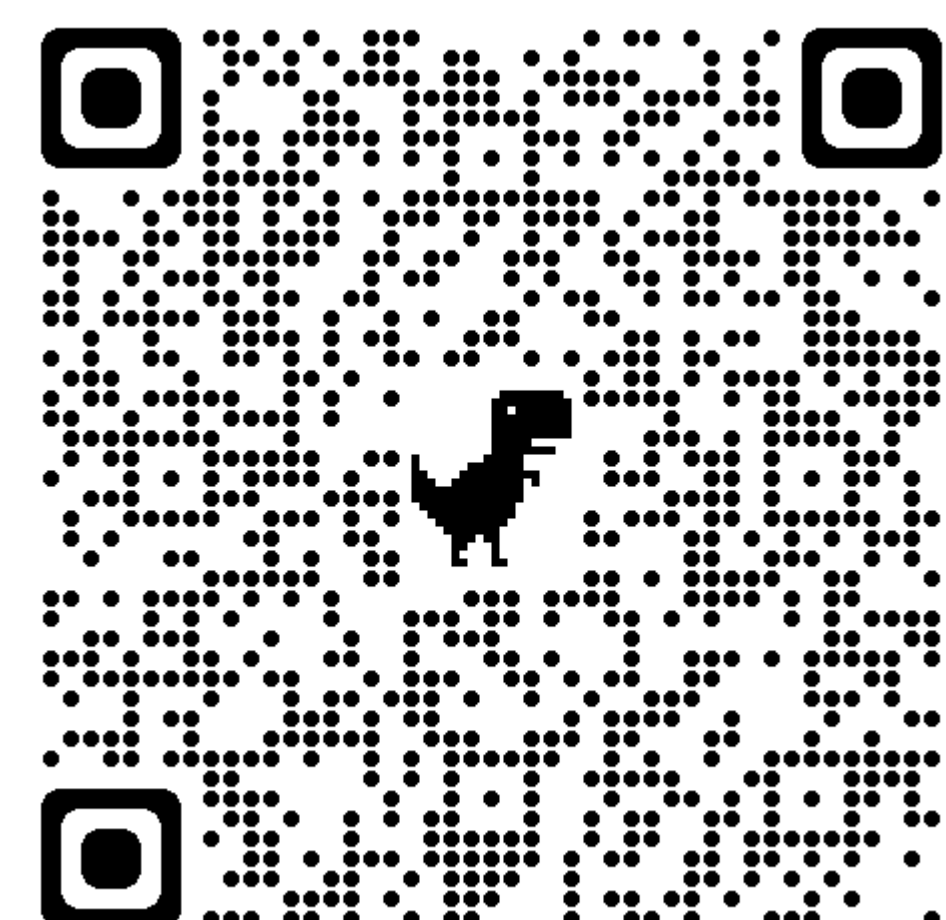
## WHY DID WE DO THIS STUDY?

- Pharmacists report high levels of burnout.
- Mindfulness approaches demonstrated positive results in the general population and in other healthcare professions.
- Only limited studies have been performed evaluating mindfulness approaches in student pharmacists.



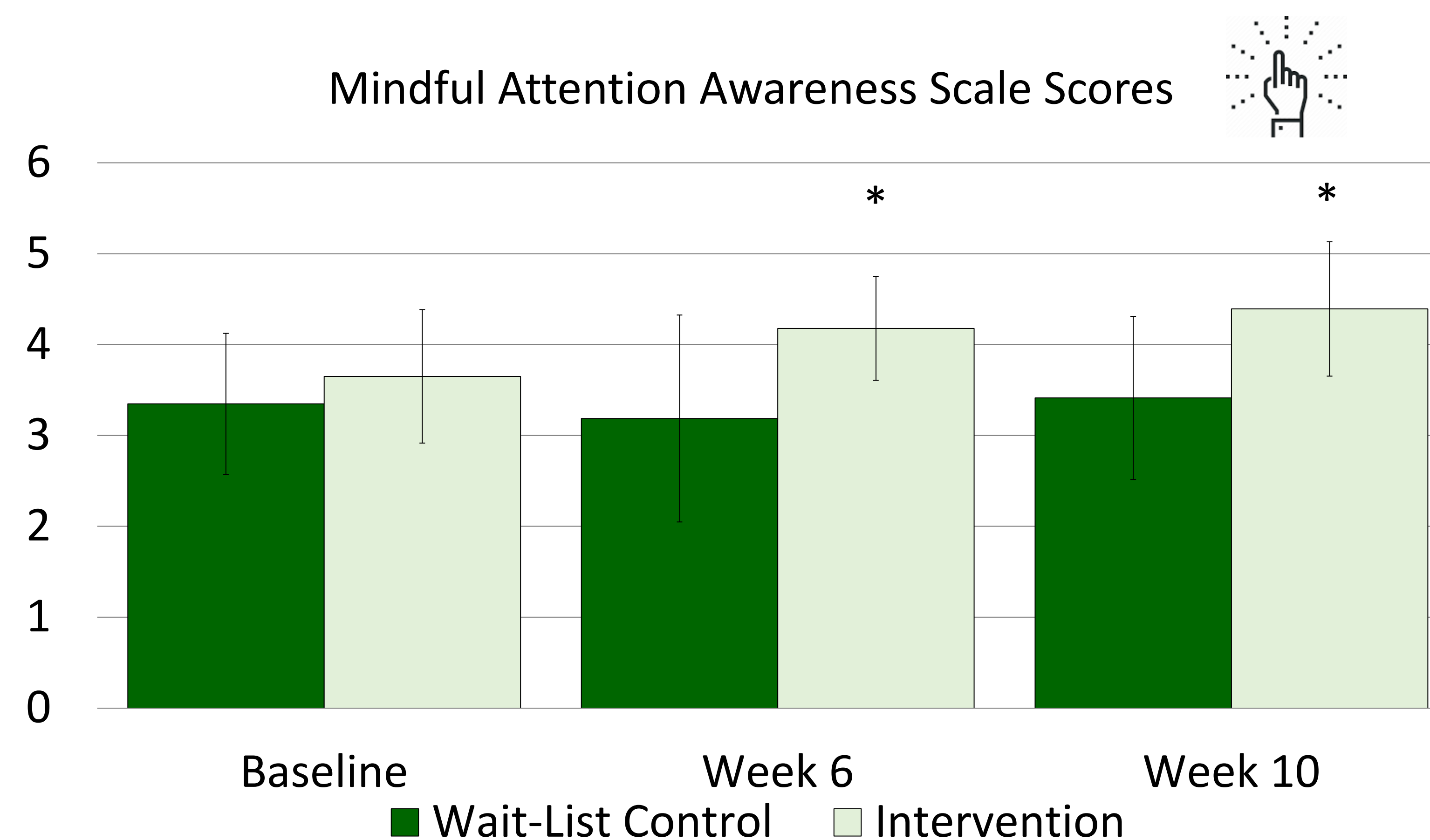
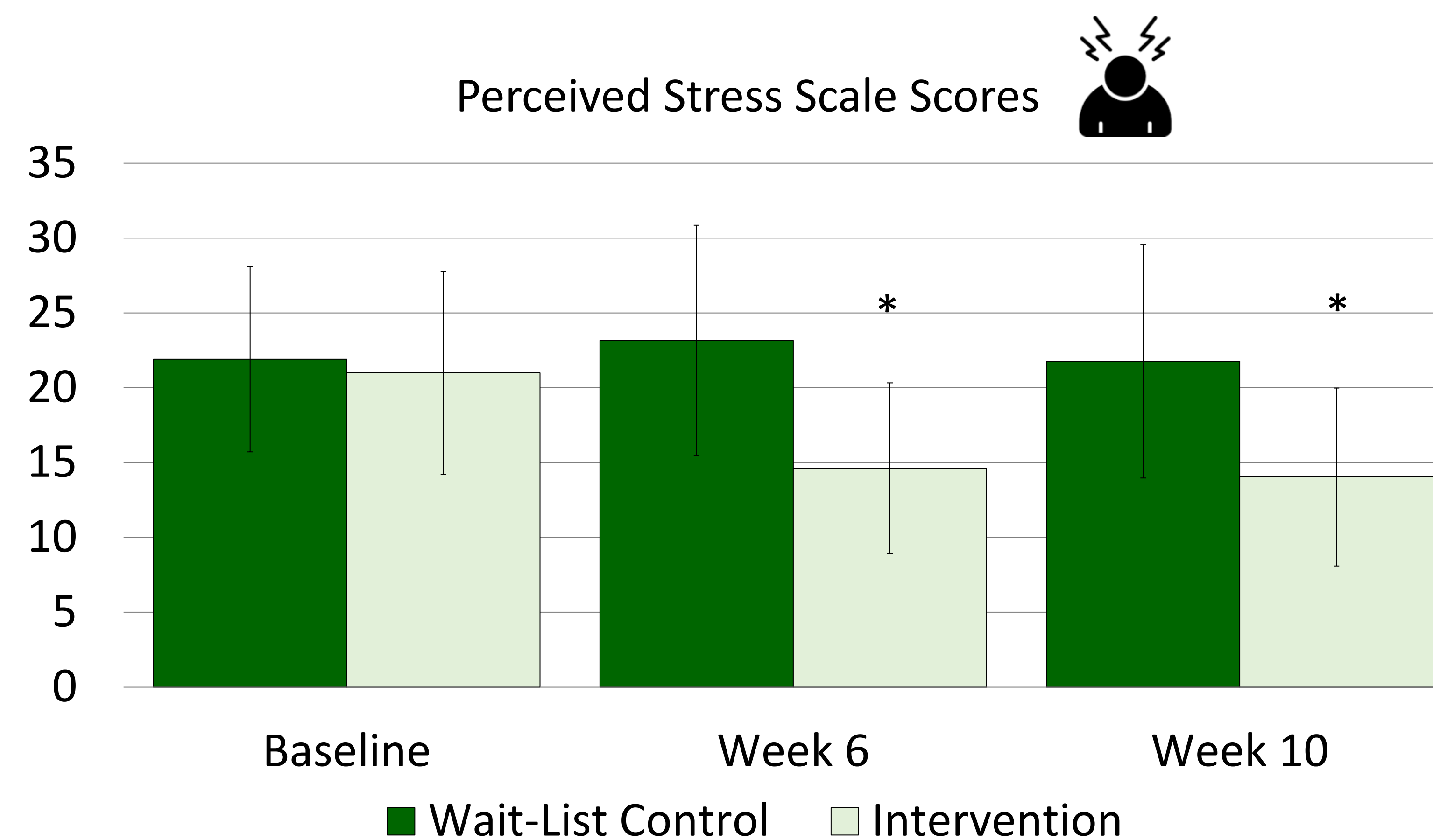
## WHAT DID WE DO?

- 3-year, accelerated schools of pharmacy
- 2020 - additional stress due to the COVID-19 pandemic
- Randomized, longitudinal, waitlist-controlled trial
- Intervention: Meditation using the mindfulness application, Headspace®, ≥ 10 min daily
  - Weeks 1-6: Required
  - Weeks 7-10: Optional
- Control: No use of Headspace®
- Stress, burnout, and mindfulness were assessed at baseline, 6 weeks, and 10 weeks

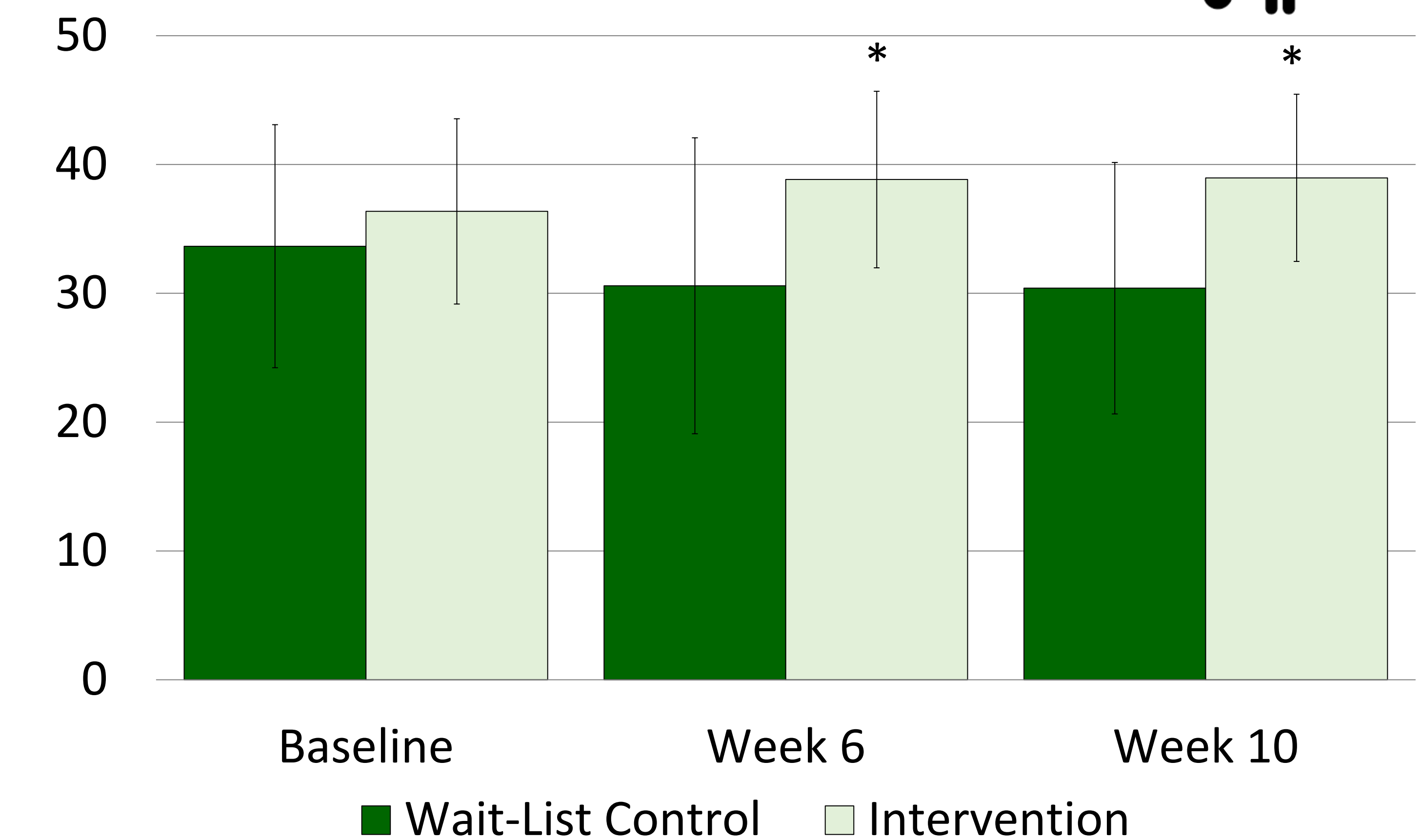


## WHAT DID WE FIND?

- Intervention, N=25, control, N=31
- Compliance
  - Weeks 1-6: 90%
  - Weeks 7-10: 62%
- Mean scores
- Error bars represent standard deviations
- \*Intervention is significantly different from control,  $p < 0.05$



## C. Maslach Burnout Inventory C Scores



- The intervention group reported significantly ( $p < 0.05$ ) lower scores on stress and burnout at six weeks compared to the control group.
- The intervention group also reported significantly higher scores on mindfulness.
- The differences in stress, burnout, and mindfulness persisted at the 10-week follow-up.

## CONCLUSION

- The daily use of a mindfulness mobile application significantly improved student pharmacists' stress, burnout, and mindfulness.

## REFERENCE

- A. Chu, T. M. Rose, D. A. Gundrum, T. E. McMorris, E. A. Klausner, L. A. Lang, G. Shan. "Evaluating the effects of a mindfulness mobile application on student pharmacists' stress, burnout, and mindfulness". American Journal of Health-System Pharmacy, 79(8), 656-664 (2022).