


ORIGINAL RESEARCH

# Guided self-help mindfulness-based intervention for increasing psychological resilience and reducing job burnout in psychiatric nurses: A randomized controlled trial

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## Abstract

**Aims:** The present study aimed to explore the effects of a guided self-help mindfulness intervention on psychological resilience and job burnout among psychiatric nurses.

**Background:** Psychiatric nurses work in challenging and potentially high stress settings. Mindfulness interventions can improve psychological resilience and reduce job burnout of nurses. However, face-to-face delivery of mindfulness interventions may be inconvenient for individuals. Guided self-help interventions may be more accessible.

**Methods:** This randomized controlled trial was conducted from January to August 2022. One hundred and eighteen psychiatric nurses were randomized into the intervention and control groups. The individuals in the intervention group received an 8-week guided self-help mindfulness intervention, while the individuals in the control group received a psycho-educational brochure. The Five Facet Mindfulness Questionnaire, the Connor-Davidson Resilience Scale and the Maslach Burnout Inventory-Human Services Survey were used to evaluate the levels of mindfulness, psychological resilience and job burnout, respectively.

**Results:** After an 8-week intervention, compared with the control group, the levels of mindfulness and psychological resilience were higher, while the level of job burnout was lower in the intervention group.

**Conclusions:** The guided self-help mindfulness intervention can improve psychological resilience and reduce job burnout among psychiatric nurses.

## KEYWORDS

job burnout, mindfulness, psychiatric nurses, psychological resilience

# Psychiatric Self Help

**Patrick W. Corrigan, Kim T.  
Mueser, Gary R. Bond, Robert E.  
Drake, Phyllis Solomon**

## **Psychiatric Self Help:**

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**Oxford Handbook of Mental Health Nursing** Patrick Callaghan, Catherine Gamble, 2015-10-01 Fully revised for its second edition the Oxford Handbook of Mental Health Nursing is the indispensable resource for all those caring for patients with mental health problems Practical concise and up to date with the latest guidelines practice and initiatives this handbook is designed to allow essential information to be quickly accessible to nurses in a busy clinical setting This Handbook contains expert guidance on all aspects of the nurses role Written by experienced nurses and teachers it will help you achieve the best possible results for your patients Summaries of key sections of the mental health act are provided as well as the mental capacity act mental health legislation in Scotland and other UK countries New material for the second edition includes expanded and revised information on leadership medications physical interventions basic life support religion spirituality and faith and working with older adults as well as a brand new chapter on contemporary issues in mental health nursing

**Basic Concepts of Psychiatric-mental Health Nursing** Louise Rebraca Shives, 2007 This seventh edition includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter

**Mental Health at the Crossroads** Janet E. Williams, 2017-03-02 This book is a challenge to the enduring status and domination of bio medical approaches in mental health services Contributors from four continents argue that this domination along with modernization and multidisciplinary work will not improve people s lives unless social and psychological perspectives are appreciated and integrated This implies new forms of relationships and social arrangements Mental Health at the Crossroads the Promise of the Psychosocial Approach is a timely analysis of the psychosocial approach as it resonates across the discipline divide considering the past and future development It is written from the perspectives of service users and carers managers practitioners educators researchers and policy makers illustrated with case studies from Australia Brazil Italy UK and the USA This book presents an alternative approach to conventional thinking in mental health providing a fascinating and valuable resource for those seeking new perspectives grounded in theory with practice examples in order to influence the current agenda and change practice



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