


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

Graham Thornicroft



Psychiatric Self Help:

Self-Help in Mental Health T. Mark Harwood, Luciano L'Abate, 2009-11-24 Self help is big business but alas not a scientific business The estimated 10 billion that is spent each year on self help in the United States is rarely guided by research or monitored by mental health professionals Instead marketing and metaphysics triumph The more outrageous the miraculous cure and the revolutionary secret the better the sales Of the 3 000 plus self help books published each year only a dozen contain controlled research documenting their effectiveness as stand alone self help Of the 20 000 plus psychological and relationship web sites available on the Internet only a couple hundred meet professional standards for accuracy and balance Most in fact sell a commercial product Pity the layperson or for that matter the practitioner trying to navigate the self help morass We are bombarded with thousands of potential resources and contradictory advice Should we seek wisdom in a self help book an online site a 12 step group an engaging autobiography a treatment manual an inspiring movie or distance writing Should we just do it or just say no Work toward change or accept what is Love your inner child or grow out of your Peter Pan I become confused and discouraged just contemplating the choices Mental Health Self-Help Louis D. Brown, Scott Wituk, 2010-08-05 Building on earlier patient empowerment movements consumer and advocate driven mental health self help MSHS initiatives currently outnumber traditional mental health organizations At the same time this apparent success raises significant questions about their short term efficacy and their value to lasting recovery Mental Health Self Help assembles the state of the evidence on the effectiveness of MSHS beginning with the individual and larger social factors behind the expansion of consumer directed services Clearly organized and accessibly written the book traces the development and evolution of MSHS as both alternative and adjunct to traditional mental health structures offers research based perspectives on the various forms of MSHS and identifies potential areas for consumer initiatives to work with and help improve mental health systems Contributors weigh strengths and limitations raise research and methodology questions and discuss funding and training issues to give readers a deeper understanding of the field and an informed look at its future impact on mental health treatment Individual chapters cover the spectrum of contemporary self help initiatives in mental health including Online mutual aid groups Consumer run drop in centers Family and caregiver groups Certified peer support specialists Consumer advocacy initiatives Technical assistance organizations Professional self help collaborations Mental Health Self Help is a bedrock guide to an increasingly influential aspect of the mental health landscape Researchers studying these initiatives from a variety of fields including community and clinical psychology and public health as well as clinicians counselors social workers case managers and policymakers will find it an indispensable reference **Self-Help That Works** John C. Norcross Ph.D., Linda F. Campbell Ph.D., John M. Grohol PsyD, John W. Santrock Ph.D., Florin Selagea M.S., Robert Sommer Ph.D., 2013-03-05 Self help is big business but alas not always a scientific one Self help books websites and movies abound and are important sources of psychological advice for millions of Americans But how can you sift through

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Videbeck,2006 The revised and updated Third Edition of this popular text explores the full psychiatric nursing care continuum from the fundamentals of sound nursing theory to therapeutic applications and clinical modalities for the major DSM IV TR disorders Using the nursing process as its framework the text emphasizes assessment therapeutic communication neurobiology and psychopharmacologic intervention all in a reader friendly format that promotes self awareness effective communication and the use of family and community resources BOOK JACKET **Psychiatric & Mental Health Nursing - E-Book** Ruth Elder,Debra Nizette,Katie Evans,2011-06-02 The new edition of Psychiatric and Mental Health Nursing focuses on practice in mental health and psychiatric care integrating theory and the realities of practice Mental wellness is featured as a concept and the consideration of a range of psychosocial factors helps students contextualise mental illness and psychiatric disorders The holistic approach helps the student and the beginning practitioner understand the complex causation of mental illness its diagnosis effective interventions and treatments and the client s experience of mental illness

Mental Health, United States ,1998 **Principles and Practice of Psychiatric Rehabilitation** Patrick W. Corrigan,Kim T. Mueser,Gary R. Bond,Robert E. Drake,Phyllis Solomon,2012-08-22 This comprehensive authoritative text provides a state of the art review of current knowledge and best practices for helping adults with psychiatric disabilities move forward in their recovery process The authors draw on extensive research and clinical expertise to accessibly describe the whats whys and how tos of psychiatric rehabilitation Coverage includes tools and strategies for assessing clients needs and strengths integrating medical and psychosocial interventions and implementing supportive services in such areas as housing employment social networks education and physical health Detailed case examples in every chapter illustrate both the real world challenges of severe mental illness and the nuts and bolts of effective interventions *Psychiatric*

Rehabilitation Carlos W. Pratt, Kenneth J. Gill, Nora M. Barrett, Melissa M. Roberts, 2013-08-29 The third edition of *Psychiatric Rehabilitation* discusses interventions to help individuals with mental illness improve the quality of their life achieve goals and increase opportunities for community integration so they can lead full and productive lives This person centered approach emphasizes strengths skill development and the attainment of valued social roles The third edition has been fully updated with new coverage indicating how to address medical problems while treating for mental illness wellness and recovery evidence based practices and directions for future research Retaining the easy to read engaging style each chapter includes key terms with definitions case studies profiles of leaders in the field special issues relating to treatment and ethics and class exercises Providing a comprehensive overview of this growing field the book is suitable as an undergraduate or graduate textbook as well as a reference for practitioners and academic researchers Special Features Provides new coverage on comorbid medical disorders evidence based practices wellness and recovery and direction for future research Identifies controversial issues relating to treatment and ethics Supplies case study examples to illustrate chapter points Highlights key terms with definitions and key topics Offers focus questions and class exercises as a teaching tool New coverage of DSM V diagnosis evidence based treatment and daily living skills training Retains case studies boxed controversial issues glossary

Psychiatric Advanced Practice Nursing Eris F Perese, 2012-01-05 Here s an evidence based holistic approach to caring for psychiatric and mental health patients in outpatient settings Using a biopsychosocial model this text addresses mental health issues through stabilization of brain chemistry individualized psychotherapy and re socialization into the community Inside you ll find an in depth focus on specific psychiatric disorders including the epidemiology etiology biological basis clinical presentation of adults older adults and children co morbidities differential diagnosis and treatment There is also comprehensive coverage of the interventions and Levers of Change used to aid patients in their recovery as well preventative interventions Self-Help and Mutual Aid Groups Francine Lavoie, Benjamin Gidron, 2014-01-09 Here is new information on the development of international and intercultural research on self help groups This book reflects the many developments which have occurred in the field over the past decade emphasizing empirical research Self Help and Mutual Aid Groups provides specific research findings and honed concepts to help health professionals learn more about self help groups and work effectively with such groups More countries and ethnic groups are now involved in the self help movement and this volume increases knowledge of how different cultures react to and participate in self help mutual aid and how self help groups can be adapted to fit different racial or ethnic populations Self Help and Mutual Aid Groups explores the definition of self help the centrality of culture as a major factor explaining variability in self help the development of appropriate methodological tools and the role and involvement of professionals It brings together different traditions of research for the study of cross and intercultural and inter and intraorganizational aspects of self help groups Contributors who represent various disciplines including psychology sociology social work and nursing discuss a paradigm for research in self help the

development of self help groups in Japan Hong Kong and the former East Germany the participation of blacks in Alcoholics Anonymous the participation of Mexican Americans in groups for parents of the mentally ill relationships between self help groups and health professionals predictors of burnout in self help group leaders characteristics of effective groups ways individuals change their world view through self help participation Self Help and Mutual Aid Groups is an informative and helpful resource for self help researchers and teachers students and professionals who want to be more effective in their work with self help groups across cultural and national lines

Principles and Practice of Psychiatric Rehabilitation, Second Edition Patrick W. Corrigan, 2016-05-26 Revision of Principles and practice of psychiatric rehabilitation Patrick W Corrigan et al Psychiatric Mental Health Nursing Patricia O'Brien, 2008-08-15 Psychiatric Nursing provides a focused thorough introduction to psychiatric mental health nursing including nursing assessment and intervention of the most common mental disorders as classified in the DSM IV This text guides nurses in managing special populations clarifying neurobiologic theories and conducting psychiatric nursing evaluations Additionally Psychiatric Nursing presents the latest on psychotropic drugs addresses legal and ethical concerns within psychiatric nursing and discusses complementary and alternative therapies Perfect for undergraduate courses the text features Learning Objectives Key Terms Critical Thinking Questions Case Studies Clinical Examples Care Plans Diagnostic Criteria Patient and Family Education Internet Resources Implications for Evidence Based Practice Client Teaching Guides

Essentials of Psychiatric Mental Health Nursing Elizabeth M. Varcarolis, 2012-09-26 This focused approach to psychiatric mental health provides you with an uncomplicated way to understand the often intimidating subject of psychiatric nursing Inside you ll find two themes of psychiatric mental health nursing the How of Communication and the Why of Evidence You will also find easy to understand explanations of the research that applies to psychiatric nursing issues and how to incorporate this evidence into everyday care

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care based on the evidence Vignettes describe real world psychiatric patients and their disorders Assessment Guidelines boxes summarize the steps of patient assessment for various disorders Applying the Art boxes offer clinical scenarios demonstrating the interaction between a nurse and a patient the nurse s perception of the interaction and the mental health nursing concepts in play Potential Nursing Diagnoses tables list possible nursing diagnoses for a particular disorder based on ICNP terminology along with the associated signs and symptoms Nursing Interventions tables list interventions for a given disorder or clinical situation along with rationales for each intervention DSM 5 Criteria boxes identify the diagnostic criteria for most major disorders Integrative Care boxes highlight the different types of therapy may be used to enhance treatment Giddens Concept boxes at the beginning of each chapter tie concepts to the topics to be discussed NEW Next Generation NCLEX NGN examination style case studies are included in the clinical disorders chapters to promote critical thinking and help to prepare you for the NGN exam *Oxford Textbook of Community Mental Health* Graham Thornicroft,2011-08-18 Community mental health care has evolved as a discipline over the past 50 years and within the past 20 years there have been major developments across the world The Oxford Textbook of Community Mental Health is the most comprehensive and authoritative review published in the field written by an international and interdisciplinary team **Essentials of Psychiatric Mental Health Nursing - Revised Reprint - E-Book** Elizabeth M. Varcarolis,2014-01-10 NEW Chapter on stress identifies symptoms and triggers of stressors NEW Selected Concept boxes include pertinent information at the beginning of every chapter NEW Cultural Considerations sections reinforce the principles of culturally competent care NEW Additional discussions of QSEN are incorporated in the Nursing Process and QSEN chapter NEW Opening unit pages include photos and information about the most important contributions of psychiatric mental health nursing pioneers NEW Updated Table of Contents improves content flow and eliminates redundancy **Practicing Psychiatry in the Community** Jerome V. Vaccaro,Gordon H. Clark,1996 Today s rapidly changing mental health care environment has created both complex challenges and unique opportunities for the community psychiatrist Practicing Psychiatry in the Community A Manual is an indispensable resource for practitioners and psychiatric residents Clinically active psychiatrists will find this manual invaluable as they adopt new roles in this dynamic and exciting field This comprehensive work by leading experts in the field addresses the major issues currently facing community psychiatrists It even includes a user friendly guide to the development of a research program in a community setting Organized into three main sections this manual provides essential information on treatment settings target populations and special topics in the community psychiatry domain The Treatment Continuum explores the varied environments in which community psychiatric services may be offered including outpatient treatment crisis resolution services and psychiatric rehabilitation programs Populations such as mentally disordered children adolescents and the elderly HIV infected patients the homeless mentally ill the developmentally disabled chemically dependent patients dually diagnosed patients violent patients and the chronically mentally ill have unique needs requiring

skilled clinical care The Target Populations section provides the community psychiatrist with useful and practical guidelines for the treatment of each of these patient groups The Special Topics section ushers the community psychiatrist into the era of contemporary community psychiatric practice with vital information on emerging issues like cultural diversity the principles of effective collaboration with advocacy and family self help groups the role of the multidisciplinary team and legal and training issues

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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