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Grace Peterson Nursing Research Colloquium

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## The Effects of Guided Meditation on the Stress Levels of Student Registered Nurse Anesthetists

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# The Effects of Guided Meditation on the Stress Levels of Student Registered Nurse Anesthetists

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## Abstract

**Background:** Student Registered Nurse Anesthetists (SRNAs) cope with both academic and clinical stressors which can lead to an increase in stress, anxiety and depression. <sup>1</sup> The literature demonstrates that guided meditation is a useful tool that can be integrated into daily life to help decrease stress and improve well-being.<sup>2</sup>

**Objectives:** The purpose of this DNP project was to describe the level of stress among SRNAs and examine the relationship between a guided meditation intervention and self-reported stress, depression, wellness, and self-efficacy among second year SRNAs.

**Method:** The participants were second year anesthesia students attending NorthShore University School of Nurse Anesthesia. A pre and post survey design was used to measure the impact of six, five-minute guided meditation sessions on the self-reported stress levels amongst SRNAs over a 15-week period. The 10-question survey was based on the Perceived Stress Scale (PSS). The pre-survey was disseminated via a pen to paper test prior to the first guided meditation intervention. Due to COVID-19 and class cancellations, the post-survey and final intervention were sent via email to all second year SRNAs.

**Results:** The response rate of the post-survey and intervention was 85.7% (n=18) out of the 21 students that completed the pre-survey. Results showed that there was no evidence of decreased stress levels from pre to post-survey responses. The post-survey included three additional questions relating to the application of guided meditation into their practice. Most students, 61% (n=11) agreed that they would use guided meditation in their future clinical practice for stress reduction. Additionally, 66.6% (n=12) of students noticed an improvement in their concentration after the guided meditation. Lastly, 77% (n=14) agreed that guided meditation should be implemented into the curriculum.

**Conclusion:** Our study found that future research needs to be completed to review the use of guided meditation for stress reduction among SRNAs.

**Keywords:** Student registered nurse anesthetists, stress, guided meditation, self-efficacy, wellness

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