

Mindfulness for Enhanced Performance Course

The consequences of work related stress, especially in the human service sector, include poor sleep quality, anxiety, emotional exhaustion and burnout. Mindfulness-based interventions in the workplace have shown promising results in reducing stress, and enhancing employees well-being, job satisfaction and sleep quality. This research paper represents the findings of two studies conducted on employees from Agency for Integrated Care (AIC). Study 1 examined the effects of a 4-week mindfulness intervention on 38 participants on measures of burnout and perceived stress. Study 2 investigated the impact of a 4-week mindfulness intervention on perceived stress and sleep quality on 49 employees. Both studies adopted a single-group, pre-post intervention design. **In Study 1, participants reported significant improvements in professional achievement. Study 2 found significant improvements in participants' quality of sleep after the mindfulness intervention.** Qualitative feedback across the 2 studies demonstrated that participants learned techniques to reduce stress, and mindfulness helped them to become kinder and communicate more effectively with both their clients and colleagues.

Table 2: PSS-10, MBI before and after intervention (N=38)

Variable	Pre-Intervention		Post-Intervention		Pre-post difference			
	Mean	SD	Mean	SD	Mean	SD	<i>p</i>	<i>d</i>
PSS-10	19.82	5.09	18.24	5.1	-1.58	4.9	0.055	0.310
Emotional Exhaustion	26.45	12.35	24.92	10.46	-1.53	7.46	0.215	0.134
Depersonalisation	8.47	5.75	9.05	5.28	0.58	4.51	0.434	0.105
Professional Accomplishment	26.89	7.60	30.13	5.80	3.24	6.24	0.003*	0.484

PSS-10 Perceived Stress Scale, *MBI* Maslach Burnout Inventory – Human Service Survey, *SD* Standard Deviation, *p* Significance Level (two-tailed), *d* Effect Size

