Investigation of the Relationship Between Mindfulness and Empathy in Pre-Nursing Students Exposed to a Four-Week Mindfulness Training

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Abstract
Objective: To investigate the effects of a four-week mindfulness program on levels of mindfulness, empathy, and anxiety in a group of pre-nursing students.

Methods: This study utilized a multiple-baseline across subjects design. Results from nine study participants were examined.

Results: Data demonstrates that a detectable decrease in anxiety levels can result from participation in self-directed mindfulness program as short as four weeks. Results regarding mindfulness and empathy levels were less conclusive. A specific relationship between empathy and mindfulness cannot be determined from this study.

Conclusions: Because previous studies have demonstrated a persistence of skills, practice, and benefits acquired through mindfulness training it can be concluded that individuals exposed to a four-week program will continue to develop benefits beyond those initially expressed. The incorporation of a mindfulness training into nursing curriculum is likely to yield beneficial outcomes for the students and those that they serve throughout their career. Moreover, mindfulness can be incorporated into curriculum in cost-effective and scalable ways. Despite the noted limitations of this study, the results add to the overwhelmingly positive evidence regarding the beneficial outcomes of mindfulness; no significant drawbacks or side-effects of mindfulness practice have been demonstrated. Therefore, healthcare providers and healthcare educators should give real consideration to the practice of mindfulness.

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the correlation between the variables of mindfulness and self-compassion, empathy, and serenity in RNs. (Hypothesis 2: Mindfulness will be positively associated with self-compassion, empathy, and serenity.)

the effects of MBSR on shift incidental overtime in RNs. Pre- to posteffects for Self-Compassion Scale and Interpersonal Reactivity Index subscales. The primary aim also tested the effect of MBSR on work satisfaction. The relationship was weak and insignificant between mindfulness and empathy. The hypothesis that mindfulness would be positively associated with self-compassion and serenity was supported. However, the hypothesis that mindfulness would be positively associated with empathy wasn't supported by the data. Mindfulness has become a well-known term, and with that people want to learn more. Here are 22 mindfulness exercises for adults and practitioners. The first portion of each session is devoted to a short mindfulness exercise and discussion. The treatment plan's mindfulness exercises went as follows: Session 1: Raisin Exercise; Session 2: Body Scan; Session 3: Mindful Seeing; Session 4: Mindfulness of the breath, sounds, and thoughts; Session 5: Acceptance of thoughts and feelings exercise; Session 6: Acceptance of Social Anxiety

Keywords: Empathy, Entrepreneurship Education, Mindfulness, Ultra-Brief Mindfulness.

INTRODUCTION. Entrepreneurship education has become a feature in higher education—increasingly across many different disciplines. The objective of the research was to assess empathy of college students after incorporating mindfulness interventions into marketing and entrepreneurship courses. The research proposed to affect the empathy dimensions of entrepreneurial mindset. The variables examined include perspective taking, online simulation, emotion contagion, peripheral responsivity, proximal responsivity, cognitive empathy, and affective empathy using the Questionnaire of Cognitive and Affective Empathy (QCAE; Reniers et al., 2011). Longitudinal research investigating the enduring impact of mindfulness training is scarce. This study investigates the six-year effects of a seven-week mindfulness-based course, by studying intervention effects in the trajectory of dispositional mindfulness and coping skills, and the association between those change trajectories and subjective well-being at six-year follow-up. The time point at which these two coping strategies are deployed in response to a specific stressor is believed to contribute to their divergent trajectories [20]. PFC, exemplified by strategies like reappraisal, is thought to represent a more immediate, proactive coping strategy, thereby reducing the momentum of the stress response and potentially even shifting that momentum in more constructive directions [20].