Stress Management Articles

  
  The purpose of this study was to examine spiritual quality of life (QOL) of veterans with intestinal ostomies. Male veterans with total scores in the upper (n = 59) and lower (n = 61) quartiles of the City of Hope Quality-of-Life–Ostomy survey provided spiritual QOL data. Analyses included chi-square and analysis of variance with significance set at p < .05. Content analysis was used to explicate narratives and focus groups.

  Read the full article [here](#).

  **Note:** Commentary by Joan Engebretson.


  The purpose of this study was to assess the feasibility of whether mindfulness-based stress reduction (MBSR) has a positive effect on breast cancer survivors' psychological status, psychosocial characteristics, symptoms, and quality of life (QOL) during the critical transition period from end of treatment to resumption of daily activities. A sample of 19 women who completed breast cancer treatment with lumpectomy, radiation, and/or chemotherapy was recruited from the Moffitt Cancer Center and Research Institute, a National Cancer Institute—designated cancer center, and the University of South Florida. The authors assessed the feasibility, compliance, and whether an 8-week MBSR program positively influenced changes in psychological status (fear of recurrence, perceived stress, anxiety, depression), psychosocial characteristics (optimism, social support, spirituality), physical symptoms, and QOL.


  The purpose of this study was to investigate whether a mindfulness-based stress reduction program for cancer (MBSR-C) improved psychological and physical symptoms, quality of life (QOL), and stress markers among advanced-stage cancer patients and caregivers. Patients previously diagnosed with advanced-stage breast, colon, lung, or prostate cancer and on treatment were recruited from the Moffitt Cancer Center and Research Institute. Twenty-six patient–caregiver dyads completed a modified 6-week, self-study MBSR-C program based on the Kabat–Zinn model. Psychological and physical symptoms and QOL were compared pre– and post–MBSR-C sessions. Salivary cortisol and interleukin-6 were assessed pre– and post–MBSR-C session at 1, 3, and 6 weeks.

The purpose of this evaluation was to assess the feasibility of mindfulness-based stress reduction (MBSR) for veterans with mental health conditions and to evaluate its efficacy on psychological well-being and stress reduction. 30 veterans within a mental health clinic of a VA (Veterans Administration) medical center were enrolled in an 8-week standard MBSR program. Perceived stress, sleep, mindfulness, and depression were measured via self-reports at baseline and study end. Feasibility was measured by compliance and satisfaction with the course.

Read the full article here.


Multiple stressors are affecting the mental and physical health of entire populations. In this pilot study, the experience of a guided imagery presentation through the Internet reduced stress in a convenience sample of 29 adult participants as evidenced by a self-reported single-item rating scale question administered pre- and postintervention. Demographics are reported for descriptive statistics of the sample.


Test taking in nursing school can produce stress that affects the ability of students to realize their goals of graduation. In this study, the use of lavender and rosemary essential oil sachets reduced test-taking stress in graduate nursing students as evidenced by lower scores on test anxiety measure, personal statements, and pulse rates. Both lavender and rosemary essential oils reduced test taking anxiety. Lavender however also was found to be too relaxing and decreased focus and recall. Rosemary in contrast cleared the mind and increased focus and concentration.

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The purpose of this pilot study was to explore whether co-meditation, shared or cross-breathing, could reduce anxiety and enhance relaxation in a nursing school setting. The specific outcomes to be assessed in the quantitative component were blood pressure, pulse, respirations, and anxiety, both state and trait. A qualitative component explored participants’ experiences with co-meditation following 1 month of practice. Rogers’s Science of Unitary Human Beings formed the theoretical basis for this study. The study employed a pretest/posttest design with participants as their own controls. Quantitative data were collected from a convenience sample of 26 students, faculty, and staff aged 19 to 51 years, male and female. Fourteen participants returned for the qualitative component. Findings suggest that co-meditation may be useful in reducing anxiety, as measured by vital signs and the anxiety inventory forms. Participants reported feeling calmer and more relaxed, balanced, and centered following 1 month of practice. Findings suggest that co-meditation has potential to help transform a nursing educational environment from one that is potentially anxiety provoking to a calmer, more caring one.

Read the full article here.

The purpose of this study was to describe the experience that holistic nurses have in incorporating complementary and alternative modalities in the care of their clients, as well as gain a deeper understanding of holistic nurses and the perceived benefit of utilizing a holistic modality with their clients and themselves concurrently as providers of these modalities. Purposeful samplings of holistic nurses' who include modalities in their healing process were the participants in this exploratory research, which entailed data collection through the use of critical incident reports and open-ended interviews.