

# Preliminary Findings of a 90 Day Virtual Heartfulness Meditation Program to Improve Resilience Among Health Care Students

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## Background: Kindled for Professional Burnout

- Health professional students have been found to have concerning levels of depression and anxiety.<sup>1,2,3,4,5</sup>
- Depression and anxiety predispose students to professional burnout.<sup>6,7</sup>
- 49% of all healthcare workers are reporting burnout during the COVID-19 pandemic<sup>8</sup>
- Resilience can improve and is protective against burnout<sup>9,10</sup>
- Heartfulness meditation has been shown to improve burnout among health care workers.<sup>11</sup>

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## HeaRT Purpose



## Heartfulness Resilience Training

To investigate the feasibility of delivery and effect on resilience, depression and anxiety of a 90-day Heartfulness Meditation Practice delivered virtually for health care students.

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## Methods

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- Randomized and controlled mixed methods intervention study
  - Intervention group
  - Controls waitlisted to crossover
- 26 Students enrolled so far (15 meditators; 11 controls)
- 6 Meditators completed the 90-day meditation program to date
- Surveyed at baseline, 45 days, 90 days
- Intervention group interviewed at baseline, 45 days, 90 days

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## Quantitative Outcome Measures

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Number of meditation sessions completed

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Hospital Anxiety and Depression Scale (HADS)

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Connor-Davidson Resiliency Scale (CDRISC)

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Acceptability CSQ-8

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## Qualitative Questions

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- What do you hope to gain from participating in HearT meditation? (Baseline)
  - General
  - Health
  - Relationships
  - School and work
- Describe any changes or benefits (if any) you've noticed since beginning the HearT meditation (45 and 90 days)

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## Intervention (90 days)

- Heartfulness meditation
- Weekly 1:1 meditation with a trainer (30 min.)
- Group meditations with a trainer (30 min.)
  - Ramps from 1X/wk to 4X/wk over 13 weeks
- Personal meditation training

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## Quantitative Results (HADS)

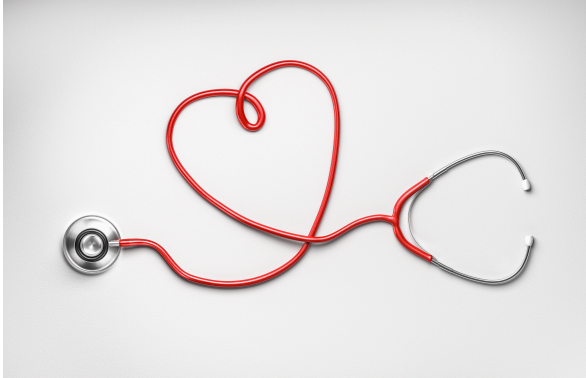
Baseline Depression	Baseline Anxiety	90 Day Depression	90 Day Anxiety
9	10	7	9
2	14	1	7
1	9	0	6
5	15	3	9
9	14	0	4
2	11	1	5
Aggregate	Aggregate	Aggregate	Aggregate
4.67	12.17	2.00	6.67

\*Cut-off score of 8 or above for both HADS Anxiety and HADS Depression

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# Quantitative Results (CD-RISC)



Baseline	90 Days
N=6	N=6
64.17	76.17

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## Relative Resiliency

#	Population	Mean Score
1	US general population	80.7
2	Primary care patients	71.8
3	Psychiatric outpatients	68.0
4	Generalized anxiety	62.4
5	2 PTSD samples	47.8 & 52.8

<http://www.connordavidson-resiliencescale.com/about.php>

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## Qualitative Results

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"I am more patient and less irritable overall"

"I am sleeping better!"

"Improved concentration"

"I am able to recognize when my heart starts to race and ground myself in the moment with patients"

"I am noticing deeper self-awareness and less imposter syndrome"

"During the board exam, my mind was calm, I was in the zone. This was so different from my typical experience with exams"

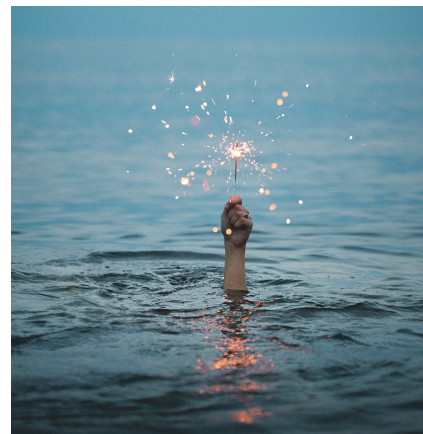


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## Discussion

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- Small sample size
- More information is needed
- Student mental health is both a concern and priority
- Heartfulness meditation is making a positive impact
- Could this intervention or something similar be embedded as curriculum to develop resilient practitioners of the future?



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