**Title:** Mindfulness and burnout prevention: the impact of a mindfulness-based intervention on burnout factors in healthcare professionals

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**Objectives:** To determine whether an 8-week mindfulness-based stress reduction intervention, including mindfulness, yoga, and music, is associated with improvements in self-compassion, a factor related to burnout prevention, in healthcare professionals.

**Abstract:**

* **Context**: Burnout, a pervasive issue among healthcare professionals, is thought to be a consequence of chronic stress and is characterized by emotional exhaustion, depersonalization, and a diminished sense of personal achievement in one’s work. In response, mindfulness-based interventions show promise in alleviating and improving various factors related to burnout in healthcare professionals, including self compassion.
* **Objective:** To assess the impact of an on-site, mindfulness-based burnout-prevention program on self compassion in healthcare professionals continuously exposed to high-stress working conditions.
* **Methods:** Healthcare employees from two similar cardiac progressive care units (PCU) at a large academic medical center participated in the study. Employees of one unit received an 8-week mindfulness-based intervention; the other unit was used as control. The 8-week program consisted of gentle music, yoga, and mindfulness practices tailored to healthcare professionals. Questionnaires assessing levels of compassion towards self were administered at baseline, 8 weeks post, and 9 months post the intervention.
* **Results:** Scores of self-compassion, a factor related to burnout prevention, demonstrated significant increases post-intervention in the intervention group (p < 0.01) with no changes in the control group.
* **Conclusions:** These data suggest that mindfulness-based intervention programs can positively impact self-compassion in healthcare professionals, which may further serve to decrease risk of burnout.
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