

# Effects of Mindfulness Intervention Program Using Smartphone Application on Depression, Job Stress and Communication Skills in Nurses

Eun-Hee Hwang\*, Yun-Kyeong Lee\*\*

\*Professor, Dept. of Nursing, Wonkwang University

\*\*Ph.D. Candidate, Dept. of Nursing, Graduate School, Wonkwang University

e-mail:anchoryk@naver.com

스마트폰 애플리케이션을 활용한 마음챙김 중재 프로그램이 간호사의 우울, 직무스트레스와 의사소통 능력에 미치는 효과

황은희\*, 이윤경\*\*

\*원광대학교 간호학과 교수

\*\*원광대학교 간호학과 박사과정

## Abstract

**Background:** Recently, due to the COVID-19 pandemic, the demands and intensity of work for clinical nurses have increased, and nurses' workload has increased accordingly, but no measures have been put in place to mediate this. Nurses continually experience psychological and emotional problems, which are accompanied by problems in their work performance. One way to effectively cope with these problems is mindfulness. Mindfulness reduces negative emotions such as anxiety, stress, burnout, depression, and turnover intention, and strengthens positive emotions such as empathy, well-being, quality of life, ability to cope with situations, and organizational commitment. Smartphone applications are a useful way to apply interventions to nurses performing busy clinical work. Accordingly, this study aims to confirm the effectiveness of a mindfulness intervention program using a smartphone application. **Methods:** This study is a non-equivalent control group pretest-posttest design to determine the effects of a mindfulness intervention program using a smartphone application on nurses' depression, job stress, and communication skills. The subjects of the study were a total of 60 nurses working at a hospital, including 29 in the experimental group and 31 in the control group. The mindfulness intervention program consists of a total of 8 sessions (2 times a week, 4 weeks), and individual intervention training is conducted 4 times a week for 10-15 minutes. The collected data were analyzed using descriptive statistics, chi-square test, Fisher's exact test, and independent t-test using the SPSS WIN 26.0 program. **Results:** The experimental group that participated a mindfulness intervention program using a smartphone application had significantly lower depression ( $t=2.878, p=.006$ ) and job stress ( $t=3.243, p=.002$ ) than the control group that did not participate. The communication skills ( $t=-3.854, p<.001$ ) score was significantly high. Therefore, the mindfulness intervention program using a smartphone application was confirmed to be a useful intervention to reduce nurses' depression and job stress and increase their communication skills. **Conclusions:** Based on the results of this study, it is necessary to expand the mindfulness intervention program using smartphone applications to nurses in various clinical settings to reduce psychological and emotional problems and increase work efficiency. In addition, it is necessary to apply and evaluate various intervention programs using smartphone applications.

This research was supported by Basic Science Research Program through the National Research Foundation of Korea (NRF) funded by the Ministry of Education (NRF-2021R111A304773312)