

Public Abstract

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Title:A QUALITATIVE AND QUANTITATIVE STUDY EXAMINING EFFECTS OF MINDFULNESS-BASED STRESS REDUCTION (MBSR) ON PHYSICAL AND PSYCHOLOGICAL WELL-BEING AMONG BREAST CANCER SURVIVORS

The study used a mixed-method, quasi-experimental design with qualitative approaches to examine effects of Mindfulness-Based Stress Reduction (MBSR) on physiological and psychological outcomes among early-stage breast cancer survivors. The sample consisted of 32 participants, the intervention group (n = 15) and the control group (n = 17). The outcome variables including blood pressure (BP), heart rate (HR), respiratory rate (RR), salivary cortisol, mood disturbance, symptoms of stress, and mindfulness state were measured at baseline, immediately after the intervention completion, and one-month follow-up. The intervention group received the eight-week MBSR program. The control group received no MBSR intervention. ANOVA and ANCOVA were used to analyze quantitative data. Qualitative data included interviews, field notes and non-participant observation. Content analysis was used to analyze qualitative data.

The findings demonstrated that MBSR was associated with statistically significant improvement in physiological and psychological outcomes including increased mindfulness state and reduced high blood pressure, heart rate, and respiratory rate at the significance level of  $p = .05$  to  $p = .001$ . The effect of MBSR on reducing stress in this sample was statistically significant on morning cortisol at the measurement immediately after the intervention completion, not at one-month follow-up.

Five themes emerged as effects of MBSR: (a) reducing stress, (b) being more aware, (c) being more accepting, (d) being refreshed and having more energy, and (e) having a whole life change. Pleasant and unpleasant experiences during MBSR practice were reported. Participants recommended MBSR to be offered to cancer patients and be integrated in health professional curricula.