

Preliminary data on the effectiveness of

In This Moment program: investigation of its impact on Romanian high school students' stress management abilities

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BACKGROUND

Learning to be mindful – as supported by an impressive body of empirical evidence – develops our ability to more effectively manage stress. Based on Baer's five facets mindfulness model, and on recent findings from neuroscience research, the In This Moment program, developed by Strosahl and Robinson (2015), proposes an effective intervention for managing stress. The first five steps of the program are designed to train the five components of mindfulness; four other steps help the trainees apply their mindfulness skills to important areas of their lives.

AIMS

- To investigate the effectiveness of the In this Moment program with Romanian high school students

PARTICIPANTS

- 431 healthy teenagers (46,8% boys, mean age: 17.11, SD=1.22)
- 190 participated in the program
- 241 on the waiting list

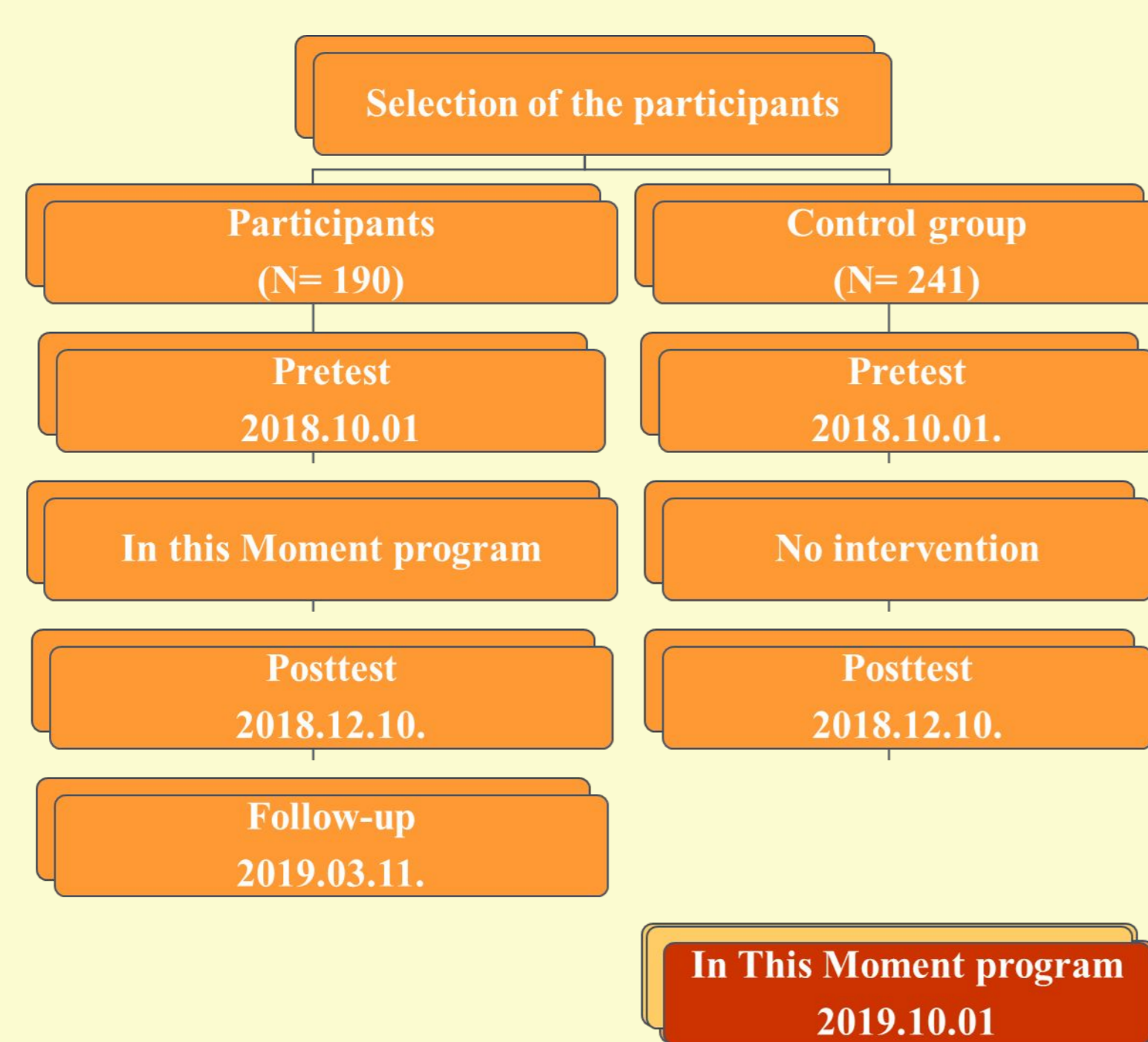
VARIABLES

- psychological flexibility
- subjective well-being
- depression
- anxiety
- stress

MEASUREMENTS

- AAQ-II – Acceptance and Action Questionnaire
- SWLS – Satisfaction with Life Scale
- DASS-21 - Depression, Anxiety and Stress Scale
- FFMQ – Five Facet Mindfulness Questionnaire
- GMSCS - Ghent Multidimensional Somatic Complaints Scale
- TAI – Test Anxiety Inventory
- RCBSS – Revised Cheek and Buss Shyness Scale

PROCEDURE



CORRELATIONS at PRETEST

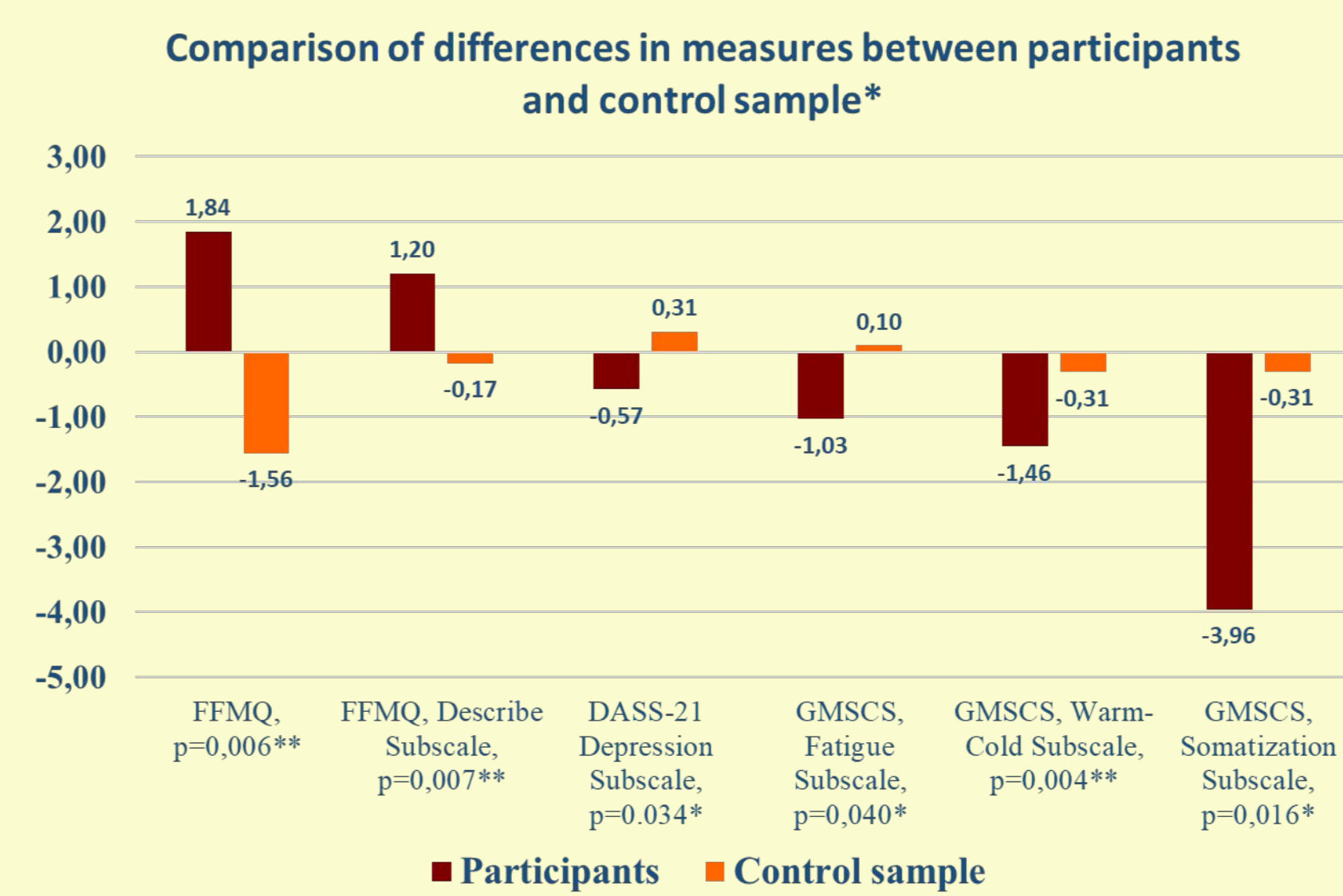
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|-----------------|---------|---------|---------|---------|---------|---------|---------|--------|--------|
| 1. AAQII | | | | | | | | | |
| 2. SWLS | .478** | | | | | | | | |
| 3. Depression | .734** | .461** | | | | | | | |
| 4. Anxiety | .531** | .308** | .637** | | | | | | |
| 5. Stress | .642** | .375** | .695** | .643** | | | | | |
| 6. DASS21 | .731** | .438** | .895** | .862** | .878** | | | | |
| 7. Mindfulness | -.586** | -.360** | -.581** | -.391** | -.486** | -.556** | | | |
| 8. Somatization | .568** | .340** | .641** | .655** | .664** | .742** | -.409** | | |
| 9. TAI | .644** | .335** | .536** | .504** | .541** | .600** | -.486** | .548** | |
| 10. Shyness | .470** | .296** | .437** | .290** | .376** | .426** | -.495** | .357** | .459** |

** . Correlation is significant at the 0.01 level (2-tailed).

- psychological flexibility and mindfulness are strongly and negatively associated with depression, anxiety, stress, somatization and shyness, and positively with satisfaction with life

COMPARISONS at POSTTEST

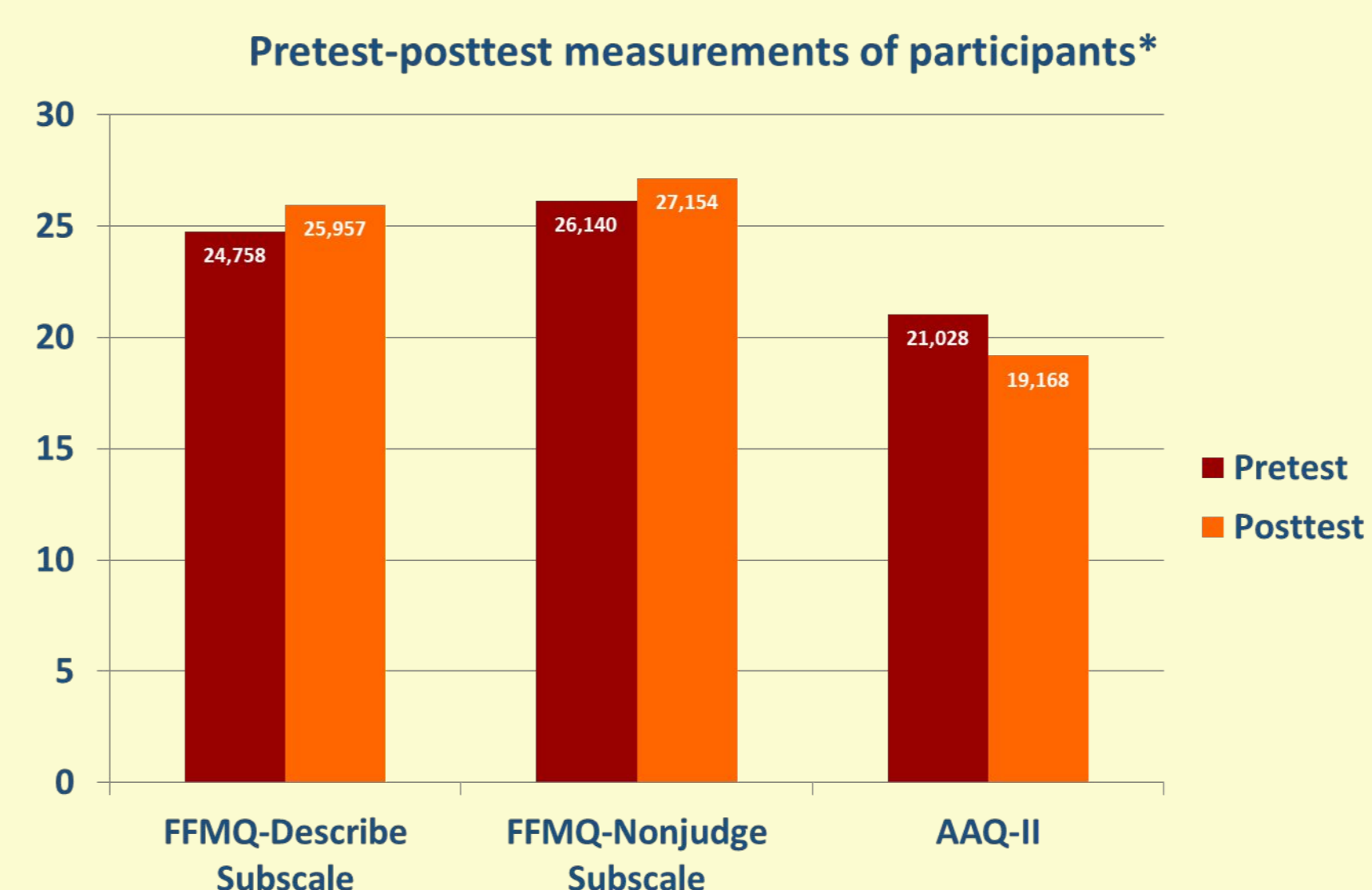
PARTICIPANTS and CONTROL SAMPLE



*All differences were significant at the .05 level

- the average level of mindfulness increased and that of depression and somatization decreased after the intervention for participants

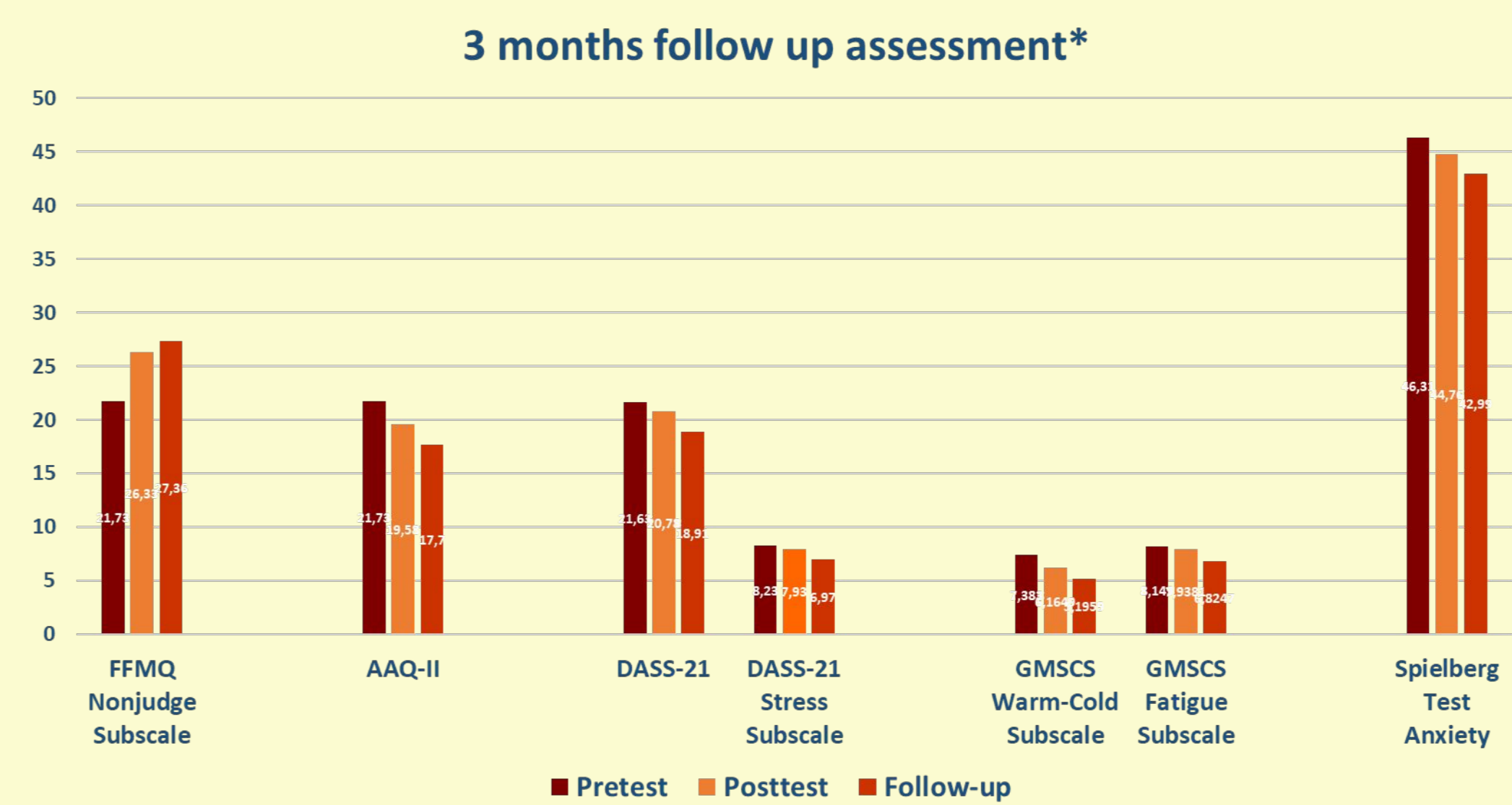
PRE- and POSTTEST RESULTS of PARTICIPANTS



*All differences were significant at the .05 level

- a significantly higher level of psychological flexibility and satisfaction of life were reported by the participants in the experimental sample after the intervention and a slight improvement of their level of mindfulness.

RESULTS of FOLLOW-UP STUDY



*All differences were significant at the .05 level

- maintained positive changes for almost all variables
- significantly higher levels of psychological flexibility and awareness level of the participants
- the vulnerability to depression, stress and anxiety, especially the test anxiety decreased
- lower levels of the subjective somatic symptoms

CONCLUSIONS

Our results – both at posttest, and at follow up – suggest the effectiveness of the In This Moment program in the promotion of psychological wellbeing of Romanian high school students.

More research is needed to capture conditions that would allow improvement of results.

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