

عنوان مقاله:

Effects of Mindfulness-Based Stress Reduction on Positive Affect, Negative Affect, and Emotional Exhaustion of Employees With Occupational Stress

محل انتشار:

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خلاصه مقاله:

**Background & Aims:** An increase in occupational stress can cause physical and psychological disorders as well as mental complications and emotional distress in employees. The present study aimed to investigate the effects of mindfulness-based stress reduction (MBSR) on positive affect, negative affect, and emotional exhaustion of employees with occupational stress. **Materials and Methods:** This quasi-experimental research adopted a pretest-posttest control group design with follow-up. The statistical population included all employees with occupational stress at public organizations in Isfahan (Isfahan Province, Iran) in ۲۰۲۱. The convenience sampling method was employed to select ۳۰ employees, who were randomly assigned to two ۱۵-member groups called the MBSR group and the control group. The members of the MBSR group participated in eight intervention sessions, whereas the members of the control group received no intervention. After the participants completed the positive and negative affect and emotional exhaustion questionnaires in three stages, the repeated measures analysis of variance (ANOVA) was used for data analysis in SPSS ۲۶. **Results:** The posttest and follow-up results indicated that the MBSR intervention decreased negative affect and exhaustion and increased positive affect in employees with occupational stress ( $P < ۰.۰۰۱$ ). The repeated measures ANOVA results of within-group effects showed that the effects of treatment were persistent ( $P < ۰.۰۰۱$ ). **Conclusion:** According to the results, MBSR could improve positive affect and mitigate negative affect and emotional exhaustion in employees. Organizations can use MBSR courses to promote the psychological and emotional well-being of their staff.

کلمات کلیدی:

Mindfulness, Stress, Burnout, Professional, Emotions, Occupational health

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