

INCREASED SALIVARY IMMUNOGLOBULIN A AND REDUCTION OF STRESS AND BURNOUT AFTER A MINDFULNESS AND SELF-COMPASSION-BASED INTERVENTION IN THE WORKPLACE

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INTRODUCTION

Mindfulness and Self-Compassion-Based Interventions (MSCBI) have shown their effectiveness in the management of work-related stress in the workplace, by favorably influencing the regulation of the hypothalamic-pituitary-adrenal axis and by helping to reduce cortisol levels (Kersemakers et al., 2018; Mulla et al., 2017). Nevertheless, further research is called for in order to compare the effects of MSCBI to those of conventional intervention strategies and to ascertain their influence on other biomarkers, such as salivary immunoglobulin A (slgA) (Gómez-Alcaina et al., 2013).

MATERIALS AND METHODS

OBJECTIVE

Analyze the impact of an **MSCBI** on the **self-compassion, psychological flexibility, perceived stress, burnout and slgA levels** of a group of employees in their workplace, compared to a workplace stress management intervention (WSMI)

PARTICIPANTS

	MSCBI Group (n = 13)	WSMI Group (n = 13)
Men	6 (46.2%)	8 (72.7%)
Women	7 (53.8%)	3 (27.3%)
Age	41.08 ± 6.92	39.91 ± 12.00

VARIABLES

Self-Compassion Scale-Short Form (SCS-SF; Raes et al., 2011)
Acceptance and Action Questionnaire (AAQ-II; Bond & Tenenbaum, 2019)
Perceived Stress Questionnaire (PSS; Levenson et al., 1993)
Maslach Burnout Inventory-General Survey (MBI-GS; Maslach et al., 1996)
Salivary IgA levels (Salivette®)

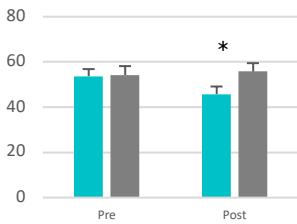
MINDFULNESS AND SELF-COMPASSION-BASED INTERVENTION

CONTENTS

SESSION	Exercises during the week
SESSION 1: Motivation and basic concepts	Mindful breathing. Explore the experience
SESSION 2: Obstacles to practice. Calming the mind	Attention to the body sensations. Gratitude diary
SESSION 3: Attentional skills	Attention to thoughts. Conscious walking
SESSION 4: The acceptance's attitude. Relationship to experience	Acceptance and openness of mind. Mindful listening
SESSION 5: The relation to oneself. Address mind	Impartiality and kindness. Care moment
SESSION 6: The relationship with others. Compassion	Self-compassion and compassion. Adherence. Maintenance group

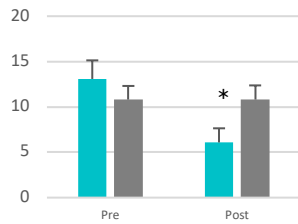
RESULTS

STRESS



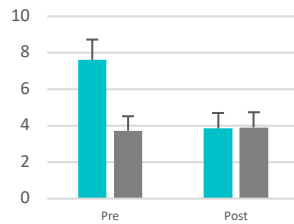
* $F_{1,21} = 6.643, p = .018, d = .813$

EXHAUSTION

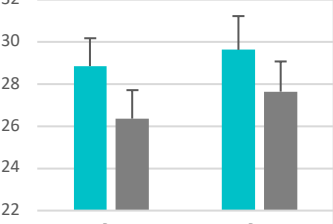


* $F_{1,21} = 14.518, p = .001, d = .875$

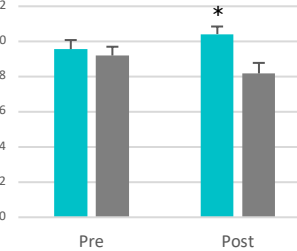
CYNISM



EFFECTIVENESS

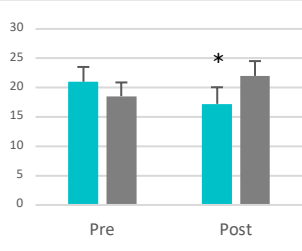


SELF-COMPASSION



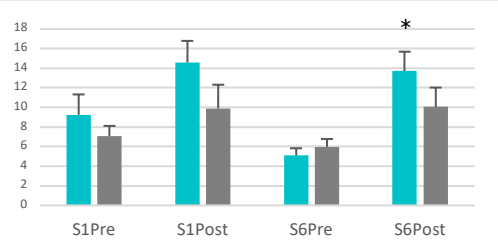
* $F_{1,21} = 14.879, p = .001, d = .594$

PSYCHOLOGICAL INFLEXIBILITY



* $F_{1,21} = 8.374, p = .009, d = .511$

slgA



* $F_{1,21} = 5.601, p = .028, d = .534$

Legend:
 WSMI Group (Grey)
 MSCBI Group (Cyan)

ANCOVA (Baseline as covariate to avoid its influence)

CONCLUSIONS

The **MSCBI** has been **more effective** than the WSMI in **increasing self-compassion and psychological flexibility**, and **reducing perceived stress and burnout**. Furthermore, an **increased** was observed in the **slgA levels** after the last session of the **MSCBI**, compared to the WSMI. Introducing **MSCBI** in companies can be a useful strategy to improve the **effective management of stress** and to **prevent the burnout syndrome** in employees (Kersemakers et al., 2018). Moreover, the increased **slgA** observed contributes evidence in favor of the suitability of this biomarker for the study of the effects of **MSCBI** in the workplace (Gómez-Alcaina et al., 2013).

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