

# MINDFULNESS, STRESS and BURNOUT in UNIVERSITY STUDENTS: A STRUCTURAL MODEL

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## INTRODUCTION

University students experience high levels of psychological distress because of the academic pressure (Hindman, 2015). In general, some programmes to improve wellbeing in the University population intervene on distinct variables related to mindfulness. However, it is unknown the specific preventive role of important mindfulness facets, such as awareness and non-judgement, in the prevention of stress and burnout in University students.

### AIM

To assess the degree of associations between the dimensions of mindfulness, awareness, non-judgement, and stress and burnout, in University students.

## MATERIALS AND METHODS

### SAMPLE

Spanish University students  
(*N*=1233)  
Men 261 (21.2%)  
Women 972 (78.8%)  
Age 22.19 ± 5.18

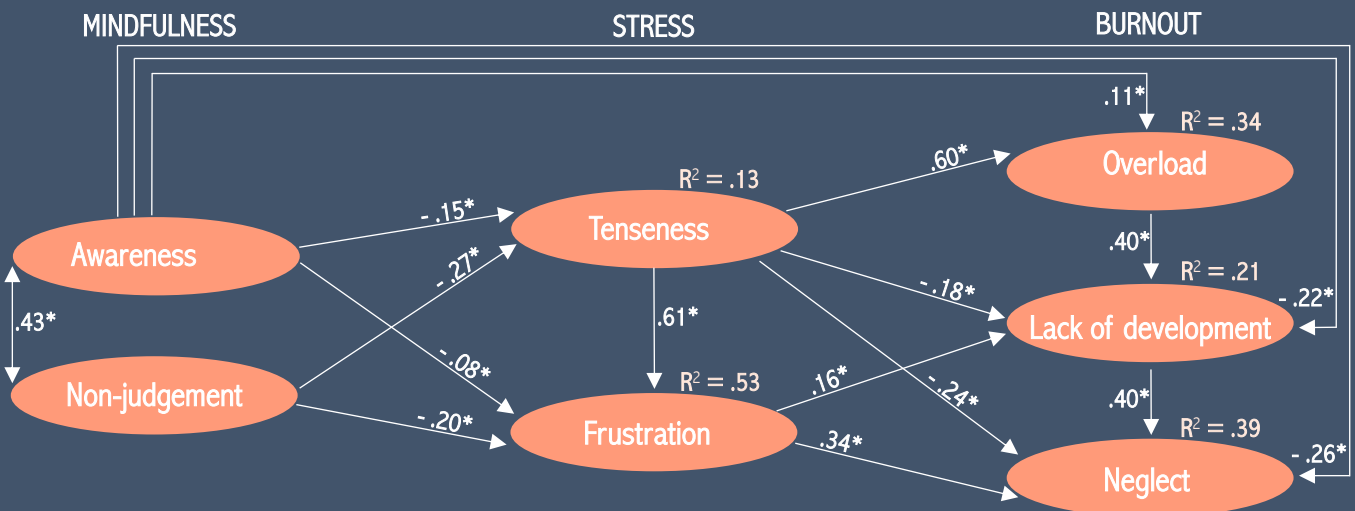
### VARIABLES

Five Facets Mindfulness Questionnaire (FFMQ)  
Perceived Stress Questionnaire (PSQ)  
Burnout Clinical Subtype Questionnaire-Student Survey (BCSQ-12-SS)

Awareness and Non-judgement  
Tenseness and Frustration  
Overload, lack of development and neglect

## RESULTS

A **STRUCTURAL EQUATION MODEL** was developed using the maximum likelihood method. The relationships between factors, adjustment of the model and level of invariance between sex and type of studies (healthcare vs. education), were evaluated.



90% CI

$\chi^2/df=2.82$ ; TLI=0.946; CFI=0.952; RMSEA=0.038 (0.036 - 0.041); SRMR=0.043;  $*p < .05$

## CONCLUSIONS

University students might improve wellbeing by programmes focused on the enhancement of the mindfulness facets of non-judgement (to reduce stress) and awareness (to treat burnout). This model could be used as a heuristic to intervene on wellbeing in this population.

Hindman, R. K., Glass, C. R., Arnkoff, D. B., & Maron, D. D. (2015). A comparison of formal and informal mindfulness programs for stress reduction in university students. *Mindfulness*, 6(4), 873-884. doi: 10.1007/s12671-014-0331-1  
Montero-Marín, J., Demarzo, M. M. P., Stapinski, L., Gili, M., & García-Campayo, J. (2014). Perceived stress latent factors and the burnout subtypes: a structural model in dental students. *PLoS one*, 9, e99765