

## **Abstract**

This study was conducted to assess the effectiveness of Mindfulness Training among nurses experiencing mental health problems. A Quasi-experimental research design was used to assess treatment in a pre-test and post-test design. A purposive sampling was chosen to accumulate samples for the research. The sample was compromised of ( $N=16$ ) participants, with an age range of (20-40) years ( $M=2.25$ ,  $SD=.578$ ) including female nurses. The intervention included of three phases. In order to objectify the issues of distress and degree of wellbeing in phase I of the treatment, semi-structured interviews, subjective evaluations, Mental Health Inventory, and Oldenburg Burnout Inventory were utilized. It was observed that the common problems faced by the participants were emotional ties, loss of behavioral/emotional control, burnout and relationship issues. Eight participants in the experimental group and eight participants in the control group received interventions during phase II. There were 8 sessions total during the intervention phase, which lasted for 8 weeks. The intervention protocol consisted of rediscovering here and now, exploring body and mind, reducing stress and emotions mindfully, communicating mindfully, cultivating happiness, kindness and gratitude. It was found by the Mann Whitney test that there was a statistically significant difference between the experimental and control groups at the post-test level during Phase III of the intervention. The Wilcoxon Signed Ranked suggested a statistically significant difference between the experimental group's pre-test and post-test. The results of this research provide important implications regarding the efficacy of mindfulness training as a treatment for nurses who are struggling with mental health issues.

*Keywords:* Mindfulness, Wellbeing, Distress, Mental Health, Burnout, Life Satisfaction