

*Abstract*

## Evaluation of Mindfulness Training on 333 Medical Students

by Klaus Kramer<sup>1</sup>, Oliver Keis<sup>2</sup>, Johanna Thiele<sup>1</sup> and Evelin Kramer<sup>3</sup>

<sup>1</sup>Department Integrative Medicine, University Hospital Ulm, Germany

<sup>2</sup>Faculty of Medicine, Ulm University, Germany

<sup>3</sup>MBSR Ulm, Germany

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**Background:** “It is not without reason that the burnout risks and turnover rates and intentions of physicians and nurses are among the most frequently reported challenges and studied outcomes in healthcare and hospital settings. Both stress reactions, burnout and leaving the organisation or profession, pose major challenges to the healthcare system.” (Hämning et al., BMC Health Serv Res 2018)

**Objective:** To evaluate the quality of mindfulness training (MBSR) in medical students

**Methods:** Based on the teaching quality evaluation at the medical faculty of the University of Ulm, the results of according questionnaires - respecting 5 dimensions, addressing 21 further differentiated questions as well as additional prosaic quality feedback - were analysed.

**Results:** Out of 627 medical students - a total who were trained in integrative medicine within 12 semester (52,25 medical students/Semester) - 333 medical students (15,1 participants / course) were trained at the University Hospital of Ulm (Germany) based on the curriculum of

Mindfulness-Based-Stress-reduction-(MBSR)-according to Jon Kabat-Zinn.

Respecting a maximum of 60 reachable points, the quality of teaching evaluation (QTE) showed a mean and median (m / M) regarding scope and context (m=55 / M=54,5), organization and structure (m=56,2 / M=57), teaching engagement (m=57,8 / M=56,5), teaching goals and contents (m=56,1 / M=56,5), didactical implementation (m=57,9 / M=57), of participating medical student further differentiated on additional 21 subscales. The participants judgement on the whole course respecting school marks (1 = very good and 6 = failed) showed up as very good (m = 1.22 and M = 1.32).

Thus, the mean and median feedback of 333 participating medical student on the mindfulness training was excellent. Quality feedback based on individual prosaic statements regarding the training of mindfulness was experienced enormous essential, as stress reducing, and supported the experience of “being accepted as I am.

*Keywords: mindfulness, training, medical students, MBSR*