

## 4<sup>th</sup> Annual Congress on MENTAL HEALTH

April 12, 2024 | Webinar

### An rct evaluation of the effectiveness of a mindfulness-based, rumination-focused nursing care for rumination (RFN) program for people with mental disorders III-a qualitative analysis focusing on the participants' experiences

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**Purpose:** The purpose of this study was to provide qualitative data on "how people with mental disorders experience mindfulness" in order to understand the experiences of people with mental disorders and to provide basic data for the safe implementation of mindfulness.

**Methods:** Subjects were those who had participated in at least 80% of Rumination Focused Nursing Programs (hereafter; RFN Program) and who had described their homework practices (including pre-assignments of what they noticed and felt). Practice records were requested to be written from the first day of the program to 3 months after the end of the program. Data analysis was conducted using user-local AI text mining (<https://textmining.userlocal.jp/>) word cloud, word frequency, and co-occurring keywords.

**Results:** There were 9 (64%) female and 5 (35, 7%) male subjects in the analysis. The mean age of the subjects was 60, 1 ( $\pm 14$ , 9) years. The primary diagnosis was schizophrenia in 9 patients (64, 3%) and other diagnoses in 9 patients. Among the most frequently occurring words were nouns: breathing (460 times), calm (219 times), and miscellaneous (211 times). Verbs were can (386 times), do (149 times), and believe (126 times). Adjectives were good (134 times), easy (29 times), and painful (28 times). Co-occurring keywords T1-T3 showed strong associations with "my room - chair - do," "room - easy to do," and "shrink - expand." showed strong associations with "room - chair - do", "room - easy to do", and "shrink - expand". Co-occurring keywords T3-T5 showed increased associations with the words "good - position - mood" and "first - miscellaneous. There were no reports of physical or mental illness or worsening of Participants did not report any harm from participating in the program.

**Discussion:** we believe the RFN program promotes understanding to practice mindfulness and facilitates the experience of awareness by allowing people with mental disabilities to safely implement mindfulness at home.

#### Biography

Miki Eguchi has expertise in psychiatric nursing and is passionate about improving health and wellbeing with a focus on cognitive behavioral therapy and nursing care for rumination. She has developed the RFN program to utilize mindfulness in nursing, especially for people with mental illness. the RNF program uses Margaret Newman nursing theory as its theoretical foundation and mindfulness as its methodology. To date, the implementation of the RFN program has shown a transformation in the way people deal with their thoughts (reduction of rumination and cognitive bias).