Poster Presentation   **Research**

The Effects of Mindfulness-Based Stress Reduction Training on Stress of Working Mothers According to Stressor Trait of Mother-Child

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Abstract

Present research with the aim of the studying the efficacy of training of mindfulness based stress reduction (MBSR) in the reduction of occupying mothers in proportion to mother-infant has carried out. The way of the present search is a study quasi-experimental. The method of its pre-test and post-test with control and experimental groups. In this research, nurse mothers of Rasht with the tool of measurement, with high stress have been recognized and among them 30 persons of nurses who have achieved the highest rate of stress, in the way of convenience sampling, have been selected. Participants were administered by the Philip L. rice job stress questioner and parenting stress index (PSI) questioners. 15 persons as experimental group that were under training of mindfulness based stress reduction (Kabat-Zinn) have been located and 15 persons control group who have not been under intervention. From both group pre-test have taken, then experimental group were under training of mindfulness based stress reduction for 8 weeks, but, the controlled group didn't receive any training. The level of stress in both groups was assessed before and after the training. Information obtained from the questionnaires was analyzed by ANCOVA. The findings showed that mindfulness based stress reduction training influence in reduction of life stress of occupying mothers. Also the findings showed that mindfulness based stress reduction in the reducing of job stress of occupying mothers and in traits mother-infant are effective.

Keywords: Mindfulness-Based Stress Reduction Training, Stress, Working Mothers, Anxiety.

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