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### Mindfulness-Based Interventions in the Mitigation of Adverse Psychological Outcomes Among Healthcare Workers During COVID-19

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**Background:** In recent years, there has been increasing evidence for utilizing mindfulness-based interventions (MBIs) in treating various mental health conditions and symptoms, including anxiety, depression, posttraumatic stress disorder (PTSD), and burnout.

**Aim:** To evaluate the use, feasibility, and efficacy of MBIs used during the novel coronavirus pandemic (COVID-19) in improving mental health symptoms of front-line healthcare workers.

**Method:** Following PRISMA2 guidelines, 3 databases (Pubmed, CINAHL, Embase) were searched and studies were evaluated by three independent researchers. Inclusion criteria consisted of quantitative pre-and post-intervention studies or clinical trials that focused on healthcare workers and implemented MBIs during COVID-19.

**Results:** A total of 4 quantitative studies met the inclusion and exclusion criteria. Interventions used were cost-effective and included structured weekly group-based sessions held onsite or online and brief team-based mindfulness practice sessions. All studies collected pre-and post-intervention data using clinical instruments or questionnaires that measured self-reported stress levels, burnout, resiliency, mental health symptoms, and emotion regulation. All studies found statistically significant improvements in outcomes post-intervention.

**Conclusions:** Implementing MBIs is an effective, economical, and logistically feasible strategy for hospitals and medical centers to utilize during COVID-19 to help mitigate adverse mental health outcomes in frontline healthcare workers.

### Biography

Sneha Banka is working as a Professor at Columbia University School of Nursing, USA

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