

PLUGGED INTO MINDFULNESS

Report on Evaluation

Breathwork & Mindfulness Training

Provided to:

Crawford County Addiction Counselors

Prepared for:

***Healthy Body – Peaceful
Soul, Inc.***



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healthy body, peaceful soul

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Contents

Background.....	1
Methodology	1
Evaluation Findings	1
Overall Gain in Post-Test Scores	1
Item Analysis and Discussion	2
Appendix A – Summary of Data Analysis.....	3

Background

Healthy Body – Peaceful Soul Inc. (HBPS), provided a series of training sessions to Crawford County Addiction Counselors in order to teach mindfulness techniques that might be used to reduce personal stress, minimize “burnout”, and provide them with techniques that might be useful in working with people experiencing substance abuse and addiction. The *Plugged Into Mindfulness* training was provided during the first half of 2021. Due to the COVID 19 pandemic, the course was delivered online using Zoom software for video conferencing. 10 sessions were provided over a period of 10 weeks.

Thirty-four pre-test surveys were completed, and thirty post-test surveys were completed. Pre-test responses to the eleven test items were compared to post-test responses to the same items to determine gains in knowledge and changes in behavior over the period spanned by the training. None of the addiction counselors participating in the PIM training had previously received any training or instruction in mindfulness techniques.

Methodology

The evaluation was conducted by an independent evaluator and was designed to assess the degree to which participants in the training program increase their understanding of the concepts and practice of mindfulness as a result of the training.

A pre-test – post-test design was used to collect evaluative data. Participants completed an on-line pre-test survey at the beginning of the eleven-session course and then completed the post-test survey after completion of all sessions. A Likert type scale was used to provide a quantitative measure of participant responses to statements. Eleven statements included in both the pre-test survey and post-test survey were scored on a scale from 1 to 5 with a value of 5 assigned the most desired response and 1 assigned to the least desired response. The difference between the average pre-test scaled score and the average post-test scaled score provides the outcome measure for the cohort of addiction counselors.

Evaluation Findings

Overall Gain in Post-Test Scores

The maximum possible score on the 11 items included in the pre-test, post-test analysis is 55 (11 items X rating score of 5). The average score of the 34 participants on the pre-test items was 36.65 and the average score of the 30 participants completing the post-test was 42.94.

The average pre-test score of the Crawford County Counselors was 36.65 and the average post-test score of the cohort was 42.94. The increase in average post-test score when compared to the average pre-test score is 6.29. This is a 17.12% increase in desired post-test responses as compared to pre-test responses.

Outcome measure for Crawford County Counselors is a 6.29-point increase in average post-test score. This reflects an overall 17.2% gain in desired response to the test items.

Item Analysis and Discussion

Examination of the differences in how participants rated the individual items included in the pre-post analysis provides additional information about which items are more or less impacted by the mindfulness training.

There was an increase in the average score of course participants for all of the eleven test items assessed. The most notable gain in knowledge was in the area of increased understanding of the benefits of mindfulness for people struggling with addiction.

The test item that was most improved through the PIM training was understanding the benefits of mindfulness for people struggling with addiction.

There were also notable benefits documented through the pre-post testing items related to:

- Mental tools used to relax and focus during times of high stress (22.8% increase),
- Regularly engaging in mindful practices in daily life (22.7% increase), and
- Self-care strategies used to help focus during times of high stress (20.3% increase).

The smallest increase in post-test score was observed for the test items related to “doing things on auto-pilot” and “flexibility in approach when dealing with challenging situations”.

Analysis of the individual test items indicates knowledge and adoption of mindfulness techniques to deal with stress are the areas Crawford County counselors participating in the PIM training sessions see as most improved. Somewhat smaller increases in test items related to response to challenging situations and being present in the moment (not operating on autopilot) were reported in the post-test responses. This may indicate change in these areas require a longer period of sustained practice of mindfulness techniques before the training participants are self-aware of improvement.

Data summary of pre-test and post-test results may be found in Appendix A.

Appendix A – Summary of Data Analysis

Crawford County Counselors

	<u>Weighted Average Item Score</u>		<u>Item Difference</u>	<u>Percent Change</u>
	<u>Pre-Test (N=34)</u>	<u>Post-Test (N=30)</u>		
Q1. I have a good understanding of the underlying concepts of "mindfulness".	3.82	4.40	0.58	15.18%
Q2. I have a good understanding of the benefits of mindfulness for myself.	4.12	4.70	0.58	14.08%
Q3. I have a good understanding of the benefits of mindfulness for people struggling with addiction.	3.62	4.70	1.08	29.83%
Q4. I regularly engage in mindfulness practices in my daily life.	3.26	4.00	0.74	22.70%
Q5. I have mental tools I use to relax and focus during times of high stress.	3.64	4.47	0.83	22.80%
Q6. I have self-care strategies I use to help myself focus during times of high stress.	3.74	4.50	0.76	20.32%
Q7. I often find myself doing things on "auto-pilot" without really being attentive to what I am doing.	2.09	2.23	0.14	6.70%
Q8. I am aware of my emotions and I can easily identify how I am feeling.	3.65	4.07	0.42	11.51%
Q9. I sometimes feel emotionally spent, fatigued, or "burned out".	1.65	1.90	0.25	15.15%
Q10. I am usually able to recover quickly from a stressful event or experience.	3.35	4.00	0.65	19.40%
Q11. It is easy for me to be flexible in my approach when I deal with a challenging situation.	3.71	3.97	0.26	7.01%
Total Average Score	36.65	42.94	6.29	17.16%
<u>Difference in Average Pre-test and Post-test Score</u>	6.29			
Percent Change in Average Score	17.16%			