



The impact of the online mindfulness-based stress reduction (MBSR) program on sleep quality of nurses working in COVID-19 care units: A clinical trial Amirreza Allahgholipour Komleh

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Abstract: In this randomized controlled clinical trial study, all nurses in the two COVID-19 patient care units were randomly assigned to the control and intervention groups. The MBSR program was implemented online for 7 weeks for the intervention group by a trainer. The Pittsburgh Sleep Quality Index (PSQI) was completed online by the participants in both groups before and after the intervention. The results of the data analysis indicated that the intervention improved the scores of subjective sleep quality, sleep latency, and sleep efficiency in the intervention group. In the control group, there was a significant increase in the scores of subjective sleep quality, daily performance, and the total index score in the post-test. Besides, there was a significant difference between the two groups in only two components of sleep latency and subjective sleep quality. MBSR program can be an effective intervention to improve the sleep quality of nurses working in COVID-19 intensive care units who are at risk of sleep quality disorders in stressful situations.



Publications :

1. An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results
2. The development and validation of a scale to measure self-compassion
3. SCL-90-R administration, scoring and procedures manual-II towson
4. Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse
5. The Development and Validation of a Scale to Measure Self-Compassion

Biography: Amirreza Allahgholipour Komleh has completed his Bachelor of Nursing at the age of 22 years from Shahid Beheshti University of Medical Sciences, Tehran, Iran.

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