



## The Effects of Mindful Eating Lecture for Hospital Staff

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### Purpose

Numerous studies have shown high amounts of psychological distress in nurses and other healthcare professionals, increased psychological distress has been associated with heavy workload and its effect of enough time to enjoy the meal, notice our body signal and life quality. Mindful Eating describes a nonjudgmental awareness of physical and emotional sensations associated with eating, which improve our daily life quality and become popular in recent years.

### Methods

A sample of hospital staff (N=23) in a community hospital in Tainan, Taiwan. Mindful eating lectures were held for 2 sessions, before and after the lecture, they had to fill the same mindful eating questionnaire.



### Results

In the qualitative feedback part, they commented that “can have a few more lessons”, “eat well”, “difficult to enter into a dialogue with myself”, “I start being kind to myself”, “I never knew the food was so delicious, even if I taste it many times”.

About the lecture setting, including equipment, teaching content and professional level, the satisfaction level reached 90%.

Compare before lecture to after lecture, the result is "I discovered the reason for the food before eating healthy", "I spent at least ten minutes practicing meditation.", "I spent at least 20 minutes doing meditation practice" and "I am grateful for the things that my body and physical strength can accomplish, not the small abandonment that I can't accomplish", those items were significant difference. Respectively  $t=-1.464$ ,  $p=.039$ ;  $t=3.028$ ,  $p=.000$ ;  $t=2.643$ ,  $p=.000$ ;  $t=-.869$ ,  $p=.022$ , that is, After these two lectures, some of mindful eating behaviors increased significantly.

Mindful Eating Questionnaire - Items	Posttest and Pretest Mean Difference	t Vaule
I discovered the reason for the food before eating healthy	.85355	-1.464*
I spent at least ten minutes practicing meditation	.80778	3.028*
I spent at least 20 minutes doing meditation practice	.69336	2.643*
I am grateful for the things that my body and physical strength can accomplish, not the small abandonment that I can't accomplish	.69565	-.869*

\* =  $p < .05$

### Conclusion

For some of the rural-area caregivers who had insufficient understanding of early intervention resources, felt directionless in parenting, and showed a lack of confidence in parenting, this study recommended that accessible and available health information be provided to them so that early intervention services could be used to their full potential.

**Keywords : Mindful eating, hospital staff**