Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice

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M.S. in Nursing, May 2019, Maryville University St. Louis
B.S. in Nursing, August 2013, University of Missouri-St. Louis

Nursing Anxiety Self-Evaluation and Resiliency Methods

Date: July 6, 2022
Time: 3:00 to 3:35 pm
Place: 219B SCCB

Abstract

Introduction: Nurses are stressed due to the demands of their job. This study aims to determine whether
MICU nurses at a large Midwestern hospital would have reduced stress and anxiety after a 30-day
meditation and exercise intervention.

Design and Methods: A quasi-experimental pre-post pilot study design was adopted. The convenience
sample consisted of eight Medicine Intensive Care Unit (MICU) nurses in a large Midwestern urban tertiary
medical center. Data collected included demographics, pre- post-Beck Anxiety Inventory Scale (BAIS), pre-
and post-Single Item Stress Scale (SISS), and weekly diaries on exercise and meditation.

Results: The pre- post-SISS showed statistical significance in reducing work stress (t(7)=2.76, p=0.03). The
pre-post-intervention BAIS did not show statistical significance in the reduction of nurses’ anxiety after a 30-
day intervention.

Discussion: Stress and anxiety are separate phenomena. The MICU nurses had low levels of anxiety in
both the pre-and post-intervention BAIS. However, a reduction in work related stress levels was seen
following a four-week intervention of regular exercise and meditation.

Defense of Dissertation Committee
Chairperson, Susan Dean-Baar, PhD, RN, CENP, FAAN
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Committee Member, Outside Scholar, Marilyn Schallom, PhD, RN, CCNS, CCRN-K, FCCM