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 with an emphasis in Family Nurse Practitioner

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Evaluating the Effects of MINDSTRONG™ in Graduate Nursing Students

Date: July 8, 2022
Time: 3:00p
Place: 219B SCCB

Abstract
Problem
A high rate of burnout and lack of resiliency is a major problem in nursing graduate students resulting in dropout and mental health issues. MINDSTRONG™ is an evidence-based cognitive behavioral skills-building program with a goal of building resiliency and decreasing burnout through coping skills to improve overall adult health and well-being.

Methods
A descriptive design using quantitative data analysis through pre, and post surveys was used. The surveys evaluated graduate nursing student’s burnout and resiliency after participating in MINDSTRONG™, a cognitive behavioral theory program, implemented by trained facilitators for seven sessions. The sample consisted of all six self-enrolled graduate nursing students recruited through university emails in a mid-sized public university located in Midwest.

Results
Participants receiving MINDSTRONG™ cognitive based interventions reported slightly less burnout and minimal resiliency improvement.

Implications for Practice
The MINDSTRONG™ program can be used as a preventive and early intervention for improving mental health outcomes and lifestyle behaviors in graduate students if required as credit-based class.

Defense of Dissertation Committee
Chairperson, Cathy Koetting, PhD, DNP, APRN, CPNP, PMHS, FNP-C
Committee Faculty Member, Anne L. Thatcher, DNP, MSW, APRN, PMHNP-BC, LMSW
Committee Faculty Member, Amanda Finley, PhD, RN