

# ***PLUGGED INTO MINDFULNESS***

Report on Evaluation

Breathwork & Mindfulness Training

Provided to:

**Butler School District**  
**Educators**

Prepared for:

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



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healthy body, peaceful soul

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## Background

*Healthy Body – Peaceful Soul Inc. (HBPS)*, provided a series of training sessions to Educators employed by the Butler School District in order to teach mindfulness techniques that might be used to reduce personal stress and reduce feelings of “burnout”. In addition, the *Plugged Into Mindfulness (PIM)* training provides the participating teachers and administrators with techniques they might use with students to help them focus and better cope with stressors in the school environment. The *PIM* course was provided in ten (10) sessions during the first half of 2021. Due to the COVID 19 pandemic, the course was delivered online using Zoom software for video conferencing.

Seventeen (17) pre-test surveys were completed, and ten (10) post-test surveys were completed. Pre-test responses to the eleven test items were compared to post-test responses to the same items in order to determine gains in knowledge and changes in behavior over the period spanned by the training. 88% of the Butler School District Educators participating in the PIM training had received no prior 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 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 training 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 this cohort of educators.

## 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 pre-test score of the Butler Educators was 36.89 and the average post-test score of these educators was 45.81. The increase in average post-test score when compared to the average pre-test score is 8.92. This is a 24.2% increase in desired post-test responses as compared to pre-test responses.

***Outcome measure for the Butler School District Educators is an 8.92-point increase in average post-test score. This reflects an overall 24.2% gain in desired responses 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 impacted by the mindfulness training and to what degree.

There was an increase in the average score of course participants for all eleven test items assessed. The greatest self-reported gains were related to having mindfulness techniques including:

- 1) having mental tools to use to relax and focus, and
- 2) having self-care strategies to help focus during times of high stress.

The item analysis also indicated substantial gains in understanding of the underlying concepts of mindfulness and understanding the benefits of mindfulness for students.

The smallest increases in post-test score were observed for the test items related to feeling emotionally spent, fatigued or “burned out”, and doing things on “auto-pilot”.

The responses to individual test items tend to indicate understanding the benefits of mindfulness and learning mindfulness techniques are the more immediate result of the *PIM* training while changes in emotional response to stressful situations and improved attention to tasks (not operating on “autopilot”) may require a longer period of more sustained mindfulness practice before *PIM* participants become self-aware of any changes in emotional fatigue and ability to be more present in the moment.

Three additional questions were included on the pre-test related to participant expectations for the training - these are related to job effectiveness, help with personal life, and day-to day stress management. The educators were asked to rate how much they expected the training to be helpful in these areas. Expectations prior to the training were high with average ratings well above 4 on the 5-point scale. When asked on the post-test to rate how much the mindfulness training had helped in these areas, the average rating of those completing the post-test were also high indicating the participants felt their pre-training expectations were met.

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

## Appendix A – Summary of Data Analysis

### Butler School District Educators

**PIM - 2021**

	<b>Weighted Average Score</b>		<b>Item</b>
	<u>Pre-Test</u> (N=17)	<u>Post-Test</u> (N=10)	<u>Difference</u>
Q1. I have a good understanding of the underlying concepts of "mindfulness".	3.53	4.80	1.27
Q2. I have a good understanding of the benefits of mindfulness for myself.	4.00	5.00	1.00
Q3. I have a good understanding of the benefits of mindfulness for students attending my school.	3.59	4.80	1.21
Q4. I regularly engage in mindfulness practices in my daily life.	3.24	4.10	0.86
Q5. I have mental tools I use to relax and focus during times of high stress.	3.41	4.80	1.39
Q6. I have self-care strategies I use to help myself focus during times of high stress.	3.47	4.80	1.33
Q7. I often find myself doing things on "auto-pilot" without really being attentive to what I am doing.	2.12	2.40	0.28
Q8. I am aware of my emotions and I can easily identify how I am feeling.	4.00	4.40	0.40
Q9. I sometimes feel emotionally spent, fatigued, or "burned out".	2.06	2.30	0.24
Q10. I am usually able to recover quickly from a stressful event or experience.	3.76	4.11	0.35
Q11. It is easy for me to be flexible in my approach when I deal with a challenging situation.	3.71	4.30	0.59
<b>Average Total Score</b>	<b>36.89</b>	<b>45.81</b>	<b>8.92</b>
<b><u>Difference in Average Pre-test and Post-test Score</u></b>	<b><u>8.92</u></b>		
<b>Percent increase in average score</b>	<b>24.2%</b>		
<b>Additional questions not scored for pre-test post-test comparison.</b>	<b>Will be helpful</b>	<b>Has been helpful</b>	
Q12. I believe mindfulness training will help me be more effective in my job.	4.63	4.60	
Q13. I believe mindfulness training will be helpful to me in my personal life.	4.65	4.60	
Q14. I believe mindfulness training will help me to better manage day-to-day stress.	4.47	4.60	
Q15. I am looking forward to participating in the mindfulness training we are about to embark upon.	4.65		