

Mindfulness-Based Stress Reduction for AIAH College Students
PI Loy Sprague, Fort Peck Community College
Elizabeth Rink and Mary Miles

The proposed research objective aims to introduce a mindfulness-based intervention to AIAN college students and measure efficacy in reducing stress-related symptoms related to identified risk factors as well as build resiliency factors to better manage or prevent future symptoms. The purpose of the proposed research is to 1) adapt a mindfulness-based stress reduction program to target unique risks and needs of AIAN college students at FPCC, and 2) assess feasibility and initial efficacy for improving coping/resiliency, reducing perceived stress and associated physical, psychological, and emotional conditions in college students and 3) provide data on feasibility, acceptability, initial efficacy, and pilot data for a larger-scale treatment study.

Specific Aims of the current application: The proposed project consists of three phases.

Phase I: student researchers will have an opportunity to submit an initial project design to the Fort Peck Tribes IRB. The project will involve a qualitative exploration, through focus groups, of key themes emerging from student perceptions to guide adaptation and implementation of the intervention protocol. Results of these focus groups will also be used to supplement the measurement protocol with specific identified factors. Student researchers will develop a focus group guide and conduct two focus groups, one on each campus, to assess perceptions, opinions, anticipated barriers, and needs of students attending at least one course at FPCC. The guide will also identify and explore key elements of mindfulness-based interventions

Phase II: will involve professional consultation and training with certified and experienced professionals around the program components included in the mindfulness-based intervention including yoga and mindfulness practices. For the purposes of this initial study, the study team members with training and/or certification in the primary components of mindfulness-based interventions will administer the actual intervention. For future larger trials, the goal would be to train members in the AIAN community to support full and sustainable implementation of the mindfulness based intervention program. Additionally, this phase will allow student researchers to: (1) assess recruitment strategies; (2) identify content or procedures that may threaten the project's success; (3) assess the feasibility and acceptability of the intervention and assessment procedures.

Phase III: will be the early stage pilot waitlist control trial investigating post-course, 3- & 6-month outcomes. Participants will be individuals attending at least one course at Fort Peck Community College and will participate in an 8-week mindfulness-based stress reduction program. Feasibility and acceptability will be measured by attendance, assignment compliance and feedback. The student researchers will work to identify specific recruitment, screening, assessment procedures and tools, randomization factors, intervention conditions, and follow-up procedures. Following the completed interventions series, a data analytic plan including data management and analyses will be completed with documentation of results.