

The Use of Mindfulness-based Cognitive Therapy for Improving Flow Experience of Nurses in the Psychiatric Hospitals

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Introduction: The Flow experience in job result in increasing the internal interest to job and it is so enjoyable that causes people do that job for itself. So, designing the effective methods and programs for treatment has important role in increasing this features, especially in nursing staff in the psychiatric units that confront to high stress.

Objective and Aim: the present study has been done by the purpose of effectiveness of the Mindfulness-Based Cognitive Therapy of the Flow experience in nursing staff at the Psychiatric Hospital in Tehran Iran.

Method: This study is a semi-experimental with pretest-posttest plan along with control group. 30 nurses in the Psychiatric Hospital with score less than 108 in the questionnaire of the Flow State Scale (FSS) of Jackson and Marsh (1997) were selected randomly and then they were divided in two groups of control and experimental. The period of training was 8 sessions with duration of 2 hours for each session once weekly. One week after completion the sessions of Mindfulness-Based Cognitive Therapy, the above mentioned questionnaire was performed for both two groups.

Result : The results demonstrated that the Mindfulness-Based Cognitive Therapy meaningfully has been effective on the flow experience, Action-awareness merging , the clear goal, Unambiguous feedback, Concentration on task at hand, sense of control and also it has the most effect on the mini-scale of the Loss of self-consciousness ($P < 0.05$).

Conclusion: Mindfulness-Based Cognitive Therapy can be effective in increasing the flow experience of nurses who work in the psychiatric hospitals.