



# Effect Of Mindfulness Exercises on Psychological Capital of Mothers with Premature Infant

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## ABSTRACT

**Introduction:** The birth of a preterm infant is a stress-inducing event that threatens maternal mental health. Mothers play a pivotal role in the care of preterm infants. Consequently, efforts to promote their mental health are of paramount importance. Psychological capital encompasses an individual's psychological state, comprising four core components: hope, optimism, resilience, and self-efficacy. Psychological capital is a significant factor in mental health and stress-adaptation. Individuals with higher levels of psychological capital are less affected by stressors and perform better. This research aimed to examine the effectiveness of mindfulness exercises on the psychological capital of mothers with preterm infants.

**Methods and Materials:** This semi-experimental study was conducted on 72 mothers of preterm infants hospitalized in the neonatal intensive care unit of Mahdieh Hospital in Tehran. The control group (36 people) was first sampled using convenience sampling, followed by the intervention group. Data collection tools included a demographic information questionnaire and the McGee Psychological Capital Questionnaire. The intervention group received eight sessions of mindfulness exercises in addition to routine care. The control group received routine care and did not receive any new interventions. The mothers completed the questionnaires at baseline and one month later. Data analysis was performed using SPSS software version 26 and descriptive and inferential statistical tests, including mean, standard deviation, frequency, percentage, chi-square, independent t-test, and univariate analysis of covariance.

**Results:** At baseline, the mean and standard deviation of the psychological capital scores of mothers in the control and intervention groups were  $90.17 \pm 11.19$  and  $90.94 \pm 17.15$ , respectively, with no significant difference between the two groups ( $p = 0.82$ ). After the intervention, the mean and standard deviation of the psychological capital scores of mothers in the control and test groups were  $93.20 \pm 9.46$  and  $101.97 \pm 12.69$ , respectively, with a significant difference observed between the two groups ( $p = 0.002$ ). The univariate analysis of covariance results showed that mindfulness exercises significantly increased the psychological capital of the intervention group mothers compared to the control group ( $p = 0.001$ ).

**Conclusion and Discussion:** The findings of this study indicate that mindfulness exercises can be an effective intervention for enhancing the psychological capital of mothers with preterm infants. Nursing managers and healthcare center officials may consider using mindfulness exercises to increase psychological capital and improve maternal mental health in high-stress environments such as neonatal intensive care units.

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