

Perceptions of Cardiovascular Stress Management in University Employees

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Introduction

- ❖ Repetitive stressors (mental, physical, financial, and job-related) can result in adverse metabolic effects in the cardiovascular system such as high blood pressure and plaque build up in vessels.¹
- ❖ Studies show that stress management interventions such as breathing techniques are effective in reducing the long-term risk of adverse cardiac events such as heart attack and stroke.²



Overview

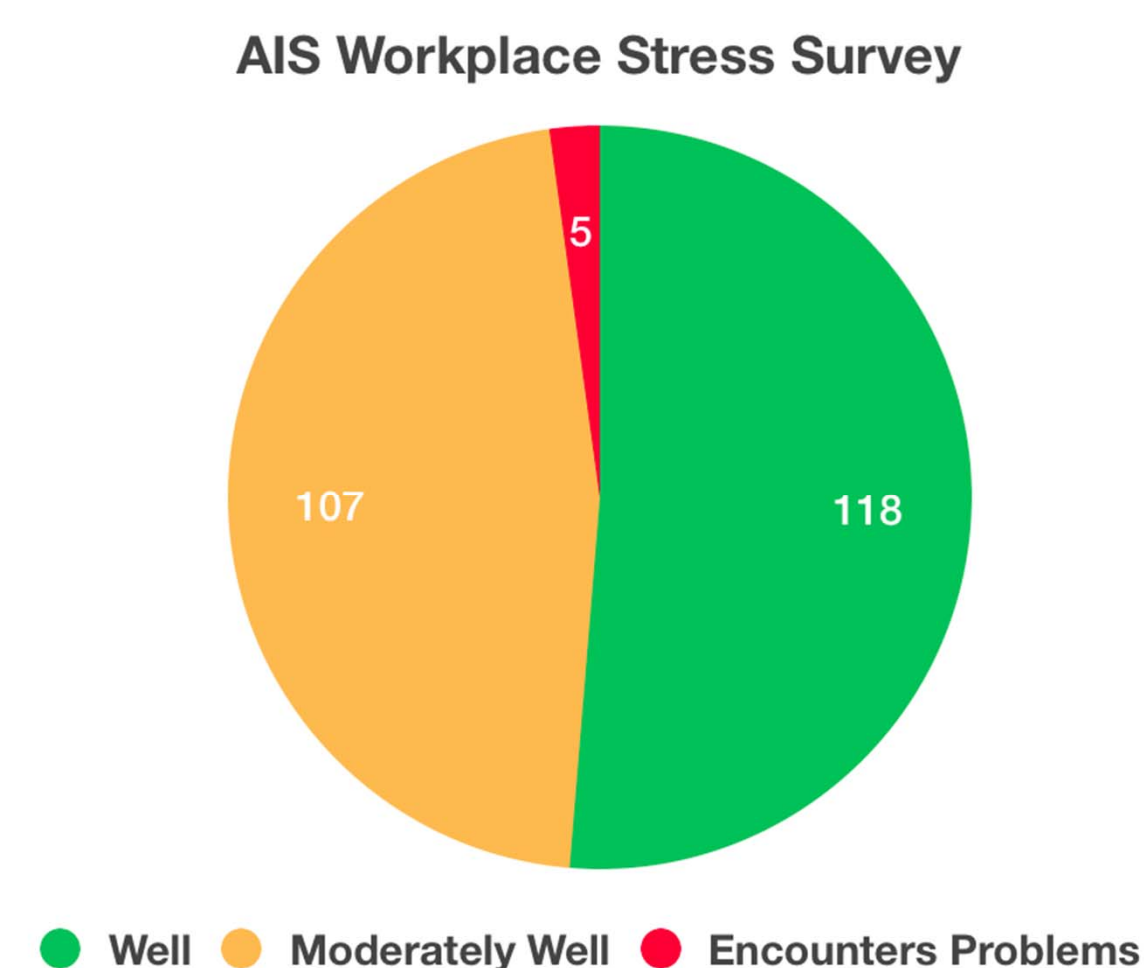


- ❖ What are the perceptions of university employees about their own cardiovascular health and stress levels? Are they willing to utilize a smartphone application (Breathe2Relax) for daily stress management?
- ❖ Method: Quantitative survey using Qualtrics and the Healthy Heart and Lifestyle Questionnaire

Results/ Conclusions

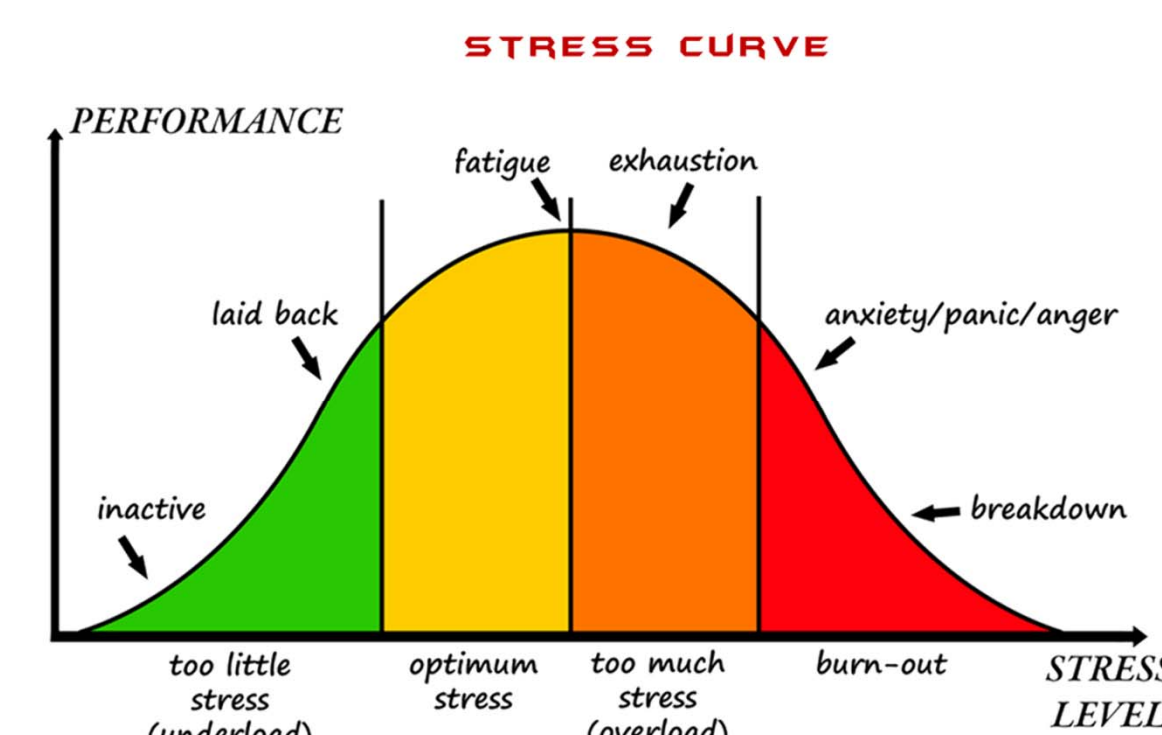
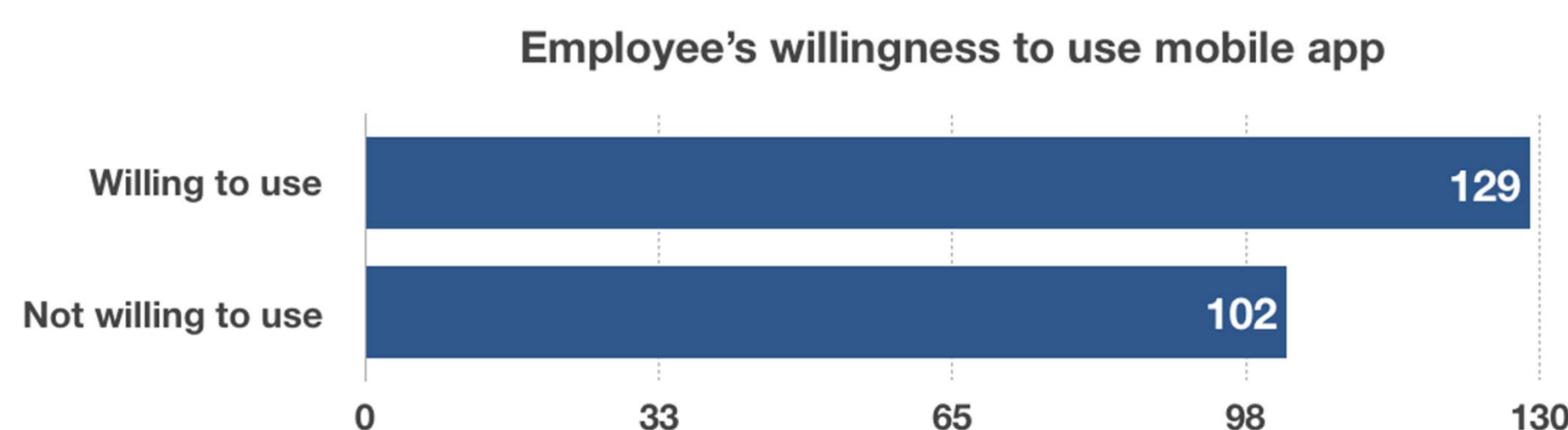
Results show how employees perceive their own health status and how they respond to workplace stress. While 51.3% of patients believe they respond well to workplace stress; only 2.2% reported encountering problems in the workplace. The remaining 46.5% believe they respond moderately well to workplace stress.

129 university employees expressed willingness to use an app as a stress management intervention; 102 employees denied interest in using an app intervention. Further research may reveal barriers to participation.



This pie chart on the left shows the number of employees who perceive themselves to respond well, moderately well, or encountering problems to workplace stress according to the Workplace Stress Survey from the American Institute of Stress.

The bar graph below displays the number of employees who responded "yes" or "no" to the question: Are you willing to utilize a smartphone application for daily stress management?



Impact

Research findings indicate that while the majority of participants are willing to use a smartphone application for daily stress management, there is a large percentage who are not willing. This indicates that perceptions about one's own stress may impact participation in stress management programs. Further research would be needed to determine the barriers to participation.

References

1. Brotman, D., Golden, S., & Wittstein, I. (2007). The cardiovascular toll of stress. *Lancet*, 370. *North American Edition* (9592), 1089-1100.
2. Blumenthal, J. A., Sherwood, A., Smith, P. J., Watkins, L., Mabe, S., Kraus, W. E., & ... Miller, P. (2016). Enhancing cardiac rehabilitation with stress management training: a randomized, clinical efficacy trial. *Circulation*, 133(14), 1341-1350. doi:10.1161/CIRCULATIONAHA.115.018926

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