Mindfulness and Healthcare-Induced Anxiety Among College Students
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Introduction
- Mindfulness: state of being aware of present moment and accepting the feelings and sensations that accompany it
- Proven to reduce general anxiety among healthcare providers
- Healthcare-induced anxiety stems from health settings → leads to avoidance of doctor (similar phenomenon in dental clinics = dental anxiety)
- Factors Causing: fear of unknown, perceived loss of control
- Mindfulness has not been correlated with anxiety stemming from medical settings

Hypotheses
1. College students who display higher levels of mindfulness will have lower levels of healthcare-induced anxiety.
2. College students who display higher levels of mindfulness will have lower levels of dental anxiety.

Methods
- Participants: 218 University of Texas at Austin undergraduates (above age 18) recruited through SONA research pool
- Completed self-report questionnaire through Qualtrics
- Five Facet Mindfulness Questionnaire
- State Trait Anxiety Inventory
- Modified Dental Anxiety Scale
- Patient Health Questionnaire 9

Measures
- Mindfulness
- State Anxiety
- Dental Anxiety

Results
- Linear Regression showed that mindfulness was a significant predictor of healthcare-induced anxiety. ($\beta = -0.101, p = 0.048, R^2 = 0.066$)
- Linear Regression showed that depression significantly predicted healthcare-induced anxiety. ($p = 0.153$)
- Regression analysis did not show that depression significantly predicted dental anxiety.

Conclusions
- Mindfulness plays a role in healthcare-induced anxiety suggesting its usefulness for patients in healthcare settings.
- Future studies should focus on using mindfulness-based interventions for healthcare-induced anxiety.

References

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