

## SigmaCast – Mental Health of Future Healthcare Providers

Name and Credentials	Facility / Organization
Jacqueline Hoying, PhD, RN	Assistant Professor of Clinical Practice, The Ohio State University College of Nursing
Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN	Dean and Professor, The Ohio State University College of Nursing

### References

- AMA (American Medical Association). (2019). AMA Joy in Medicine Recognition Program. Chicago, IL: American Medical Association.
- ANA (American Nurses Association). (2019). Healthy work environment. <https://www.nursingworld.org/practice-policy/workenvironment>
- ANCC (American Nurses Credentialing Center). (2019). Find a Magnet facility. <https://www.nursingworld.org/organizational-programs/magnet/find-a-magnet-facility>
- Chesak, S., Bhagra, A., Schroeder, D., Foy, D., Cutshall, S., & Sood, A. (2015). Enhancing resiliency among new nurses: Feasibility and efficacy of a pilot intervention. *The Oschner Journal*, 15(1), 38-44.
- Hart Abney, B. G., Lusk, P., Hovermale, R., & Melnyk, B. M. (2019). Decreasing depression and anxiety in college youth using the Creating Opportunities for Personal Empowerment program (COPE). *Journal of the American Psychiatric Nurses Association*, 25, 89–98. <https://doi.org/10.1177/1078390318779205>
- Hart, P. L., Brannan, J. D., & DeChesnay, M. (2014). Resilience in nurses: An integrative review. *Journal of Nursing Management*, 22, 720-734. <https://doi.org/10.1111/j.1365-2834.2012.01485.x>
- Hoying, J., Melnyk, B. M., & Arcoleo, K. (2016). Effects of the COPE cognitive behavioral skills building TEEN program on the healthy lifestyle behaviors and mental health of Appalachian early adolescents. *Journal of Pediatric Health Care*, 30(1), 65–72.
- Hoying, J., Melnyk, B. M., Huston, E., & Tan, A. (2020). Prevalence and correlates of depression, anxiety, stress, healthy beliefs, and lifestyle behaviors in first-year graduate health sciences students. *Worldviews on Evidence-Based Nursing*, 17(1), 49-59. <https://doi.org/10.1111/wvn.12415>
- Kishore, S., Ripp, J., Shanafelt, T., Melnyk, B., Rogers, D., Brigham, T., Busis, N., Charney, D., Cipriano, P., Minor, L., Rothman, P., Spisso, J., Kirch, K. G., Nasca, T., & Dzau, V. (2018). Making the case for the chief wellness officer in America's health systems: A call to action. Health Affairs blog. October 26, 2018. <https://www.healthaffairs.org/doi/10.1377/hblog20181025.308059/full>
- Leverence, K. (2015). Becoming a more resilient nurse. ONS VOICE. Retrieved from <https://voice.ons.org/news-and-views/become-a-more-resilient-nurse>
- Lowe, L. (2013). Creating a caring work environment and fostering nurse resilience. *International Journal for Human Caring*, 17(4), 52-59. <https://doi.org/10.20467/1091-5710.17.4.52>
- Melnyk, B. M., & Fineout-Overholt, E. (2019). *Evidence-based practice in nursing and healthcare: A guide to best practice* (3rd ed.). Philadelphia, PA: Wolters Kluwer
- Melnyk, B. M., Hrabie, D. P., & Szalacha, L. A. (2013). Relationships among work stress, job satisfaction, mental health, and healthy lifestyle behaviors in new graduate nurses attending the nurse athlete program. *Nursing Administration Quarterly*, 37(4), 278–285.
- Melnyk, B. M., Slevin, C., Militello, L., Hoying, J., Teall, A., & McGovern, C. (2016). Physical health, lifestyle beliefs and behaviors, and mental health of entering graduate health professional students:

- Evidence to support screening and early intervention. *Journal of the American Association of Nurse Practitioners*, 28(4), 204–211.
- Melnyk, B., & Morrison-Beedy, D. (2019). *Intervention research: Designing, conducting, analyzing, and funding*. New York, NY: Springer Publishing Company.
- Melnyk, B., Orsolini, L., Tan, A., Arslanian-Engoren, C., Melkus, G. D., Dunbar-Jacob, J., Rice, V. H., Millan, A., Dunbar, S. B., Braun, L. T., Wilbur, J., Chyun, D. A., Gawlik, K., & Lewis, L. M. (2018). A national study links nurses' physical and mental health to medical errors and perceived worksite wellness. *Journal of Occupational and Environmental Medicine*, 60(2), 126–131. <https://doi.org/10.1097/JOM.0000000000001198>
- Melnyk, M. B., Kelly, S., & Lusk, P. (2014). Outcomes and feasibility of a manualized cognitive-behavioral skills building intervention: Group COPE for depressed and anxious adolescents in school settings. *Journal of Child and Adolescent Psychiatric Nursing*, 27, 3–13. <https://doi.org/10.1111/jcap.12058>.
- National Academies of Sciences, Engineering, and Medicine. (2019). *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25521>.
- Richards, K. (2012). Nurses: To care for others, we must FIRST care for ourselves (Part Two). Reflections on Nursing Leadership. Retrieved from [https://www.reflectionsonnursingleadership.org/features/more-features/Vol38-2-nurses-to-care-for-others-we-must-first-care-for-ourselves-\(part-two\)](https://www.reflectionsonnursingleadership.org/features/more-features/Vol38-2-nurses-to-care-for-others-we-must-first-care-for-ourselves-(part-two))
- Richards, K. (2013). Nurses: To care for others, we must FIRST care for ourselves (Part One). Reflections on Nursing Leadership. Retrieved from [https://www.reflectionsonnursingleadership.org/features/more-features/Vol38-2-nurses-to-care-for-others-we-must-first-care-for-ourselves-\(part-one\)](https://www.reflectionsonnursingleadership.org/features/more-features/Vol38-2-nurses-to-care-for-others-we-must-first-care-for-ourselves-(part-one))
- Sampson, M., Melnyk, B. M., & Hoying, J. (2019). Intervention Effects of the MINDBODYSTRONG cognitive behavioral skills building program on newly licensed registered nurses' mental health, healthy lifestyle behaviors, and job satisfaction. *Journal of Nursing Administration*, 49(10), 487-495. doi: [10.1097/NNA.0000000000000792](https://doi.org/10.1097/NNA.0000000000000792).
- Sampson, M., Melnyk, B. M., & Hoying, J. (2020). The MINDBODYSTRONG intervention for new nurse residents: 6-Month effects on mental health outcomes, healthy lifestyle behaviors, and job satisfaction. *Worldviews on Evidence-Based Nursing*, 17(1), 16–23. <https://doi.org/10.1111/wvn.12411>
- Sieg, D. (2015). 7 habits of highly resilient nurses. Reflections on Nursing Leadership. Retrieved from [http://www.reflectionsonnursingleadership.org/Pages/Vol41\\_1\\_Sieg\\_7%20Habits.aspx](http://www.reflectionsonnursingleadership.org/Pages/Vol41_1_Sieg_7%20Habits.aspx)
- Tubbert, S. (2014). Resiliency in emergency department nurses. St. John Fisher College. Education Doctoral Paper 196. Retrieved from [http://fisherpub.sjfc.edu/education\\_etd/196/](http://fisherpub.sjfc.edu/education_etd/196/)
- Weinberger, A. H., Gbedemah, M., Martinez, A. M., Nash, D., Galea, S., & Goodwin, R. D. (2018). Trends in depression prevalence in the USA from 2005 to 2015: Widening disparities in vulnerable groups. *Psychological Medicine*, 48, 1308–1315. <https://doi.org/10.1017/S0033291717002781>