Stress Reduction Through Attention Training (SRAT)

Inputs	Activities	Outputs	Outcomes: Short-Term	Outcomes: Long-Term
Funding from other grant projects Nova Southeastern University (NSU) faculty and adjunct faculty University support of project SRAT curriculum Mindful Text application Zoom Canvas Research literature review Institutional Review Board	Marketing of program	• Emails of program materials to students, faculty and staff • Research assistant responding to questions and signing up participants	Increased facets of mindfulness: Observing, Describing, Acting with Awareness, Non-Judging of inner experience, and Non-Reactivity to inner experience	Better coping strategies Improved psycho-social functioning Improved academic persistence Improved well-being
	Online mindfulness sessions	• 6 cohorts of 25 each • Students, faculty and staff • 6 weekly Zoom sessions, 1 hour each • Sessions cover: topic discussion, practice, and inquiry • Participant satisfaction	Decreased perceived stress	
	MindfulText messages	• Daily SMS or MMS supporting weekly practice • Weekly data collection about practice engagement	Decreased COVID-19 related distress	
	Daily mindfulness practice	• 12 to 20 minute daily practice consisting of: Focused attention, body scan, open awareness, 3 fold sitting practice, loving kindness	Decreased mind-wandering Improved sustained attention	
	SRAT Research and Evaluation	• Institutional Review Board approval • No treatment comparison group • Research meetings • Data collection/analysis • Research reports		Evidence base to assist with program related decision-making