

California State Polytechnic University, Pomona

Testing the Dual Effects of Journaling and Meditation on Psychological Well- Being



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Acknowledgements



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Intro



Background

- **Positive interventions** are recognized for their impact on **enhancing mental well-being** (Carr et al., 2023)
- Interventions are **especially effective** when combined to create a more comprehensive approach (Taylor et al., 2020)
 - College students **meditated, journaled, and participated in group discussions**
- The current study was designed to test a multi-component intervention of **meditation and journaling over three-weeks** of daily practice

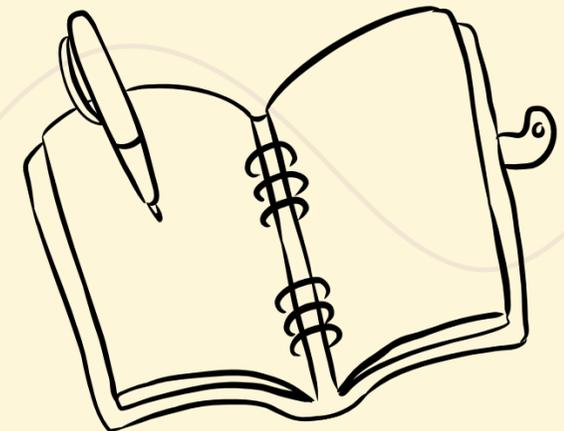
Research Question

What is the effect of **daily journaling and meditation** on the **well-being and stress levels** of college students?



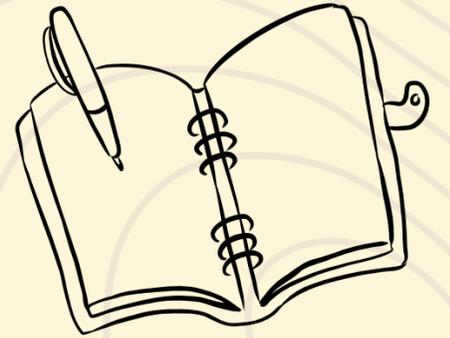
Hypothesis

If participants are randomly assigned to **journal and meditate daily** for 3-weeks, then they will report a statistically significant **increase in overall well-being** and a **decrease in stress levels** compared to the control group.





Methods



Our analytical sample ($N = 65$) of snowball sampled Cal Poly students were randomly assigned to one of two conditions for the 3-week study.

- **Variables:**
 - Type of online activity (**Meditation & Journaling vs. Tetris**)
 - Overall well-being
 - Stress levels

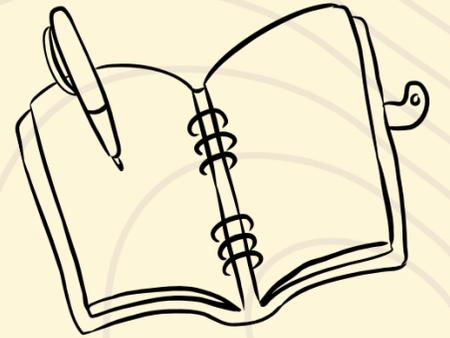
Predictors:

- **Age, gender, group, and previous experience with journaling or meditation**

Participants completed online surveys **before, during, and after** the intervention.



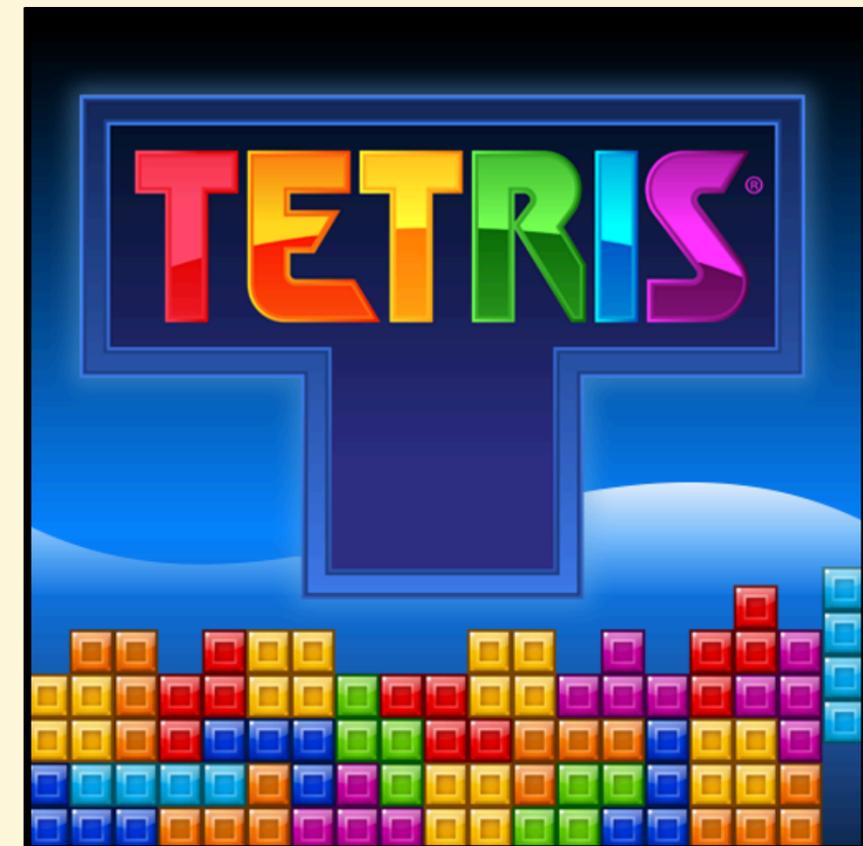
Methods



- **Experimental Group:** Participated in guided-meditation audios (Daugherty, 2022) and responded to journal prompts (Ikonn, 2013) through Qualtrics daily
- **Control Group:** Played a 5-minute game of Tetris that was embedded into the control group's website

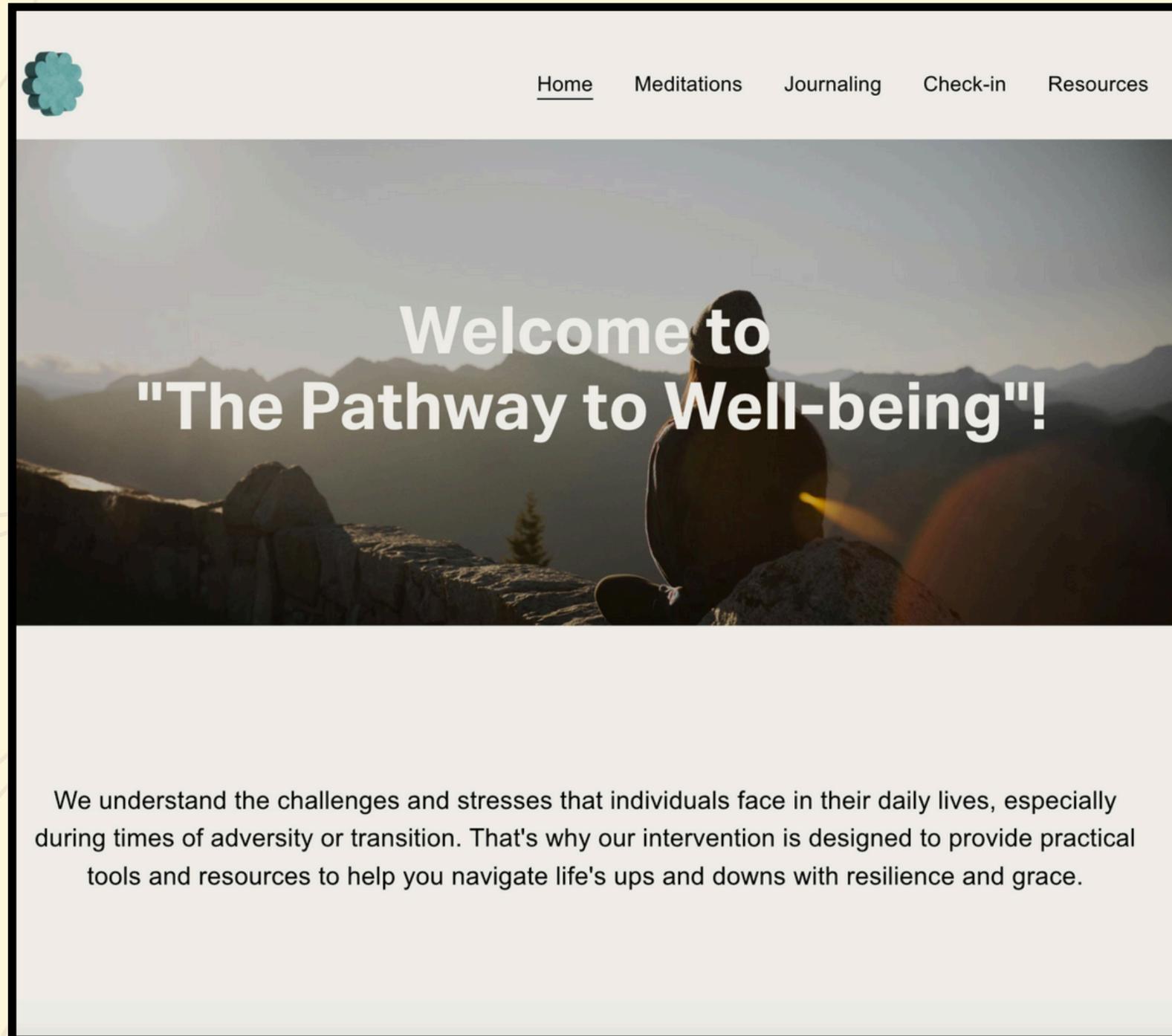


The Pathway to Well-being

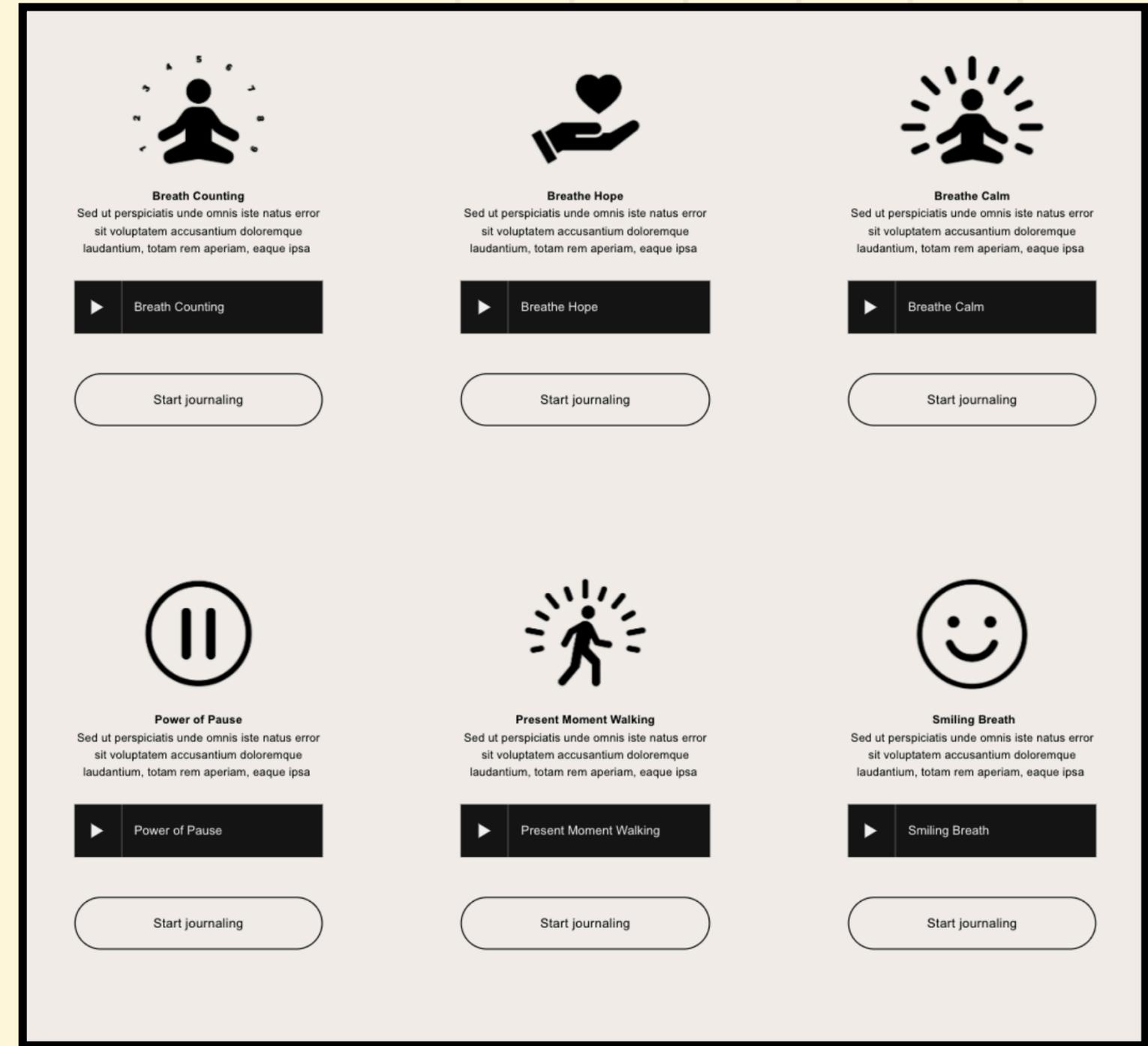


Website Design

Home Page



Audio Library



Website Design

Resources Library

- Understand **limit/potential risks** of minimal discomfort from intervention
- **Ensure** to provide **additional resources** of various **psychological services**
 - **Ex: CPP Counseling & Psychological Services**

 <p>CalPoly Pomona</p> <p>CPP Counseling & Psychological Services Counseling and Psychological Services are offered at the CPP campus.</p> <p>Learn more</p>	 <p>Psychology Today</p> <p>Psychology Today Find listings for mental health professionals near you.</p> <p>Learn more</p>	 <p>Inclusive Therapists</p> <p>Find a therapist or coach that celebrates your identity. Care from a therapist who gets you.</p> <p>Learn more</p>
 <p>Crisis Text Line</p> <p>Crisis Text Line: For people who are looking for free, 24/7 crisis counseling. Text HOME to 741741</p> <p>Learn more</p>	 <p>Youth Crisis Line</p> <p>A 24/7 statewide emergency response system for youth (ages 12-24) and families in crisis.</p> <p>Learn more</p>	 <p>988 SUICIDE & CRISIS LIFELINE</p> <p>Suicide & Crisis Lifeline For people who are going through a crisis and need access to free, and confidential crisis counselors. Call or Text 988.</p> <p>Learn more</p>
 <p>2-1-1</p> <p>National Crisis Hotline For people to learn more about available mental health and substance use resources and services. Call 211.</p> <p>Learn more</p>	 <p>Project Sister Family Services</p> <p>Please walk in for information, referrals, and non-life-threatening emergencies. For life-threatening situations, dial 911.</p> <p>Learn more</p>	 <p>The Trevor Project: The Trevor Project provides free & confidential information and support to LGBTQ young people 24/7, all year round</p> <p>Learn more</p>

Analysis

Repeated Measures ANOVA

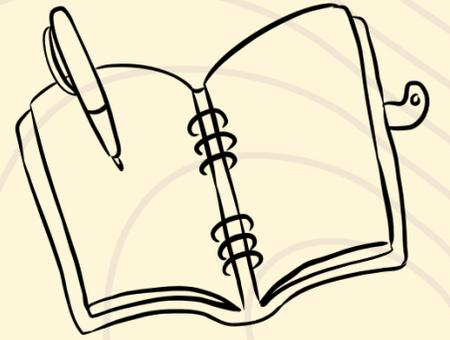
- Collect stress level (DV) data from both groups
- Compare differences between control and intervention groups.
- Look for main effects of Time and Group, and their interaction.

Multiple linear Regression

- Conduct regression analysis with well-being as the dependent variable
- Predictors include age, gender, and previous experience with journaling or meditation
- Explore how these factors may influence individuals' well-being outcomes



Results



Descriptive Statistics

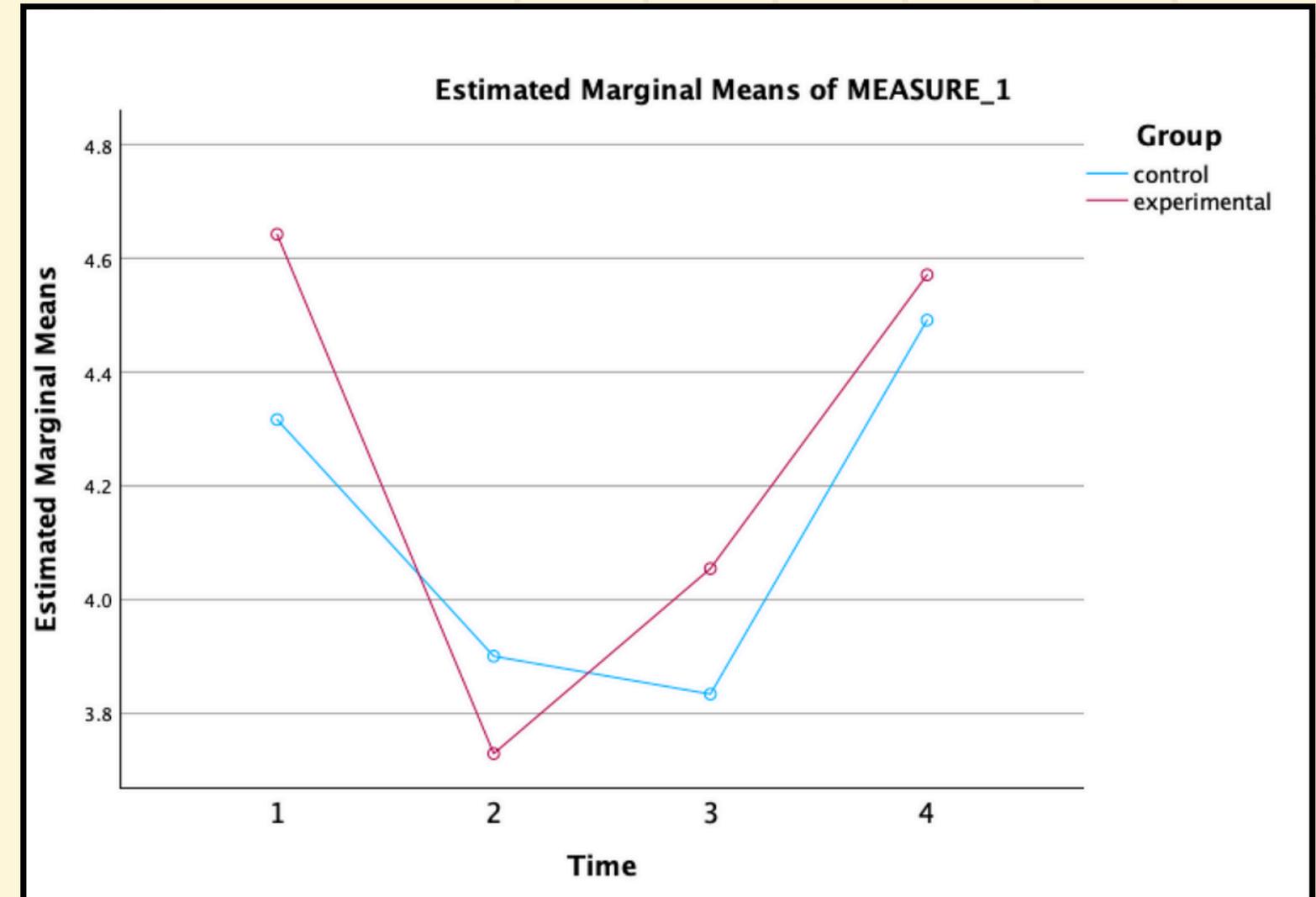
- Pre-Test Stress:
 - Control: $M = 4.32$, $SD = 0.90$
 - Experimental: $M = 4.64$, $SD = 0.66$

Repeated Measures ANOVA

- Time Effect: Significant ($F = 10.37$, $p < .001$)
- Time x Group Interaction: Not significant ($F = 0.90$, $p = 0.444$)

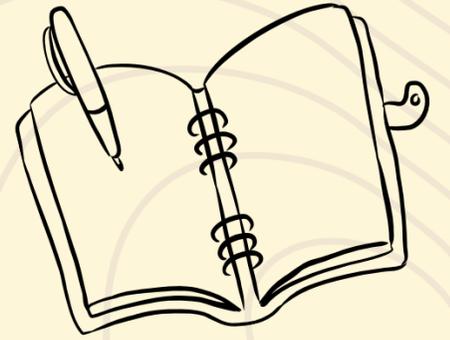
Regression

- No significant predictors for well-being ($p > 0.05$)





Discussion



Interpretation of Findings

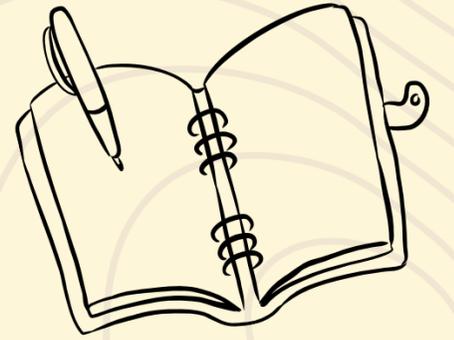
- No significant impact of the intervention on stress (no Time x Group interaction).
- Predictor variables (Age, Gender, Previous Experience) did not significantly affect well-being.

Implications

- Journaling/meditation may not reduce stress in the short term based on our findings.
- Well-being is likely influenced by other factors not captured in this study.



Discussion



Limitations

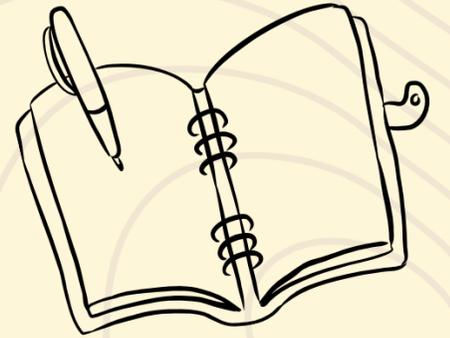
- Small sample size and lack of diversity.
- Potential biases in self-reported data.

Future Research

- Longer interventions to assess long-term effects.
- Broader and more diverse participant pool.
- Build on existing literature and further expand on the comprehension of potential advantages associated with engaging in meditation and journaling



Conclusion



Summary

- The intervention didn't show a significant reduction in stress levels between groups.
- Age, gender, and previous experience didn't have a strong impact on well-being scores.

Takeaways

- Journaling and meditation may need more time or additional strategies to make a noticeable impact on stress.
- Future research could look into longer studies and different types of interventions.



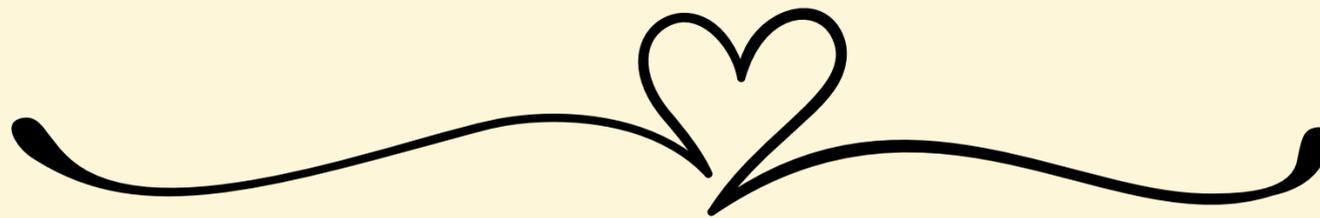
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Thank You!

Have any questions?



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