Mindfulness Meditation

Use one peer-reviewed journal article from the college library to identify the different parts of a research article by answering the questions in the following table:

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| **Author’s research question and/or purpose** | What is Mindfulness Meditation, what are its techniques, and how it impacts stress, depression, anxiety, biological measures, and fear of recurrence in cancer patients? |
| **Target Population**  **(In general, who did the researchers want to find out more about?)** | The target population of the researchers was according to the meta-analysis of pre-conducted researches. This paper systematically reviewed and analyzed different researches on cancer patients using mindfulness-based stress reduction MBSR. Researchers want to find more about the elevating signals and conditions of cancer patients with the help of MBSR exercises. The decrease in stress, anxiety, fear of recurrence, and improvements in biological measures:   * Gamma interferon * Cortisol * IL-6 * Natural killer cell cytotoxicity * IL-4 * IL-10 |
| **Sample (who did the researchers actually do their study on? Who were their participants? How many were there?)** | The researchers conducted a meta-analysis and systematic reviews of different researches. In various researches, the sample size was different according to the nature of the study. These researchers choose different sample sizes as per the requirement of their research methodology and research questions. The sample size was not uniform in these researches. But all of them focused on a single topic to find out the effects of MBSR on cancer patients. It helped the author of this research to come up with the scientific exploration and explanation of MBSR on cancer patients in the increases of their biological measures and decrease in stress and anxiety. |
| **Research Methods (What did they do?)** | The author of this paper didn't conduct a controlled study on a particular sample of patients. Rather the researcher conducted systematic reviews and meta-analyses of various studies that provided the scientific data and answer to the main question. These researches help the author find out the true numbers on the impact of mindfulness mediation and various techniques focused on reducing stress and increasing other biological measures. |
| **Key Findings (in regular language, what did the researchers find?)** | With the help of the data and results through systematic review and meta-analysis of previous researches, the author found that mindfulness techniques have a significant amount of positive results on cancer patients. These results mainly involve improvements in quality of life. The symptoms of stress and sleep quality are also showing a positive upward trend in researches. The most important thing is that the increase in neuroendocrine. In other scientific research, post-intervention's immune measures showed significant improvement and elevated levels even after a year. |
| **Limitations (come up with one thing that could have limited generalizability, any poor research methodology, something you might have done differently)** | The limitation of the research is the author didn’t conduct the research on a sample or control group. This research is basically a narration of previously conducted researches to justify the notion and provide the answer to the paper's main question.  What is Mindfulness Meditation, and how it impacts stress, depression, anxiety, biological measures, and fear of recurrence in cancer patients will need a significant sample size and extended follow-up research that provides results and data of the patients for the minimum time of one year. |
| **Ideas for Future Research (an idea for what you would study if you were going to do a follow-up study. Do not say you would have a larger sample).** | Instead of going for meta-analysis and systematic review of similar research, I would conduct my own research on a significant sample size. The focus of the research would be on analyzing the effects of MBSR on the decrease in stress and improvement in biological measures in patients after chemotherapy. |
| **Key Terms (come up with 3 terms that you think you could search to get to this article)** | 1. Mindfulness meditation oncology nurse edition 2. Mindfulness meditation for cancer patients 3. Mindfulness meditation for cancer patients and healthcare professionals |