

StressPal Frontline Essential Resilience Self-Care and Burnout Prevention

Accredited, personalized training and interactive peer/coach tools

Data Analysis

Data collected is from all clinicians, care team and non-clinician participants (e.g. hospital managers, support staff) who completed through the final module of the StressPal Frontline training program in the trial window. Additionally, it includes data sets from these participants who claimed continuing education credits and evaluations. Completion rates in cohorts are high (up to 90%), particularly noted where the organization provided protected time and/or nominal incentives.

Survey Item	Excellent/Very good	Good	Fair	Poor
Overall how would you rate this program?	90%	10%	0	0
	Strongly agree/Agree	Neither agree or disagree	Disagree	Strongly Disagree
I am able to apply three or more evidence-based strategies in the presence of my stress-triggered responses	94%	6%	0	0
I observe about myself that I have benefited from practicing the strategies taught in this program.	94%	6%	0	0
Over the course of this training I have made progress in my ability to flexibly conduct my life in ways that align with my personal values.	92%	8%	1%	0

Survey Item	Very Likely	Likely	Unlikely
How likely are you to recommend this program to colleagues or to leadership for adoption and implementation for teams?	71%	27%	2%

ILLUSTRATIVE ANONYMOUS FREE TEXT RESPONSES

In your own words, what do you feel are the strengths of this program?

"I love the real-life scenarios. I could relate to the characters in many ways. This program really struck a chord with me. I've begun a mindfulness journey! I'm honestly amazed that it has had such a profound impact on my daily life. Reflection and meditation are part of my daily routine."

"The program helped change my perspective on stress. You can't avoid it, it's impossible to be stress-free in one lifetime, but you can change how you react to stress and change in ways that is beneficial to your physical and mental health."

"Having multiple ways to deal with stressors in the moment is very helpful - I typically do not slow down enough to really think about them and instead just react. I look forward to seeing how these new tools will impact my daily life."

"The format of the instructional design between educational videos and mindfulness/guided imagery practices was a wonderful balance, allowing me to process as well as utilize some of the skills in the videos right away."

"The techniques provided to handle stress and negative thinking are different. They are ones that I have never learned before. I really like the videos teaching us how to properly meditate."

"Self-paced, well designed visuals, relatable practical scenarios and practical strategies to apply to real life stressful situations."

"The mediation and learning how to see my stress triggers. Learning the signs has taught me to redirect the feelings sooner."

"Knowing that I am not alone is the biggest thing for me. I have been so angry and hard on myself because I thought there was something wrong with me. I was wrong and I am hoping that I will be able to successfully apply this to my life."

"It helps you self assess yourself and apply strategies to make you a more well rounded efficient person. "

"Loved it all 10/10 recommend. I feel relaxed for the first time in a while."

Continuing education credit is jointly provided by Postgraduate Institute for Medicine (PIM) and StressPal Inc. The following analysis is based on data sets provided by PIM.

Please select the extent to which you agree/disagree that the activity supported the achievement of each learning objective: [5 = strongly agree]	Average Rating
Objective 1: Apply in daily life, and in the heat of the moment, three or more evidence-based cognitive strategies.	4.24
Objective 2: Identify and apply two or more evidence-based strategies that are personally relevant to their stress-triggered behaviors, such as excessive mistakes, difficulty focusing, defensiveness, critical or avoidant behaviors.	4.24
Objective 3: Integrate resilience-promoting cognitive, behavioral and physical strategies in daily life and enable the learner's ability to flexibly conduct their lives in ways that align with valued directions.	4.41
Objective 4: Engage in several different kinds of brief guided mindfulness meditation exercises to achieve stress relief and decompress when needed or as regular practice.	4.47
Objective 5: Promote positive resilience modeling, interpersonal, communication, and pro-social behavior with team members, colleagues, staff and patients	4.29
The faculty were effective in presenting the material.	4.29
The educational material provided useful information for my practice.	4.41
The activity enhanced my current knowledge base.	4.40
The activity provided appropriate and effective opportunities for active learning (e.g., case studies, discussion).	4.29
This activity improved my ability to function as part of the interprofessional care team.	4.35
Was the content of this activity fair, balanced, objective and free of bias?	Yes (100%)