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Reports from Tel Aviv University Highlight Recent Findings in Psychology (Mindfulness and Compassion as Key Factors in Improving teacher's Well Being).

Date: Mar. 28, 2020

From: Psychology & Psychiatry Journal

Publisher: NewsRX LLC

Document Type: Article

Length: 432 words

Full Text:

2020 MAR 28 (NewsRx) -- By a News Reporter-Staff News Editor at Psychology & Psychiatry Journal -- Current study results on Psychology have been published. According to news reporting from Ramat-Aviv, Israel, by VerticalNews journalists, research stated, "Social-emotional training and mindfulness practice have been suggested as valuable in coping with job-related stress and burnout in the teaching profession. Hence, many interventions aim to cultivate these skills."

The news correspondents obtained a quote from the research from Tel Aviv University, "The 'Call to Care - Israel for Teachers' (C2CIT) program employs mindfulness, compassion, and social-emotional skill training, with a unique emphasis on the construct of care. This pilot study explores the effects of the C2CIT program among schoolteachers by comparing self-report measures of teachers trained in the C2CIT program with those of teachers serving as controls. Forty-four teachers were allocated into either the C2CIT program throughout a full academic year, including 20 weekly meetings, or passive control. Before the intervention and immediately after its end, teachers filled self-report questionnaires consisting of mindfulness in teaching, sense of efficacy, trait anxiety, mindfulness, self-compassion, burnout, stress, rumination, reflection, and interpersonal reactivity. Repeated measures ANOVAs, followed by Tukey honest significant difference post hoc tests revealed that only teachers in the C2CIT group improved in the interpersonal faculties of teachers' sense of efficacy, interpersonal mindfulness in teaching, and the interpersonal reactivity measures of perspective taking and personal distress. In addition, they also improved in the intrapersonal faculties of mindfulness, perceived stress, rumination, reflection, and self-compassion."

According to the news reporters, the research concluded: "Our results suggest that the C2CIT program has a significant effect on teachers' well-being and may be instrumental in reducing stress among educators."

For more information on this research see: Mindfulness and Compassion as Key Factors in Improving teacher's Well Being. Mindfulness, 2020;11(4):1049-1061. Mindfulness can be contacted at: Springer, Van Godewijkstraat 30, 3311 Gz Dordrecht, Netherlands. (Springer - www.springer.com; Mindfulness - www.springerlink.com/content/1868-8527/)

Our news journalists report that additional information may be obtained by contacting R. Tarrasch, Tel Aviv University, Sagol School of Neuroscience, Jaime & Joan Constantiner Sch Educ, Il-6997801 Ramat Aviv, Tel Aviv Yafo, Israel. Additional authors for this research include R. Berger and D. Grossman.

Keywords for this news article include: Ramat-Aviv, Israel, Asia, Psychology, Tel Aviv University.

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The citation for this news report is: NewsRx. Reports from Tel Aviv University Highlight Recent Findings in Psychology (Mindfulness and Compassion as Key Factors in Improving teacher's Well Being). Psychology & Psychiatry Journal. March 28, 2020; p 411.

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Source Citation (MLA 8th Edition)

"Reports from Tel Aviv University Highlight Recent Findings in Psychology (Mindfulness and Compassion as Key Factors in Improving teacher's Well Being)." *Psychology & Psychiatry Journal*, 28 Mar. 2020, p. 411. *Gale Health and Wellness*, <https://link.gale.com/apps/doc/A618233744/HWRC?u=uphoenix&sid=HWRC&xid=dea24a14>. Accessed 1 Nov. 2020.

Gale Document Number: GALE|A618233744