

Andrew Safer

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Applied Mindfulness

Andrew Safer of [Safer Mindfulness Inc.](http://www.safermindfulness.com) conducts Mindfulness Training for 1) the Workplace, and 2) Mental Health and Addictions. Typically, the Workplace Mindfulness program meets in either 1.5 hr. or 1 hr. sessions, weekly or more intensively, and the various Mental Health & Addictions workshop series meet weekly in 1.5-hour sessions.

Outcomes

The outcomes shown in the table below are for 1) the group overall, and 2) selected evaluation statements.

To view a specific evaluation form, click on <https://safermindfulness.com/outcomes/> and select the long version of the report from the list.

Workplace —10 wks.	10 engineering students on work terms..... <ul style="list-style-type: none">• The voice in my head can make me feel anxious and I don't know how to pause or interrupt this pattern.....	25.9% (average improvement for all responses to 16 questions) Pre-Eval... 2 Post-Eval. 3.3 (Averages) = 65% improvement
	<i>"I am able to, through Mindfulness, get things done in better fashion, getting better results. My study experience has greatly improved, and my grades are, in fact, quite exciting."</i>	

	<p><i>“The Professional Resilience and Mindfulness training series has helped many of our members gain valuable skills to help with maintaining focus, problem solving, dealing with distractions and much more. Andrew & Janna present the material in a comprehensive, easy-to-understand and engaging manner which has contributed to incredibly positive participant feedback.”</i></p> <p><i>Professional Engineers & Geoscientists Newfoundland and Labrador</i></p>	
<p>Anxiety & Stress— 8 wks.</p>	<p>40 participants (5 groups)</p> <ul style="list-style-type: none"> • How helpful has this workshop series been in helping you deal with anxiety and stress?..... 	<p>40% improvement (average for all responses to 17 questions)</p> <ul style="list-style-type: none"> • Extremely helpful =12 • Very helpful = 14 • Somewhat helpful=14
	<p><i>“[This workshop series] has reinforced the need to be with whatever is happening, pleasant or unpleasant, without resisting or clinging. Generally, I find this allows strong negative emotions to arise and dissolve on their own, rather than intensify.”</i></p>	
<p>Recovery— Addictions—5 wks. & 1 day</p>	<p>6 participants</p> <ul style="list-style-type: none"> • “What does mindfulness have to do with daily life?” Five out of six participants replied <i>they are more able to bear with discomfort, rather than opting to escape.....</i> 	<p>34.2% improvement (average for all responses to 17 questions)</p> <p>83.3% improvement</p>

<p>Depression—10 wks.</p> <p><i>Click (above) to see several evaluation scales that were used.</i></p>	<p>17 participants</p> <p>Partnered with Canadian Mental Health Association-NL</p> <p><i>“It’s like a heavy blanket has lifted off me. I feel competent to help myself.”</i></p>	<p>Averages for all participants:</p> <ul style="list-style-type: none"> • Depressive symptoms: 22% reduction • Anxiety symptoms: 30% reduction • Mindfulness: 22% improvement • Psychological Well-Being: 26.7% improvement
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<p>Suicide Prevention—8 wks.</p>	<p>8 participants</p> <p>Partnered with Canadian Mental Health Association-NL</p> <p><i>“Immediately helpful with suicidal thoughts, then very helpful in rumination leading to suicidal thoughts”.</i></p>	<p>Between the first and last sessions (8 wks.), the intensity of suicidal thoughts was reduced by 41.7%.</p> <p>There was a 133% improvement in responses to the statement: The voice in my head can make me feel anxious and I don’t know how to pause or interrupt this pattern.</p>
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Evaluation

On the first day of the program, participants complete a consent form and the pre-evaluation, and on the last day, the post-evaluation. There are 16-18 statements in the quantitative section of the evaluation (participants show their level of agreement/disagreement on a scale of 1-5). There are 6 questions in the qualitative section (they write their answers). The pre- and post- quantitative responses are paired, tabulated, calculated, and expressed as an average percentage change. The qualitative responses are transcribed. [Reports are posted here.](#)—both short and long versions.

The evaluation form was initially developed collaboratively by Martha Traverso-Yeppez ,PhD, Division of Community Health, Faculty of Medicine, Memorial

University and Andrew Safer. In some cases, the questions have since been edited for relevance to a particular population.

Additional research support was provided by Dr. Kara Arnold, Professor, Faculty of Business Administration, Memorial University; Amanda J. Hancock, PhD, Assistant Professor – Business, Grenfell Campus, Memorial University; and Megan M. Walsh, Assistant Professor, Edwards School of Business, University of Saskatchewan.