**Abstract Submission – 1 hour oral session**

**Title**

What impact Positive Mindfulness Cognition has on Mental Resilience and Stress in General Practice?

**Author and affiliations**

Dr John McIntosh (MBChB, MRCGP, MRCP) – RACGP member

Elizabeth McIntosh (PhD)

**Background**

The stress and demands on staff in general practice is huge and the cost of mental health illness to businesses is escalating dramatically with medical staff at highest risk!

This research formed the basis of a Masters Thesis and was aimed to measure if the Positive Mindfulness Cognition program had measurable effects and improvements in attitudes and mental resilience.

The other arm of the research was to measure people’s perceived versus actual optimism scores with the hypothesis that individuals were actually more negative than they thought they were.

**Aims**

1. To measure individuals actual versus perceived optimism scores as measured by the Life Orientation Test – Revised.
2. To measure the impact of the PMC training on the actual optimism scores (before and after).
3. To measure the mental resilience scores before and after PMC training.

**Method**

PMC is a dynamic structured mindfulness process that improves individual’s awareness of their negative thoughts and has a structured process to change those into positive alternatives.

The above measures were performed in 570 individuals and the scores assessed.

**Results**

Individuals are 15% less positive than they think they are. This confirmed the hypothesis and this alarmed participants.

Positive Mindfulness Cognition improved Optimism by over 15% in one session and mental resilience improved by 30%. Feedback also showed that the training dramatically improved the atmosphere and gossip, drama and denigration were practically eliminated.

**Conclusion**

This research shows that Positive Mindfulness Cognition is effective at improving optimism, mental resilience, and appears to have significant benefit in staff happiness, productivity and workplace atmosphere!

The potential to benefit practices and businesses is a huge game-changer.

**References** None