**INTRODUCTION**

Resilience refers to the tendency to overcome various forms of adversity such as workload, lack of autonomy, and safety issues. Research has shown that resilience is negatively related to many negative outcomes such as depression, but research has yet to investigate the theoretical bases of how resilience functions in these negative associations. Rees et al. (2015) have suggested a model whereby resilience acts as a mediator between intrapersonal variables and psychological adjustment.

Mindfulness is one intrapersonal variable identified by in the model that involves regulating attention to the present and maintaining a mindset of curiosity and openness. Mindfulness is positively associated with positive effects on both physical and mental health such as reduced pain and lower anxiety. Despite much research, there is still conflict regarding if mindfulness is better conceptualized as a skill or trait.

Burnout is a measure of psychological adjustment characterized by the emotional exhaustion it causes. Burnout consists of three dimensions: exhaustion, cynicism, and professional efficacy. Research on burnout has pointed to its multidimensionality, but recent work has suggested that unidimensional measures may be adequate. Burnout is also related with other negative outcomes such as insomnia.

Past work has shown that mindfulness training led to lower burnout as well as being negatively correlated to each aspect of burnout. Mindfulness has been positively related with resilience. However, resilience has shown mixed results when studies with burnout. Based on these results and the model proposed by Rees et al. (2015), I propose a study to test the following hypotheses.

**HYPOTHESES**

**Model A**
- Resilience will be negatively related to overall burnout (H1) and mediate the relationship between mindfulness and overall burnout (H2).
- Hypothesis 1A
- Hypothesis 2A

**Model B**
- Resilience will be negatively related to exhaustion (H1) and mediate the relationship between mindfulness and exhaustion (H2).
- Hypothesis 1B
- Hypothesis 2B

**Model C**
- Resilience will be negatively related to cynicism (H1) and mediate the relationship between mindfulness and cynicism.
- Hypothesis 1C
- Hypothesis 2C

**Model D**
- Resilience will be negatively related to professional efficacy (H1) and mediate the relationship between mindfulness and professional efficacy.
- Hypothesis 1D
- Hypothesis 2D

**REFERENCES**

- River Cities I O Psychology Conference 2020
- Kaitlyn Berry & Alexander T. Jackson
- Middle Tennessee State University

**RESULTS**

- 250 undergraduate students will be recruited from Middle Tennessee State University. Participants will first complete a survey collecting demographic information. Participants will complete the Brief Resilience Scale to measure resilience. To evaluate mindfulness, participants will complete the Mindfulness Skill Scale and the Five Facet Mindfulness Questionnaire. Burnout will be evaluated using the Maslach Burnout Inventory for students. To reduce the risk of order effects, the administration of these measures will be randomized across participants. Participants will be asked demographic information followed by debriefing. Data will be analyzed using Preacher and Hayes’ (2012) process model in SPSS.

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