

## Prattster Consulting Group

Marketing & Technology  
for the nonprofit and small business community

---

### **PROPOSAL SAMPLE: Copyright 2003 – Prattster Consulting Group**

Mindfulness-Based Stress Reduction (MBSR):

Impacts on Healthcare Utilization and Stress Levels

### **Abstract**

There is a substantial body of evidence linking high stress to poor health among people with low socioeconomic status (SES). This has led to the need to study interventions targeting this population. This proposed study is an experimental design evaluating the impact of the Mindfulness-Based Stress Reduction Program (MBSR) on people with low SES. A bi-coastal sample of 240 individuals with low SES will be recruited from four healthcare centers with MBSR programs. Self-administered surveys and administrative data will be used to measure stress and healthcare utilization at four points in time. Expected findings include significant decreases in stress and healthcare utilization among participants in the experimental group, suggesting that MBSR is an effective intervention among people with low SES.

### **Introduction**

Research shows that members of low socioeconomic groups have poorer health than groups of higher status, and that “stressful life events” have been identified as a factor contributing to this problem (Lupien, King, Meaney, and McEwen, 2001). It is mandatory that we find more effective and prudent means of addressing these healthcare problems, and it appears that the Mindfulness-Based Stress Reduction (MBSR) program may just be the answer.

MBSR, based on the work of Jon Kabat-Zinn, revolves around the concept of developing greater awareness of one’s experiences in everyday life – a concept referred to as ‘mindfulness’ (UMass-Worcester, n.d.). “Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that only you can do for you – consciously and systematically working with your own stress, illness, and challenges and demands of everyday life” (UMass-Worcester, n.d., p.1). The

MBSR program is comprised of eight weekly classes that include the following: mindfulness meditation, yoga, group discussions, and other exercises designed to develop one's awareness (UMass-Worcester, n.d.).

Studies have shed light on the effectiveness of Mindfulness-Based Stress Reduction (MBSR) programs in varying patient populations, such as those suffering from chronic pain, anxiety, and depression (Williams, Kolar, Reger, and Pearson, 2001). The purported benefits of MBSR include a reduction in medical symptoms and stress levels (Williams et al., 2001) as well as a reduction in healthcare costs through a decrease in healthcare service use (Roth and Stanley, 2002). While these benefits are compelling, it appears that most of the MBSR research has focused on fairly heterogeneous populations, and that many of the studies may have had methodological problems that limit their validity (Bishop, 2002). Accordingly, the MBSR program warrants greater consideration, especially with regards to more homogeneous populations. This proposal seeks to evaluate the effectiveness of MBSR within a low-income population. More specifically, the question is whether participation in an MBSR program results in greater "well-being," as measured by a decrease in stress levels and healthcare utilization among individuals of low socioeconomic status (SES)...

---

- Send an email to [info@prattster.com](mailto:info@prattster.com) to request the remaining sections of this document.

## Prattster Consulting Group

Marketing & Technology  
for the nonprofit and small business community

