



PRESS RELEASE

Immediate

20 April 2023

Mind Management Skills for Life programme shown to be effective treatment for occupational burnout in NHS nurses

The results of an important trial into the issue of occupational burnout amongst NHS staff have been published.

The study - *Pragmatic randomized controlled trial of the Mind Management Skills for Life Programme as an intervention for occupational burnout in mental healthcare professionals* - is the first clinical trial of the *Mind Management Skills for Life Programme* - developed by Professor Steve Peters based on a model of the human mind elaborated in his best-selling books *The Chimp Paradox* (2012) and *A Path Through the Jungle* (2021).

The study involved 173 mental health nurses in Rotherham Doncaster and South Humber (RDaSH) NHS Foundation Trust. It was conducted by Grounded Research, the RDaSH research team, during the acute phase of the COVID-19 pandemic in 2020 - a time of great uncertainty and stress for healthcare providers. The results of the study show that this 8-session intervention delivered by video conferences helped to reduce burnout levels in nursing staff, even during the challenging circumstances of the first national lockdown introduced during 2020.

Occupational burnout in the NHS is defined as job-related emotional exhaustion and disengagement. It has been shown to have an impact on psychological wellbeing and physical health, and it is associated with increased absenteeism and staff turnover, poorer job satisfaction and performance.

Burnout is particularly acute in mental health workers, which is likely to be related to the emotionally demanding nature of mental health care, and is associated with reactions such as compassion fatigue and vicarious trauma. Finding effective solutions to remedy and to prevent burnout is a challenge and the study is an important development.

The *Mind Management Skills for Life Programme* is a guided self-help programme integrating insights from neuroscience and psychological theory. It aims to offer practical strategies and skills for the individual to learn how to understand their mind and to guide their actions according to their life goals.

Professor Jaime Delgadillo, Director of Psychological Therapies Research at RDaSH NHS Foundation Trust, commented: “Occupational burnout is a major problem in the NHS, with adverse consequences for staff and patients - a situation which has been exacerbated by Covid-19. Finding effective solutions to remedy and to prevent burnout in healthcare professionals is a critical challenge.

“This study is an important development in this regard, as the study was conducted during the acute phase of the pandemic, a time of great uncertainty and stress for healthcare providers. It is remarkable that this intervention helped to reduce burnout levels in nursing staff during such challenging circumstances.”

The programme is delivered by Chimp Management Ltd. **Professor Steve Peters**, Consultant Psychiatrist and CEO of Chimp Management Limited, said: “The Mind Management Skills for Life programme helps all individuals to explore their minds and come to understand themselves, thereby gaining the skill of resilience and robustness. The course is based on the neuroscience and clinical practice of emotional, behavioural and thought management using my Chimp Management® Mind Model.”

The results of the study have been published online in the Journal of Mental Health <https://www.tandfonline.com/doi/full/10.1080/09638237.2023.2182423>

ENDS

Further information

- Matt Beer in Grounded Research on matt.beer@nhs.net
- Communications Team at Rotherham Doncaster and South Humber NHS Foundation Trust, on 03000 212100 or rdash.rdashcommunications@nhs.net

NOTES FOR EDITORS

About Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) and Grounded Research

- RDaSH provides a range of mental health, learning disability, drug and alcohol services, and community health services across Rotherham, Doncaster and North Lincolnshire. Services include Improving Access to Psychological Therapies (IAPT).
- Grounded Research is the research team at RDaSH. It has dedicated research staff, including medics, nurses, pharmacy and clinical studies officers, with the skills needed for swift set up and smooth delivery of trials. The team are winners of the Nursing Times Clinical Research Nursing Award 2019 and Winner of 'Research Team of the Year' 2022, from the National Institute for Health and Care Research Clinical Research Network.

About CHIMP

- Chimp Management Ltd are a psychological skills company that were founded by Consultant Psychiatrist, Professor Steve Peters in 2012. Chimp Management work with organisations, teams and individuals to help them get the best out of themselves and others by simplifying complex neuroscience using The Chimp Management Mind Model.
- For more information about Chimp Management
<https://chimpmanagement.com/what-we-do/mind-management-skills-for-life/>