Using the Theory of Planned Behavior to Assess Nurses' Intentions to Engage in Mindful Self Care in the Perianesthesia Setting

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Introduction: Despite its ethical importance emphasized by the American Nurses Association (ANA), 68% of nurses prioritize patient care over their own self-care.

Identification of the Problem: Despite its proven benefits for nurse well-being and patient outcomes, self-care remains under-prioritized in nursing, with low engagement due to barriers like lack of resources and resilience, especially in high-stress environments.

Purpose of the Study: The purpose of this study was to investigate the relationships between the variables that influence intention, according to the Theory of Planned Behavior and the variables within the Mindful Self-Care Scale among perianesthesia nurses' participation in mindful self-care activities.

Methodology: The study utilized a cross-sectional design and was guided by the Theory of Planned Behavior. Following ethical approval, a total of 85 perianesthesia nurses completed the Modified Theory of Planned Behavior Questionnaire and Mindful Self Care Scale recruited through the Listserv of the American Society of PeriAnesthesia Nurses (ASPAN).

Results: Regression analyses demonstrated attitude ($\beta=0.51$, $t=5.63$, $p=< 0.001$) and self-compassion and purpose ($\beta=0.29$, $t=2.54$, $p=0.013$) as significant factors influencing the intention of perianesthesia nurses to engage in mindful self-care. Overall, the model was a good fit $F_{(8,76)} = 9.33$; $p =0.001$ with an adjusted R^2 of 0.44. On average, perianesthesia nurses engaged in mindful self-care 2-3 days per week. A comparison of rural and non-rural nurses showed no significant differences.

Discussion: Findings from this study are consistent with prior research, which highlights the central role of attitude in shaping nurses' intentions across various areas. Self-care is further enhanced through self-compassion and purpose - treating oneself with empathy, acknowledging challenges with kindness, and engaging in supportive self-talk.

Conclusion: This cross-sectional study of perianesthesia nurses identified attitude and "self-compassion and purpose" as significant predictors of the intention to engage in self-care for 2-3 days per week, with no significant difference between rural and non-rural nurses, though rural nurses were underrepresented.

Implications for perianesthesia nurses and future research: This study highlights the importance of mindful self-care for nurses, emphasizing its impact on well-being, patient outcomes, and professional satisfaction. Findings provide a foundation for future research and inform practice, policy, and education by recommending tailored interventions and supportive work environments to promote self-care among nurses, ultimately improving patient care quality.