

Dispositional Mindfulness and Self-Reported Executive Dysfunction in Hospital Nurses: A Cross-Sectional Study

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Abstract:

Nurses working in hospital settings are frequently exposed to demanding work environments characterized by time pressure, divided attention, multitasking, and frequent interruptions, all of which may contribute to lapses in Executive Dysfunction and potentially compromise clinical safety. Dispositional mindfulness, defined as the tendency to maintain present-moment awareness with a non-judgmental attitude, has been suggested as a psychological resource that supports attentional regulation and cognitive performance. The present study aimed to examine the relationship between dispositional mindfulness and Executive Dysfunction among registered nurses. A cross-sectional research design was employed with a sample of 100 registered nurses recruited from multiple hospitals in Prayagraj, Uttar Pradesh, India. Participants completed the Five Facet Mindfulness Questionnaire (FFMQ) and a standardized Cognitive Assessment Questionnaire (CFQ), along with demographic information. Data were analysed using correlational analysis. The findings revealed a significant negative correlation between dispositional mindfulness and Executive Dysfunction, indicating that nurses with lower levels of mindfulness reported greater Executive Dysfunction. Mindfulness remained a significant predictor of Executive functioning even after accounting for demographic factors. These findings suggest that dispositional mindfulness may serve as a protective factor against Executive Dysfunction in demanding healthcare environments and highlight the potential value of mindfulness-based interventions for enhancing cognitive performance, supporting clinical effectiveness, and promoting patient safety among nursing professionals.

Keywords:

Dispositional mindfulness, Executive Dysfunction, FFMQ; nursing staff, clinical safety.