

 <hr style="width: 100%; border: 0.5px solid black;"/> <small>b</small> <b>UNIVERSITÄT BERN</b>	<b>Universität Bern</b> <b>Institut für Psychologie</b> <b>Abteilung Arbeits- und Organisationspsychologie</b>  <b>Prof. Dr. Andreas Hirschi</b> <b>Prof. Dr. Achim Elfering</b> <b>Prof. Dr. Daniel Spurk</b>
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## THEMENVORSCHLAG FÜR EINE MASTERARBEIT

<b>Thema</b>	<b>Mindful together: Interpersonal mindfulness and its benefits on social interactions at work</b>
<b>Beschreibung</b>	<p>Workers in Switzerland are suffering from more stress than ever. The rate of burnout in the Swiss workplace has dramatically increased since 2012, with work stoppages rising by 50 percent. The Swiss government estimates that the costs of stress and burnout are roughly 10 billion CHF per annum. Therefore, improving workplace well-being has become increasingly vital.</p> <p>Research on mindfulness interventions has been growing rapidly in the last years and positive effects on body and mind could be shown. The interest in workplace interventions is increasing because of the above-mentioned stress issues. Although the positive effects of mindfulness on an individual level are well documented, there are fewer studies concerning the interpersonal effects of mindfulness in an interactional setting, especially in a workplace setting.</p> <p>In this Master thesis, students are expected to implement and evaluate a newly developed interpersonal mindfulness intervention in a workplace setting. In an innovative design, we take into account the current co-working habits in implementing a newly designed online interpersonal mindfulness training where co-workers can participate together via an online platform. We are interested in if a five-day interpersonal mindfulness intervention focusing on dyads (co-workers who have at least one interaction per week) can help participants communicate more mindfully with each other, whether this has an effect on their work engagement and their psychological detachment at home.</p>
<b>Anforderungen</b>	<ul style="list-style-type: none"> <li>• Interesse am Themenbereich „Positive Arbeitsplatz“</li> <li>• Selbstständigkeit, Proaktivität und Genauigkeit</li> <li>• Aufarbeitung von englischsprachiger Literatur</li> <li>• Grundkenntnisse in der Fragebogenprogrammierung mit Qualtrics</li> <li>• Grundkenntnisse in der Datenauswertung mit z.B. SPSS, R</li> <li>• Eigenständige Durchführung der online Interventionsstudie</li> <li>• Datenerhebung und –auswertung (Stichprobengrösse ca. 50 Personen)</li> </ul>
<b>Anzahl Studierende</b>	2
<b>Betreuer/-in</b>	Dr. Dandan Pang (dandan.pang@unibe.ch) Prof. Dr. Andreas Hirschi
<b>Beginn</b>	Jederzeit
<b>Literatur</b>	<p>Pratscher, S. D., Wood, P. K., King, L. A., &amp; Bettencourt, B. A. (2019). Interpersonal mindfulness: Scale development and initial construct validation. <i>Mindfulness</i>, 10(6), 1044–1061. <a href="https://doi.org/10.1007/s12671-018-1057-2">https://doi.org/10.1007/s12671-018-1057-2</a></p> <p>Rodríguez-Muñoz, A., Montes-Maroto, G., Antino, M., Gil-Rodríguez, F., &amp; Ruíz-Zorrilla, P. (2021). Mindful you, relaxed and beneficial me: A daily diary study of coworker dyads. <i>Journal of Happiness Studies</i>, 22(2), 767–786. <a href="https://doi.org/10.1007/s10902-020-00250-8">https://doi.org/10.1007/s10902-020-00250-8</a></p>