

JabuMind Pre- and Post-Results Final Report

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Demographics of Sample

The average age was 22 ($SD = .89$, $SE_M = 0.22$, $Min = 21.00$, $Max = 24.00$, $Skewness = .58$, $Kurtosis = -.33$). All participants in the study are Female (denoted as 1). All participants in the study are White/Non-Hispanic (100%). The summary statistics can be found in Table 1.

Table 1.

Summary Statistics Table for Demographics

| Variable | <i>M</i> | <i>SD</i> | <i>n</i> | <i>SE_M</i> | Min | Max | Skewness | Kurtosis |
|----------|----------|-----------|----------|-----------------------|-------|-------|----------|----------|
| Age | 22.00 | .89 | 14 | 0.22 | 21.00 | 24.00 | .58 | -.33 |
| Gender | 1.00 | 0.00 | 14 | 0.00 | 1.00 | 1.00 | - | - |

Note. '-' indicates the statistic is undefined due to constant data or an insufficient sample size.

History of Previous Mindfulness Use

Of the 14 students in class, only 2 students responded **yes** to the item: “*Do you practice mindfulness skills when stressed out?*” Of these students, Mindful breathing and Praying were the answers when asked to expand on this question.

For item: “*Have you used an app on your phone to do yoga, meditation, or mindfulness?*” Only 1 student responded with **yes**. They shared that the app is called Kuru and they used it for one year.

Current Coping Skills

For item: “*What coping activities do you engage in when feeling stressed?*” Table 2 shows the frequency of responses. Of those that answered other, the responses provided were: “color a coloring book, playing with my dogs, and watching TV.”

Table 2.

Summary Statistics Table for Demographics

| Coping Activity | Frequency |
|-----------------------------------|-----------|
| Sleeping | 76.5 |
| Mindfulness | 17.6 |
| Eating | 58.8 |
| Exercising | 23.5 |
| Using Social Media | 47.1 |
| Spending time with family/friends | 52.9 |
| Other | 17.6 |

Measure Score Totals for Pre-Assessment

The observations for Mindfulness had an average of 58.43. The observations for Teacher Self-Efficacy Scale had an average of 41.19. The observations for Perceived Stress Scale had an average of 60.12. Lastly, Sleep Quality Scale had an average of 63.69. The summary statistics can be found in Table 3.

Table 3.

Summary Statistics Table for Measure Totals for Pre-Assessment

| Variable | <i>M</i> | <i>SD</i> | <i>n</i> | <i>SE_M</i> | Min | Max | Skewness | Kurtosis |
|-----------------------------|----------|-----------|----------|-----------------------|-------|-------|----------|----------|
| Mindfulness | 58.44 | 14.01 | 14 | 3.50 | 38.00 | 83.00 | .09 | -1.31 |
| Teacher Self-Efficacy Scale | 41.19 | 7.38 | 14 | 1.84 | 30.00 | 57.00 | 0.31 | -0.34 |
| Perceived Stress Scale | 60.12 | 27.71 | 14 | 6.93 | 13.00 | 97.00 | 0.08 | -1.22 |
| Sleep Quality Scale | 63.69 | 10.79 | 14 | 2.70 | 43.00 | 79.00 | -0.15 | -1.00 |

Measure Score Totals for Post-Assessment

The observations for Mindfulness had an average of 62.00. Teacher Self-Efficacy Scale had an average of 46.79. Perceived Stress Scale had an average of 19.00. Lastly, the Sleep Quality Scale had an average of 64.36. The summary statistics can be found in Table 4.

Table 4.

Summary Statistics Table for Measure Totals for Post-Assessment

| Variable | <i>M</i> | <i>SD</i> | <i>n</i> | <i>SE_M</i> | Min | Max | Skewness | Kurtosis |
|-----------------------------|----------|-----------|----------|-----------------------|-------|-------|----------|----------|
| Mindfulness | 62.00 | 10.08 | 14 | 2.70 | 40.00 | 77.00 | -0.53 | -0.09 |
| Teacher Self-Efficacy Scale | 46.79 | 6.90 | 14 | 1.84 | 36.00 | 60.00 | 0.26 | -0.65 |
| Perceived Stress Scale | 19.00 | 7.81 | 14 | 2.09 | 6.00 | 36.00 | 0.20 | -0.06 |
| Sleep Quality Scale | 64.36 | 10.97 | 14 | 2.93 | 48.00 | 82.00 | 0.05 | -1.26 |

Two-Tailed Paired Samples *t*-Test for Pre- and Post-Mindfulness

A two-tailed paired samples *t*-test was conducted to examine whether the mean difference of Mindfulness at Pre-Assessment and Mindfulness at Post-Assessment was significantly different from zero. The result of the two-tailed paired samples *t*-test was not significant based on an alpha value of 0.05, $t(13) = -1.24$, $p = .237$, indicating the null hypothesis cannot be rejected. This finding suggests the difference in the mean of Mindfulness at Pre-Assessment and the mean of Mindfulness at Post-Assessment was not significantly different from zero. The results are presented in Table 5.

Table 5.
*Two-Tailed Paired Samples *t*-Test for the Difference Between Mindfulness at Pre-Assessment and Mindfulness at Post-Assessment*

| Mindfulness at Pre-Assessment | | Mindfulness at Post-Assessment | | <i>t</i> | <i>p</i> | <i>d</i> |
|-------------------------------|-----------|--------------------------------|-----------|----------|----------|----------|
| <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | | | |
| 58.43 | 13.93 | 62.00 | 10.08 | -1.24 | .237 | 0.33 |

Note. N = 14. Degrees of Freedom for the *t*-statistic = 13. *d* represents Cohen's *d*.

Two-Tailed Paired Samples *t*-Test for Pre- and Post-Teacher Self-Efficacy

A two-tailed paired samples *t*-test was conducted to examine whether the mean difference of Teacher Self-Efficacy at Pre-Assessment and Teacher Self-Efficacy at Post-Assessment was significantly different from zero. The result of the two-tailed paired samples *t*-test was significant based on an alpha value of 0.05, $t(13) = -2.32, p = .037$, indicating the null hypothesis can be rejected. This finding suggests the difference in the mean of Teacher Self-Efficacy at Pre-Assessment and the mean of Teacher Self-Efficacy at Post-Assessment was significantly different from zero. The mean of Teacher Self-Efficacy at Pre-Assessment was significantly lower than the mean of Teacher Self-Efficacy at Post-Assessment. The results are presented in Table 6. A bar plot of the means is presented in Figure 1.

Table 6.

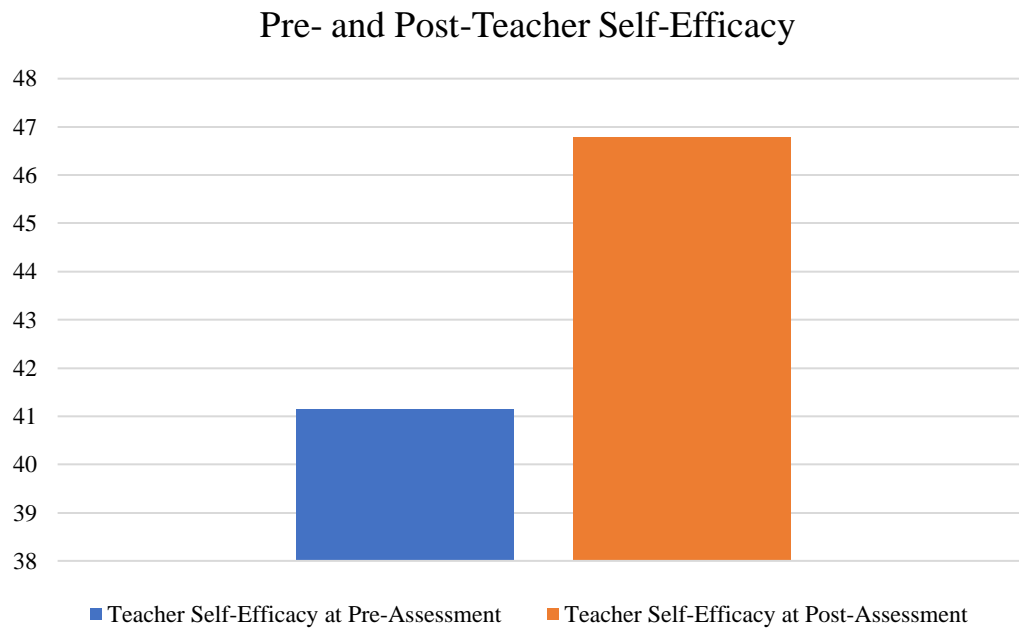
*Two-Tailed Paired Samples *t*-Test for the Difference Between Teacher Self-Efficacy at Pre-Assessment and Teacher Self-Efficacy at Post-Assessment*

| Teacher Self-Efficacy at Pre-Assessment | | Teacher Self-Efficacy at Post-Assessment | | <i>t</i> | <i>p</i> | <i>d</i> |
|---|-----------|--|-----------|----------|----------|----------|
| <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | | | |
| 41.14 | 7.90 | 46.79 | 6.90 | -2.32 | .037 | 0.62 |

Note. N = 14. Degrees of Freedom for the *t*-statistic = 13. *d* represents Cohen's *d*.

Figure 1.

The means of Teacher Self-Efficacy at Pre-Assessment and Teacher Self-Efficacy at Post-Assessment



Two-Tailed Paired Samples *t*-Test for Pre- and Post-Perceived Stress Scale

A two-tailed paired samples *t*-test was conducted to examine whether the mean difference of Perceived Stress Scale at Pre-Assessment and Perceived Stress Scale at Post-Assessment was significantly different from zero. The result of the two-tailed paired samples *t*-test was significant based on an alpha value of 0.05, $t(13) = 4.97, p < .001$, indicating the null hypothesis can be rejected. This finding suggests the difference in the mean of Perceived Stress Scale at Pre-Assessment and the mean of Perceived Stress Scale at Post-Assessment was significantly different from zero. The mean of Perceived Stress Scale at Pre-Assessment was significantly higher than the mean of Perceived Stress Scale at Post-Assessment. The results are presented in Table 7. A bar plot of the means is presented in Figure 2.

Table 7.

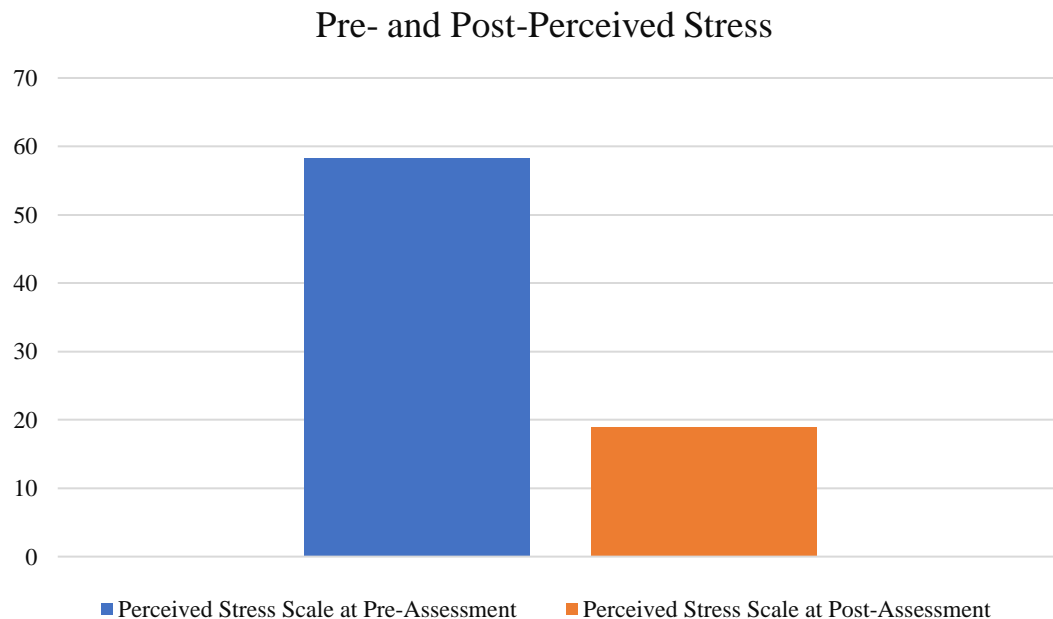
*Two-Tailed Paired Samples *t*-Test for the Difference Between Perceived Stress Scale at Pre-Assessment and Perceived Stress Scale at Post-Assessment*

| Perceived Stress Scale at Pre-Assessment | | Perceived Stress Scale at Post-Assessment | | <i>t</i> | <i>p</i> | <i>d</i> |
|--|-----------|---|-----------|----------|----------|----------|
| <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | | | |
| 58.21 | 28.51 | 19.00 | 7.81 | 4.97 | < .001 | 1.33 |

Note. N = 14. Degrees of Freedom for the *t*-statistic = 13. *d* represents Cohen's *d*.

Figure 2.

The means of Perceived Stress Scale at Pre-Assessment and Perceived Stress Scale at Post-Assessment



Two-Tailed Paired Samples *t*-Test for Pre- and Post-Sleep Quality Scale

A two-tailed paired samples *t*-test was conducted to examine whether the mean difference of Sleep Quality at Pre-Assessment and Sleep Quality at Post-Assessment was significantly different from zero. The result of the two-tailed paired samples *t*-test was not significant based on an alpha value of 0.05, $t(13) = -0.59$, $p = .563$, indicating the null hypothesis cannot be rejected. This finding suggests the difference in the mean of Sleep Quality at Pre-Assessment and the mean of Sleep Quality at Post-Assessment was not significantly different from zero. The results are presented in Table 8.

Table 8.

*Two-Tailed Paired Samples *t*-Test for the Difference Between Sleep Quality at Pre-Assessment and Sleep Quality at Post-Assessment*

| Sleep Quality at Pre-Assessment | | Sleep Quality at Post-Assessment | | <i>t</i> | <i>p</i> | <i>d</i> |
|---------------------------------|-----------|----------------------------------|-----------|----------|----------|----------|
| <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | | | |
| 62.29 | 10.62 | 64.36 | 10.97 | -0.59 | .563 | 0.16 |

Note. N = 14. Degrees of Freedom for the *t*-statistic = 13. *d* represents Cohen's *d*.

Feedback on JabuMind App

The most frequently observed category of “*How likely will you be to recommend the JabuMind app to a friend or colleague?*” was Likely ($n = 10, 71\%$).

The most frequently observed category of “*Please rate your level of satisfaction with the following aspects of JabuMind: Ease of Installation*” was Very Satisfied ($n = 9, 64\%$).

The most frequently observed categories of “*Please rate your level of satisfaction with the following aspects of JabuMind: Ease of Use*” were Satisfied and Very Satisfied, each with an observed frequency of 6 (43%).

The most frequently observed category of “*Please rate your level of satisfaction with the following aspects of JabuMind: Overall Performance*” was Satisfied ($n = 5, 36\%$).

The most frequently observed category of “*Please rate your level of satisfaction with the following aspects of JabuMind: Quality of App*” was Satisfied ($n = 8, 57\%$).

The most frequently observed category of “*Please rate your level of satisfaction with the following aspects of JabuMind: Mindfulness Exercises*” was Neutral ($n = 5, 36\%$). Frequencies and percentages are presented in Table 9.

Table 9.
Frequency Table for Nominal Variables

| Variable | <i>n</i> | % |
|---|----------|-------|
| <i>How likely will you be to recommend the JabuMind app to a friend or colleague?</i> | | |
| Very unlikely | 2 | 14.29 |
| Likely | 10 | 71.43 |
| Very likely | 2 | 14.29 |
| Missing | 0 | 0.00 |
| <i>Please rate your level of satisfaction with the following aspects of JabuMind:</i> | | |
| <i>Ease of Installation</i> | | |
| Neutral | 1 | 7.14 |
| Satisfied | 4 | 28.57 |
| Very Satisfied | 9 | 64.29 |
| Missing | 0 | 0.00 |
| <i>Ease of Use</i> | | |
| Very Unsatisfied | 2 | 14.29 |
| Satisfied | 6 | 42.86 |
| Very Satisfied | 6 | 42.86 |
| Missing | 0 | 0.00 |
| <i>Overall Performance</i> | | |
| Very Unsatisfied | 2 | 14.29 |
| Neutral | 3 | 21.43 |

| | | |
|-------------------------------------|---|-------|
| Satisfied | 5 | 35.71 |
| Very Satisfied | 3 | 21.43 |
| Missing | 1 | 7.14 |
| <i>Quality of App</i> | | |
| Very Unsatisfied | 2 | 14.29 |
| Neutral | 1 | 7.14 |
| Satisfied | 8 | 57.14 |
| Very Satisfied | 3 | 21.43 |
| Missing | 0 | 0.00 |
| <i>Mindfulness Exercises</i> | | |
| Very Unsatisfied | 2 | 14.29 |
| Neutral | 5 | 35.71 |
| Satisfied | 2 | 14.29 |
| Very Satisfied | 4 | 28.57 |
| Missing | 1 | 7.14 |

Note. Due to rounding errors, percentages may not equal 100%.

The most frequently observed categories of “*How often did you use the JabuMind app?*” were **about 2-3 times a week and only once a week**, each with an observed frequency of 5 (36%).

The most frequently observed category of “*Do you feel that the JabuMind app positively increased your sleep quality?*” was No ($n = 8, 57\%$). Of the 6 participants who endorsed yes, 3 responded to how the JabuMind positively increased your sleep quality:

- It reduces my stress level.
- It helped me to fall asleep way faster.
- Helped me clear my mind to sleep.

The most frequently observed category of “*Do you feel that the JabuMind app helped in managing your stress levels?*” was Yes ($n = 10, 71\%$). Of the 10 participants who endorsed yes, 6 responded to how the JabuMind helped managed their stress levels:

- Its helps me calm down.
- It allowed me to take a break from what I was doing and just breathe.
- It helped me calm down.
- It calmed my mind and erased my worries.
- think through situations
- It helps me relax.

The most frequently observed category of “*Were the mindfulness exercises in JabuMind easy to follow?*” was Yes ($n = 12, 86\%$). Frequencies and percentages are presented in Table 10.

Table 10.
Frequency Table for Nominal Variables

| Variable | <i>n</i> | <i>%</i> |
|---|----------|----------|
| <i>How often did you use the JabuMind app?</i> | | |
| More than 2-5 times a week | 1 | 7.14 |
| About 2-3 times a week | 5 | 35.71 |
| Only once a week | 5 | 35.71 |
| Once a month | 3 | 21.43 |
| Missing | 0 | 0.00 |
| <i>Do you feel that the JabuMind app positively increased your sleep quality?</i> | | |
| No | 8 | 57.14 |
| Yes | 6 | 42.86 |
| Missing | 0 | 0.00 |
| <i>Do you feel that the JabuMind app helped in managing your stress levels?</i> | | |
| No | 4 | 28.57 |
| Yes | 10 | 71.43 |
| Missing | 0 | 0.00 |
| <i>Were the mindfulness exercises in JabuMind easy to follow?</i> | | |
| No | 2 | 14.29 |
| Yes | 12 | 85.71 |
| Missing | 0 | 0.00 |

Note. Due to rounding errors, percentages may not equal 100%.

What suggestions or feedback would you like to share with the JabuMind team for improvements/ changes?

5 participants responded to this question with the following responses:

- I would like to be able to track my sleep and moods and have a daily, weekly, and monthly view of the data. I also think it would be nice to have a video to go along with the student meditation exercises.
- Add an option to let the user select their own voice for mediations.
- I would make the meditations shorter.
- Have more of a selection per topic and vary what is said in the videos from week to week a lot more.
- I don't like how the days continue even if I haven't got to them yet. Also, I want to be able to change the person speaking on the exercises that show up everyday.

What, if any, were some of your favorite features in the JabuMind app?

4 participants responded to this question with the following responses:

- I like the variety of exercises in the library that you can choose from. I also really like the early childhood meditation audios.

- The notifications.
- I like the daily check-in.
- I like the Sleep ones.