



PSY 222 Module Four Activity

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Research Study: Tai Chi for Older Nurses: A Workplace Wellness Pilot Study

1. Summarize the research study's **purpose**. Your response should be about 25 to 50 words.

After reading the purpose and the background information of the research study, I was able to recognize the purpose of the study. The purpose of the study is to determine if implementing a Tai Chi workplace wellness program would be a cost-effective way to help older nurses improve their physical health, mental health, stress levels, and productivity. (Palumbo, Wu, Shaner-McRae, et al., 2012, para. 6).

2. Describe the relevance of the **publication dates** of the citations referenced for the research study. Your response should be about 25 to 50 words. Consider the following:
 - Are some of those cited sources recent (relevant to date of publication)?

The publication dates of the citations referenced in the research study range from 1981 to 2009. The majority of the references were published between 2000 and 2008. Considering the research article was published in 2012, the authors did review some recent studies that were related to their study. The authors also reviewed work that was related to their topic from the year 1981. This indicates that this topic has been of interest to people for decades.

3. Identify the type of **claim** the research study makes. Explain your response. Your response should be about 25 to 50 words. Consider the following:
 - Is the claim frequency based, association based, or causal?

The type of claim the research study makes is association. The study makes an association claim because the authors argue "... that one level of a variable is likely to be associated with a particular level of another variable" (Morling, 2020, p. 2.8). In the research study, the authors make an association that Tai Chi wellness programs were a cost effective way to reduce absenteeism and increase work productivity; however, there was not an association between the Tai Chi wellness program and improving the physical or mental health of the older nurses. The Tai Chi group showed improvement in flexibility; yet, numerous factors and lack of statistical evidence did not allow for a correlation to be made between Tai Chi and physical health. The Tai Chi group also showed reduced levels of stress compared to the control group, specifically from Work

Stress and "Lack of Support" stress as well as general stress. However, the difference between the control and experimental groups was not great enough to determine significant causality. The authors also acknowledge that larger sample sizes are needed in order "... to determine if the impact on absenteeism is reproduceable" (Palumbo, Wu, Shaner-McRae, et al., 2012, para. 18).

4. Describe the **research method** used in the research study. Your response should be about 25 to 50 words. Consider the following:
 - Is the research method qualitative, quantitative, or mixed?

The research method used in the research study was mixed. The research methods that were qualitative were the SF-36 Health Survey, Nursing Stress Scale, Perceived Stress Scale, Nordic Musculoskeletal Questionnaire, and the Work Limitations Questionnaire. These methods are considered qualitative because they are non-statistical and cannot be easily measured using numbers. For example, you cannot measure an individual's stress levels with a numerical number. The study also used quantitative research methods which were the sit-and-reach test, isometric knee extensor strength test, and work absenteeism. These methods are considered quantitative because they can be measured using objective numerical numbers. For example, absenteeism and arm-reach can be measured by objective units of measurements (hours an individual was absent for work, inches/cm the person can reach for). However, there is no universal unit of measurement that can measure "less stress" or "more stress".

5. Describe the research study's **data collection** method. Your response should be about 50 to 100 words. Consider the following:
 - Possibilities for data collection include surveys, observations, interviews, archive review, objective or biological measures, or some combination of those listed.

The authors of the research study listed multiple measures and data collection methods that they used for their study. The list includes, "SF-36 Health Survey... Nursing Stress Scale... Perceived Stress Scale... sit-and-reach test... isometric knee extensor strength test dynamometer... functional reach test... Nordic Musculoskeletal Questionnaire... the Work Limitations Questionnaire... and work absenteeism" (Palumbo, Wu, Shaner-McRae, et al., 2012, para. 10). The measures were used to determine if implementing a Tai Chi workplace wellness program would be a cost-effective way to help older nurses improve their physical health, mental health, stress levels, and productivity.

6. Describe the research study's **sample**. Your response should be about 50 words. Include the following in your response:
 - Sample size
 - Sample characteristics

The sample of the research study was relatively small. The sample consisted of 14 nurses aged 49 or older. The nurses had to be registered nurses or licensed practical nurses who were employed full-time or part-time, for at least 1 year. The nurses also had to be in a position where they needed to be able to lift patients. The study was completed over a 15-week period, so the nurses had to be able to commit to the study. If they were not able to commit (for family or work reasons) they were excluded from the study. (Palumbo, Wu, Shaner-McRae, et al., 2012, para. 9).

7. Describe one type of **statistical analysis** conducted in the research study. Your response should be about 25 words.

After examining the data collected from the study, a Wilcoxon two-sample test was used to "... compared on continuous outcome variables (work limitations, health status, stress, and physical functioning)..." (Palumbo, Wu, Shaner-McRae, et al., 2012, para. 12). The statistical analysis used in the research study was helpful in understanding the results of the study.

8. Describe one **limitation** from the research study. Your response should be about 25 to 50 words.

One limitation from the research study was the small sample size (14 participants). The small sample size effects the reliability and validity of the study (as the results can have higher variability and a type II error is more likely to occur). Collecting a full-cost analysis of a study is difficult due to the small sample size. Also, the small sample size may effect the results of the study; therefore, the results cannot be generalized to other settings or the population that is interested in this topic.

9. Describe how this research study could be used in **personal and professional practice**. Your response should be about 25 to 50 words. Consider the following:

- How can the findings from this study be used by people in their work, in their personal lives, or to help others?

The research study could be used in both personal and professional practice. The findings from this study can help an individual decide if they should participate in a workplace wellness program or not. For example, the results in this study found that people who participated in the Tai Chi wellness program had increased productivity; therefore, if an individual wants to increase their productivity and they read this study for more information, the findings will help persuade them to enroll in a workplace wellness program. The findings from this study could also influence people to participate in any general wellness program (not necessarily in the workplace) to receive the benefits of it. Businesses and people who work in human resources or industrial-organizational psychology would also benefit from the findings from this study. If they



are looking to promote productivity in the workplace and provide their employees with a work-life balance, they should consider creating a wellness program for their workplace.



References

Morling, B. (2020). *Research methods in psychology*. Soomo Learning.

<https://www.webtexts.com>

Palumbo, M. V., Wu, G., Shaner-McRae, H., Rambur, B., & McIntosh, B. (2012). Tai Chi for older nurses: A workplace wellness pilot study. *Applied Nursing Research*, 25(1), 54–59.