

#11

COMPLETE

Collector: Web Link 1 (Web Link)
Started: Tuesday, August 15, 2017 2:42:56 PM
Last Modified: Tuesday, August 15, 2017 4:46:52 PM
Time Spent: 02:03:56
IP Address: 27.96.202.22

Page 1: Mapping mindfulness, empathy and compassion applications at a systems level across Australia

Q1 PROJECT TITLE Short title for your project

How does viewing material on common humanity impact on healthcare workers' level of compassion?

Q2 ORGANISATION Who are you? List the name of your company/school/hospital/NGO/government department/professional association/legal firm/etc.

Debbie Ling PhD candidate, Department of Social Work, Monash University and senior clinician, Epworth Rehabilitation, Melbourne.

Q3 DESCRIPTION & URL LINK What are you doing? Outline the aims and scope of your project, program or activity. Include URL link for more information.

Despite significant increase in research into compassion, there is still a lack of consensus regarding definition, what the core elements of compassion are and how it comes into being. Compassion is often used interchangeably with sympathy, pity and empathy which are not equal to compassion. Several authors call for greater clarity regarding definition as it has implications for the validity of compassion research and the accuracy and rigour of compassion measures and compassion training programs.

There is broad consensus that compassion is a concern when confronted with another's suffering and a desire to alleviate that suffering. Several researchers suggest that the perception of common humanity is the central component of compassion. Common humanity acknowledges the universality of suffering, that all humans seek happiness and do not want to suffer.

This research project is investigating the hypothesis that the perception of common humanity is the key component of compassion. The research study will explore what impact viewing material on common humanity has on healthcare workers' level of compassion, perception of common humanity and perspective taking. Approximately 100 healthcare workers at Epworth Hospital will view material on common humanity and fill in pre and post test measures using validated scales to measure compassion, common humanity and perspective taking.

Q4 SUCCESS MEASURES How will you measure success? Describe the outcomes, value, or effectiveness of the project or activity. For example, changes in:- levels of bullying;- levels of medical errors;- organisational culture & practice; etc

Variables to be measured are compassion, perception of common humanity and perspective-taking. Outcome measures to be used are:

1. Santa Barbara Brief Compassion scale
2. Common Humanity subscale from Compassion Scale (Pommier)
3. Separation subscale from Compassion Scale (Pommier)
4. Perspective-taking subscale from the Interpersonal Reactivity Index.

If it is found that perception of common humanity has a significant effect on compassion, this supports the hypothesis that perception of common humanity is the core component of compassion. Further research will be required to test this hypothesis.

It is of critical importance to gain clarity on the core components of compassion so that future research interventions and compassion training programs are targeting compassion.

Q5 LIMITATIONS Any limitations? Provide details of any limitations in the activity, program or project. For example:- didn't seem to apply in particular circumstances;- a pilot project with limited reach; etc

This is exploratory hypothesis driven research, further research needs to be undertaken in this area. Another limitation is that the compassion measures available are variable in how they define and conceptualise compassion. Therefore there is no guarantee they are actually measuring compassion. This same aspect can be seen in the wide variety of components that compassion training programs focus on. There is still debate in the research community as to whether compassion is focused on the "other" or contains "self-focused" components despite there being broad based agreement that compassion is a "concern when confronted with another's suffering and a desire to alleviate that suffering". This suggests that self-focus elements are not a core component of compassion based upon the general definition. A similar example is how "envy" by definition is "other" focused, one has envy to another, not towards oneself.

Q6 RESEARCH & KNOWLEDGE TRANSFER Do you have research support? List any links to universities/NGOs/ Thought Leadership companies designing, researching or evaluating this activity or project. Is your activity funded through a research grant? Will your project be written up in a journal/book chapter or presented at a conference?

Part of this research is being presented at the UQ Compassion Symposium on September 23, 2017. The research is also being written up and submitted for publication in journal articles.

Q7 COLLABORATION & PARTNERSHIP REQUESTS How can the Network support you? Are you seeking any alliances, research partnerships? For example:- find others working in the area that could offer a larger research investigation or analysis sample;- put out a call to share information in similar sectors/ situations for comparisons or comparative data;- request design, evaluation support for the activity, program, project.

Happy to network with others who have a common interest in this area.

Q8 IDEAS & INNOVATIONS Does your project raise issues that Network members could assist with, or take up? Identify the spin-off questions that this activity or project is raising – for others to respond to, or take up – to engender wider discussions. As patterns across organisations start to emerge, and the Network develops, suggest new design elements to facilitate more pro-active innovations and collaborations.

Respondent skipped this question

Q9 CONTACT Who is the contact person? Offer a name from the organisation for people to directly speak to, or email.

Debbie Ling
Debbie.Ling@monash.edu
