

# Investigating the effect of an online mindfulness app on workplace-associated psychological and physiological stress levels of direct care workers in rural Australian aged care

ACTRN12620001113943

---

Status	RECRUITING
Sponsor	La Trobe University
Enrollment	60 participants

## Plain Language Summary

---

This study investigates whether a mindfulness smartphone app can reduce workplace stress among aged care workers in rural Australia. Working in aged care is physically and emotionally demanding, and high levels of stress can harm workers' mental and physical health, as well as contribute to staff burnout and high turnover rates. The researchers are particularly interested in how stress affects the immune and hormonal systems, measured through saliva samples.

Participants will use a mindfulness app for three weeks and provide saliva samples (to measure cortisol, immune markers, and stress hormones) along with questionnaires at the start, end, and two months after the program. This will help the research team understand whether regular mindfulness practice can reduce not just self-reported stress, but also biological markers of stress.

You may be eligible if you are over 18, work in an aged care facility in a direct-care role, work at least 20 hours per week, and have been employed for at least three months. People who are taking hormone replacement therapy are asked to self-exclude, as this can affect the physiological measurements.

## Key Eligibility Criteria

---

### Inclusion (1)

- Participants will need to be over 18 years in age, employed in aged care, working primarily in a direct-care role. Participants will be required to be working a minimum of 20 hours per week and have been employed for at least three months.

### Exclusion (1)

- Individuals using hormone replacement therapy will be asked to self-exclude from the study as these medications can confound the physiological measures.

## Locations (1 total)

---

VIC, Australia

---

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12620001113943>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).