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E1 Efficacy of the Mantram Repetition Program for Insomnia in Veterans With Posttraumatic Stress Disorder: A Naturalistic Study

Danielle Beck, MPH, CCRC, Lindsay Cosco Holt, PhD, RN,
Joseph Burkard, DNSc, CRNA, Taylor Andrews, BA, Lin Liu, PhD,
Pia Heppner, PhD, and Jill E. Bormann, PhD, RN, FAAN

The Mantram Repetition Program (MRP), a mind-body-spiritual intervention, teaches a portable set of cognitive-spiritual skills for symptom management of veteran's post-traumatic stress disorder (PTSD). The aim of this study was to evaluate the efficacy of the MRP on insomnia in veterans with PTSD in a naturalistic, clinical setting. Results show that participation in MRP significantly reduced insomnia, as well as decreased self-reported and clinician-assessed PTSD symptom burden.

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E13 Development and Validation of the Beliefs About Personal Weight Survey Among African American Women

Stephanie Pickett, PhD, RN, Rosalind M. Peters, PhD, RN, FAAN, and
Thomas Templin, PhD

The purpose of this study was to develop the Beliefs about Personal Weight Survey among African American women. Factor analysis supported a four-factor solution with the following dimensions—Overweight Acceptance, Overweight Concern, Conventional Weight Regulation, and Circumstantial Weight Regulation. These factors were significantly associated with weight management behaviors and BMI. Profile analysis indicated distinct factor belief profiles by three weight categories.

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E28 The “As-If” World of Nursing Practice: Nurses, Marketing, and Decision Making

Quinn Grundy, PhD, RN, and Ruth E. Malone, PhD, RN, FAAN

The “as-if” world of nursing is a well-constructed, institutionally preserved and defended myth that asserts clinicians who are “just nurses” do not make decisions in the absence of “doctor's orders.” Drawing on data from an ethnography exploring the interactions between nurses and industry, we explore the finding that many nurses did not identify as “decision makers” and were mystified by the attention of sales representatives. Many nurses experienced marketing as benign as there was no “decision” to sway. Nursing must deconstruct the “as-if” non-decisional myth by confronting conflicts of interest and owning fully its rightful clinical and advocacy roles.

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