



RUTGERS HEALTH

School of Health Professions

SHP Student Interns for Research and Scholarly Activities Project Proposal Form

Instructions:

Please fill each box to the right of the required fields, obtain the required signature and return via email to Michele Sisco (mcoral@shp.rutgers.edu) by **March 24, 2025**.

If you are sending attachments, please ensure your contact information is added to all your forms.

Faculty Contact Information:

Date submitted: 3-21-25

Faculty Name: Rebecca Brody

Department/Program: Department of Clinical and Preventive Nutrition Sciences

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Project Detail:

Project Title: (56 characters max):

[Exploring Grit, Growth Mindset, and Burnout in Health Professions Students](#)

Hypothesis:

Grit, resilience, and growth mindset are non-cognitive abilities that may help educators better understand and assist at-risk students' educational success. Grit and growth mindset are deemed valuable traits in the growing body of research in health-related academic programs. Burnout and factors related to stress, anxiety, depression and social support can negatively impact health professions students' success. Two surveys have been conducted in the past 3 years at Rutgers Health, measuring these constructs to identify predictors of student success or challenges. The aims of this summer project are to conduct an updated literature search on grit and growth mindset and to conduct a secondary analysis on burnout data by school.

Description:

(Include design, methodology, data collection, techniques, data analysis to be employed, evaluation and interpretation methodology for research component)

Two cross-sectional surveys were conducted in 2022 and 2023. The first explored what demographic, educational, and professional activity characteristics predict grit and growth mindset scores in School of Health Professions students. The survey incorporated two validated tools: the 8-item Grit Scale and the 3-item Growth Mindset Scale. These findings helped determine the characteristics of at-risk student groups (i.e., first-generation college students) and established the need for targeted interventions. The

data have been analyzed for this project, but an updated literature review is required for manuscript completion. The second survey explored predictors of burnout in Rutgers Health students using the validated Oldenburg Burnout Inventory tool, the Depression, Anxiety, and Stress scale, and the Multidimensional Scale of Perceived Social Support.

Data were collected from 500 students and analyzed collectively but not by individual schools. A secondary analysis will be conducted to descriptively report demographic, educational, and professional characteristics along with measures of burnout, stress, anxiety, depression and social support of Rutgers health students by school. Data were collected from students in the schools of Nursing, Pharmacy, Health Professions, and Public Health.

Specific Student Responsibilities:

1. Conduct an updated literature search on grit and growth mindset in health professions students. This literature review will supplement a manuscript in progress that explored grit and growth mindset in a sample of SHP students. The literature review will be incorporated into manuscript preparation for submission to a journal.
2. Conduct a secondary analysis of data collected in a 2023 survey of Rutgers Health students on burnout, social support and depression, anxiety and stress that was sent to students in the Schools of Nursing, Pharmacy, Health Professions, and Public Health. Data will be analyzed descriptively by the school, and data summaries will be developed for each school to explore the unique characteristics of students by school. Reports will be sent to each school.
3. The student must have up-to-date CITI training or must complete it by June 15, 2025.

Start / end date of project: May 27, 2025 – August 15, 2025

WHAT OTHER EDUCATIONAL OPPORTUNITIES ARE AVAILABLE TO STUDENTS?
(e.g., journal club, seminars, clinic, rounds)

The student will be a co-author on the manuscript submitted on predictors of grit and growth mindset. The student will also have the opportunity to develop and submit an abstract of the burnout data to submit to a conference. Likewise, the student and faculty can submit a request to share the data through a Work in Progress (WIP) presentation.

WHERE DO YOU PLAN TO PRESENT OR PUBLISH THE FINDINGS WITH THE STUDENT?
(e.g., national or state meetings, newsletter or journal, SHP poster day)

The manuscript will be submitted to the Journal of Educational Evaluation for Health Professions. An abstract can be submitted to SHP Student Research and Scholarship Day. Additional local conferences can be considered.

CHECK ALL APPROPRIATE BOXES BELOW AND PROVIDE REQUESTED INFORMATION.

This project is: ☐ clinical ☐ laboratory ☒ behavioral ☒ survey ☒ educational
☐ Other: please specify _____

☐ This project involves the use of human subjects (including chart review, retrospective studies and questionnaires).

Pending ☐ Approved ☒ The student would need to be added to the existing IRB to conduct secondary analysis of the data. IRB Protocol Number: PRO2022000110 and PRO2024000491

IRB approval must be obtained by June 2025

JANEZ AGLER

3/21/25

Signature of Department Chair

Date