

# Inner Engineering Online (IEO) Intervention for S2Tech

A Research Study by  
Harvard Medical School



## Introduction

Chronic workplace stress causes burnout and reduces efficiency. Inner Engineering Online (IEO), a web based intervention, is known to improve physical, mental, and emotional health. A Harvard Medical School study focussed on the impact of this program on lowering burnout and stress. The following is a research summary of a study on the impact of Inner Engineering Online with S2Tech, an IT services company.

## Research Study Method

S2Tech program participants were randomized into two control groups - Group A and Group B. The study was conducted in two phases, wherein participants were advised to practice Inner Engineering Online, a mind-body course that incorporates meditation and yoga, as well as reading a book or journal of their choice.

The scales mentioned below were used to assess the impact of Inner Engineering Online on the participants:

- ♦ Maslach Burnout Inventory (Primary Outcome)
- ♦ Perceived Stress Scale (Key Secondary Outcome)
- ♦ Center for Epidemiology Studies depression Scale (CES-D)
- ♦ Emotional Distress and Anxiety Short Form
- ♦ Joy subscale of the Dispositional Positive Emotion Scale
- ♦ Mindful Attention Awareness Scale

## Study Timelines and Activity

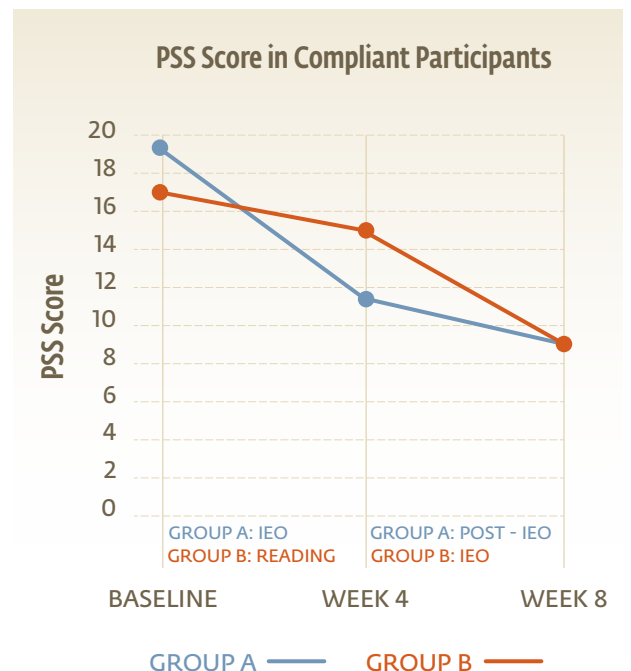
Timelines	Group A Activities	Group B Activities
Baseline - Week 4	Inner Engineering Online	Reading
Week 4 - Week 8	Post - Inner Engineering Online	Inner Engineering Online

## Results

- ♦ 97% of the participants completed the study. The results showed no difference in the burnout levels. However, a **decrease of greater than 50% of the Perceived Stress Score** was observed in compliant participants
- ♦ Offering Inner Engineering Online to the employees of S2Tech resulted in a **Return on Investment (ROI) of approximately 175%** for the company through annual insurance premium reduction as a direct benefit

## Conclusion

- ♦ Feasibility of doing the intervention was ascertained
- ♦ Perceived Stress Score decreased in compliant individuals by over 50%
- ♦ Further exploration with a larger sample size is warranted



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