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

<table>
<thead>
<tr>
<th>Timelines</th>
<th>Group A Activities</th>
<th>Group B Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline - Week 4</td>
<td>Inner Engineering Online</td>
<td>Reading</td>
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<tr>
<td>Week 4 - Week 8</td>
<td>Post - Inner Engineering Online</td>
<td>Inner Engineering Online</td>
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</tbody>
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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

For more details, please contact corporateoutreach@ishausa.org

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**PSS Score in Compliant Participants**

<table>
<thead>
<tr>
<th>PSS Score</th>
<th>GROUP A: IEO</th>
<th>GROUP A: POST - IEO</th>
<th>GROUP B: READING</th>
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</thead>
<tbody>
<tr>
<td>BASELINE</td>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>WEEK 4</td>
<td>16</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>WEEK 8</td>
<td>12</td>
<td>10</td>
<td>6</td>
</tr>
</tbody>
</table>

GROUP A — INNER ENGINEERING ONLINE
GROUP B — READING
GROUP A POST — INNER ENGINEERING ONLINE