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The Interplay between Critical Thinking Disposition, Mindfulness Disposition, and Creative Self-Concept among Allied Health Professionals

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The dynamic and complex nature of healthcare environments necessitates that AHPs (Allied Health Professionals) – a distinct group of practitioners who are trained and registered in health-related areas (e.g., physiotherapy and nutrition) but who are not doctors, dentists, nurses, or midwives – not only possess clinical expertise but also exhibit broader cognitive and psychological attributes, such as critical thinking, mindfulness, and creativity. These attributes are believed to enhance decision-making, patient care and practitioner resilience, but limited literature is available on their interplay in the AHP context. This study aims to address this research gap by investigating the relationships between critical thinking disposition, mindfulness disposition and creative self-concept within this professional group. Using a quantitative research methodology, data was gathered from a sample of 246 AHPs through validated instruments, and the relationships between variables were examined using regression analysis. This revealed a significant positive relationship between critical thinking disposition and creative self-concept, indicating that practitioners who have a pronounced inclination towards critical thinking are likely to identify themselves as creative. Conversely, the relationship between mindfulness disposition and creative self-concept did not achieve statistical significance. This suggests that a greater tendency to be mindful is not necessarily associated with a higher level of self-perceived creativity among AHPs. These results suggest that interventions to develop critical thinking are likely to have positive impacts on AHPs' creative self-concept. However, further research is required to examine why no significant relationship was found between mindfulness and creativity in this study, which contradicts previous research in other settings.

Keywords: Critical Thinking, Mindfulness, Creative Self-Concept