

Alleviating Depression and Anxiety through Wellness Promotion



Jessica Gifford, LICSW
Mental Health Educator

Current Model



- Mental health is viewed as an individual concern
- We've moved from seeing it as a moral problem to a medical model
- Individual treatment is viewed as the primary solution (medication and/or therapy)

Public Health Issue



A large NIMH study found that almost half of us (46%) met the criteria for at least one mental illness in our lifetime.

???



2015 NCHA data



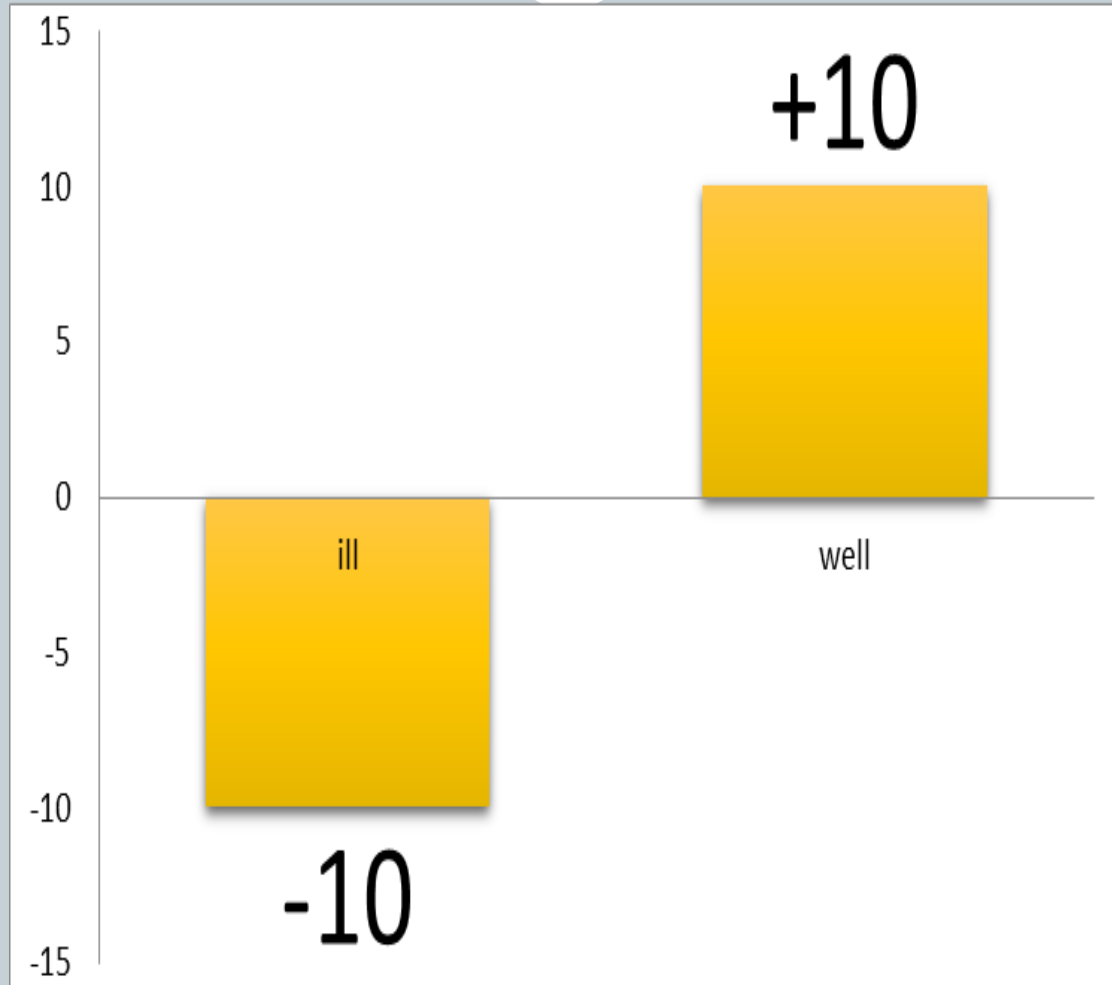
- 35% felt so depressed it was difficult to function
- 57% felt overwhelming anxiety
- 9% seriously considered suicide

Mental Health Promotion



- Design and implement large scale interventions that lead to mood and behavior change
- Promote cultural change.
- More than outreach and awareness

Treatment & Wellness Promotion

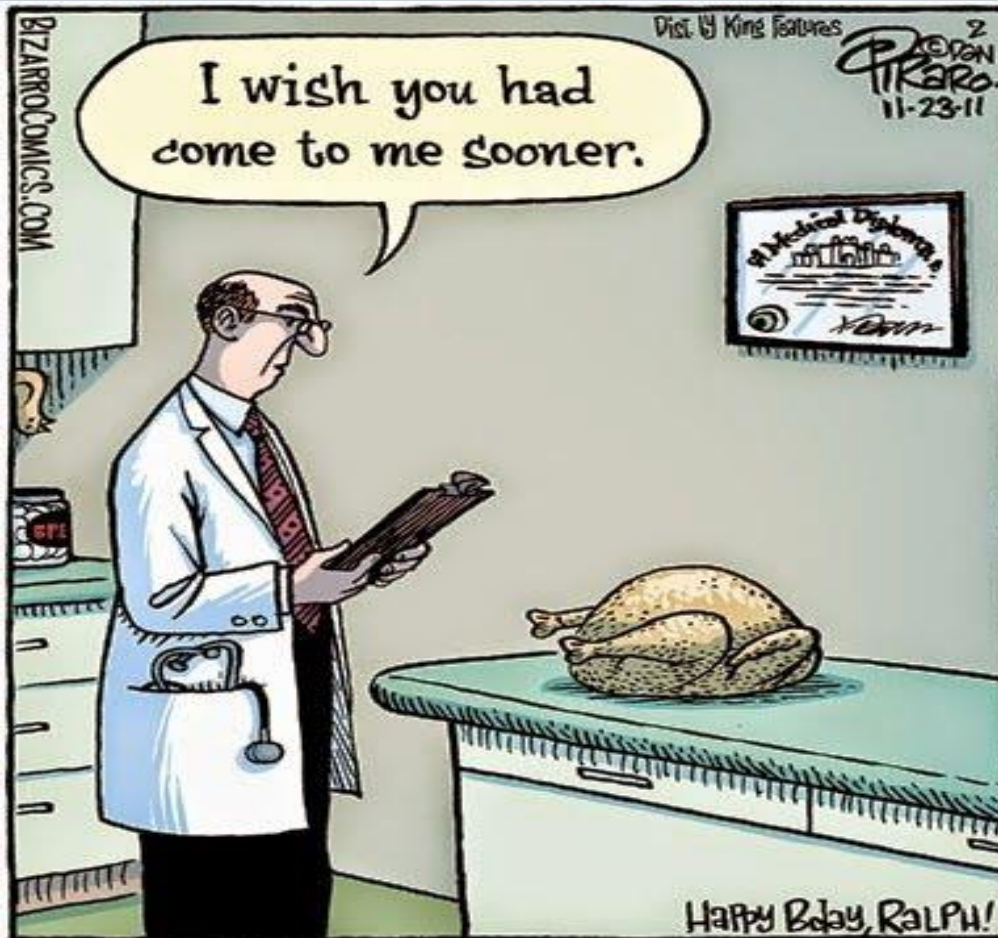


Prevention & Resiliency



- By teaching resiliency, stress management and wellness skills we can prevent mental health problems from occurring in the first place or speed recovery.
- Prevention is less measurable. If we prevent a suicide, how can we measure something that doesn't happen?

Prevention Pays



The Wellness Challenge



An example of a scalable mental health intervention

4 weeks of engaging in wellness practices based on weekly themes of:

- Physical Wellness
- Emotional Wellness
- Spiritual Wellness
- Social Wellness

Participants



- 149 participants completed the Wellness Challenge!
 - 110 Students
 - 36 Staff
 - 3 Faculty

- Last year 55 participants completed
 - 30 Students
 - 22 Staff
 - 3 Faculty

Participant Comment



Actively pursuing the goal of taking care of myself is a clear signal to myself that I'm worth something-- while the various activities were incredibly helpful in their own ways, I think overall just saying to myself that I'm worth spending my own energy on is incredibly powerful.

Results



- The slides show **student** results in comparison to the student control group.
- Participants
 - ✦ n=110 at post-assessment
 - ✦ n=94 at 7-week follow-up
- Control group
 - ✦ n=71 at post-assessment
 - ✦ n= 51 at 7-week follow-up

GAD-7 Measures



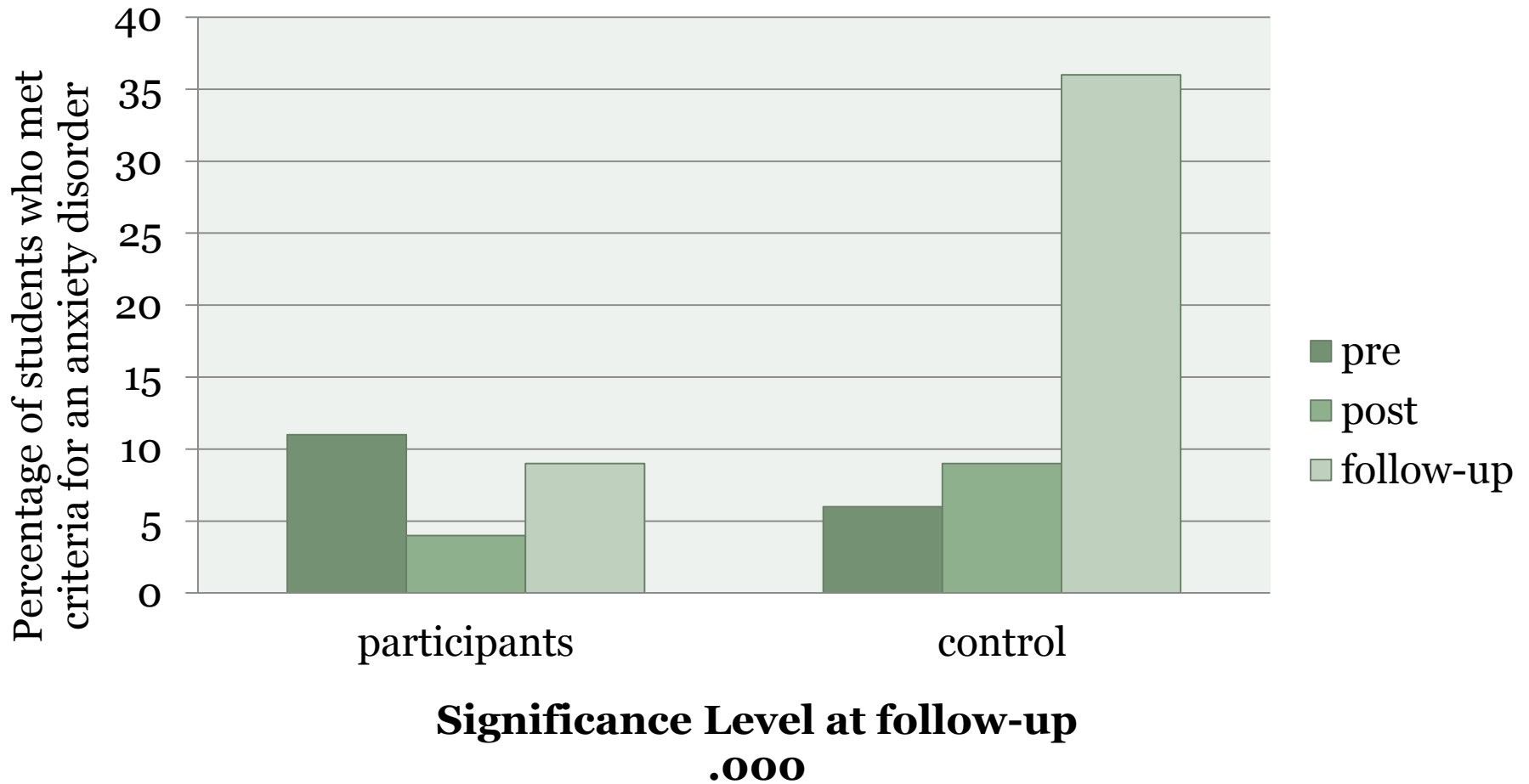
Over the last 2 weeks, how often have you been bothered by the following problems?

(Use “✓” to indicate your answer”

Not at all Several days More than half the days Nearly every day

1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Probable Anxiety Disorder



PHQ-9



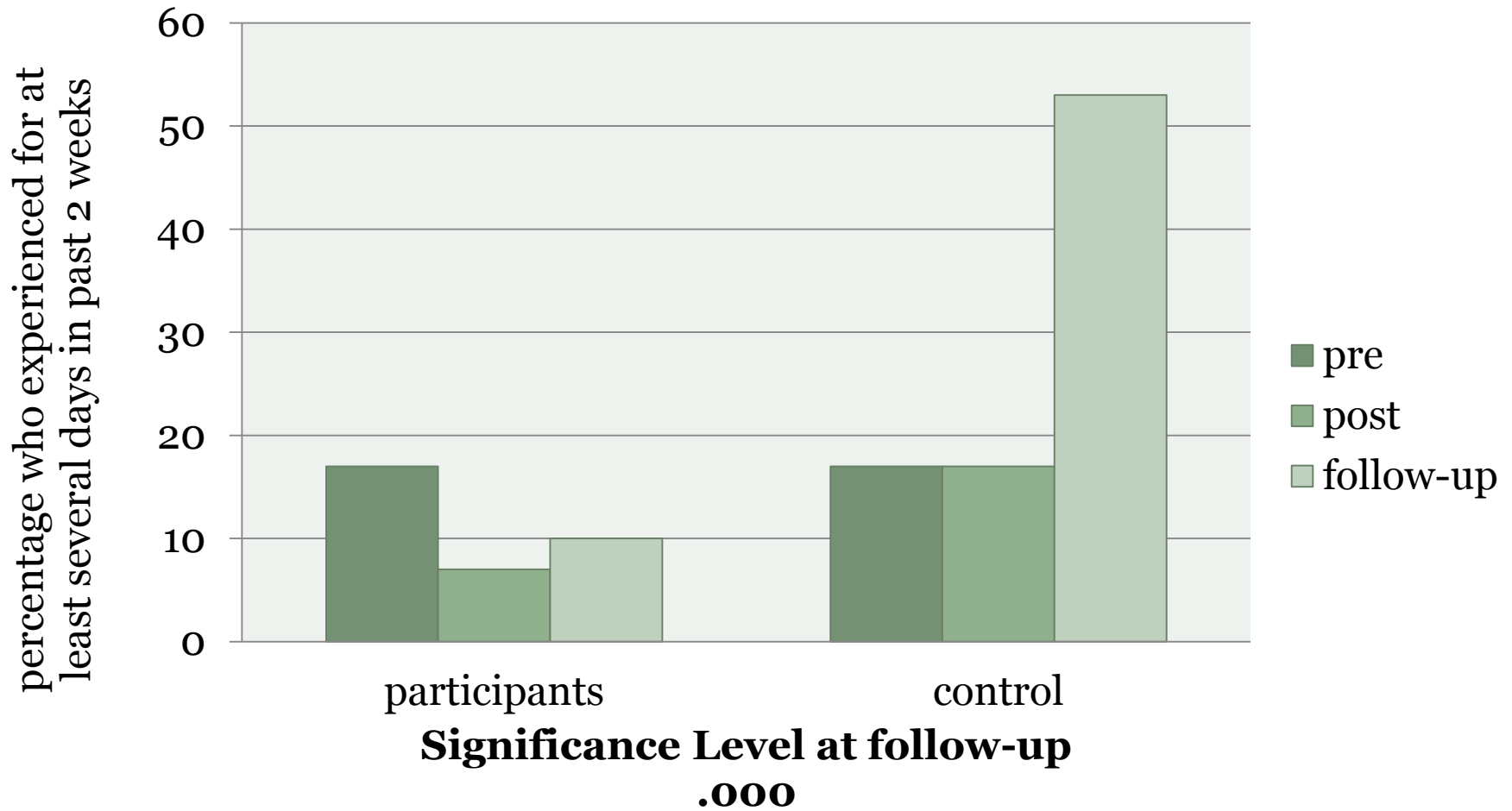
Over the last 2 weeks, how often have you been bothered by any of the following problems?

Not at all Several days More than half the days Nearly every day

Use “✓” to indicate your answer

1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving .around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Mild to Severe Depression

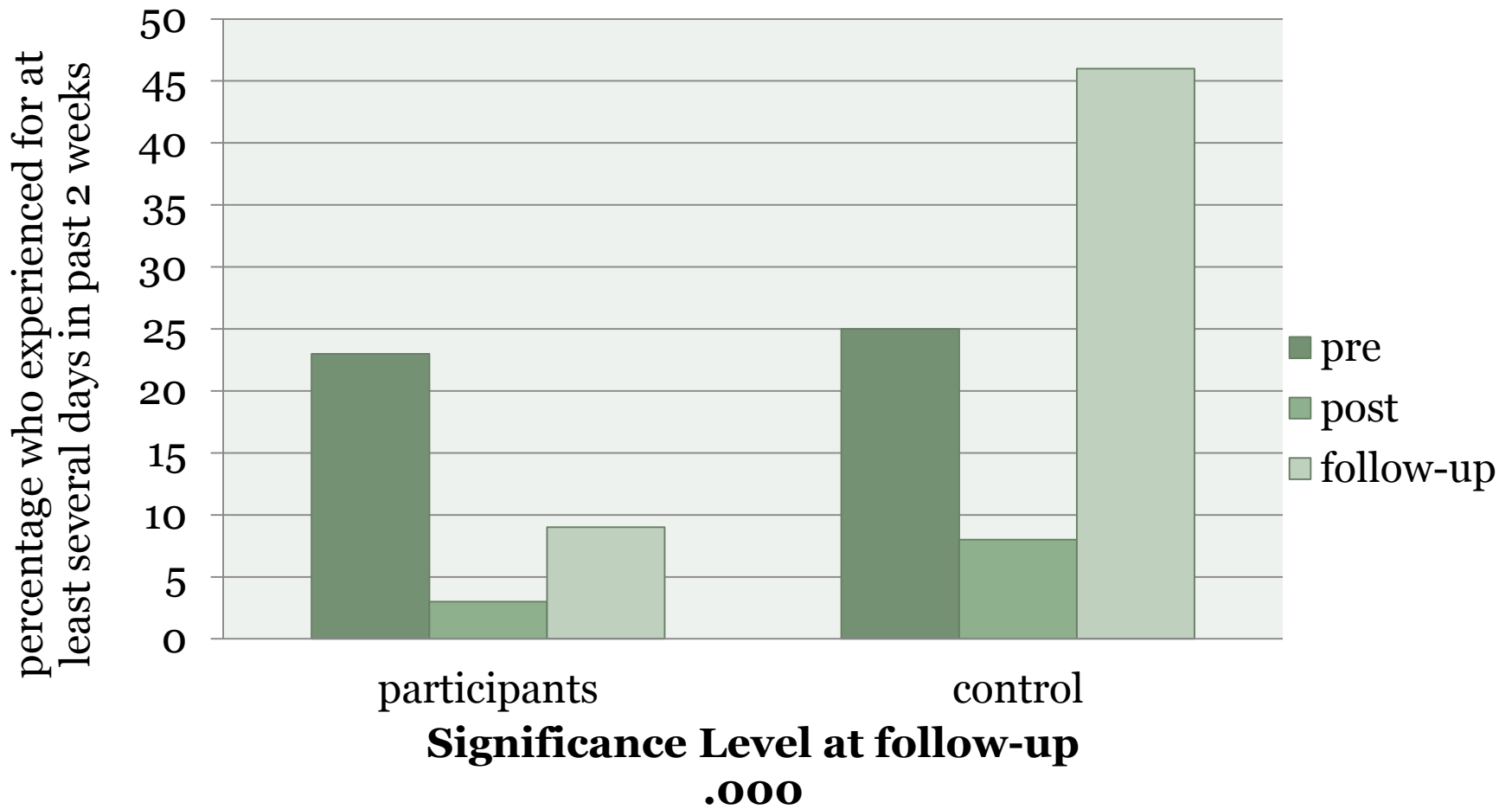


Participant Comment



- *I generally felt better, more well, during the past month than the majority of my time at the College.*

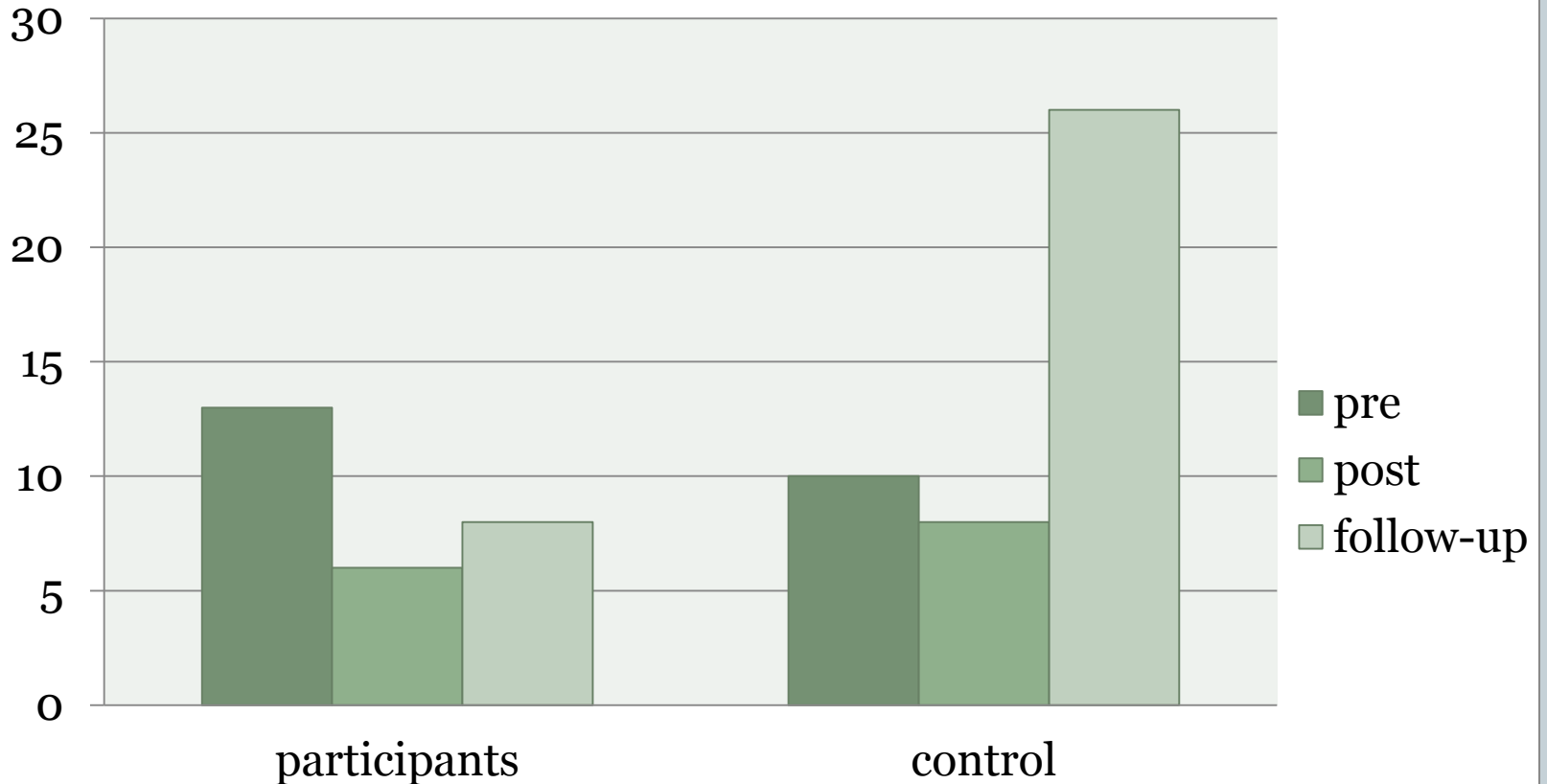
Felt Dissatisfied with my Social Life



Felt I didn't belong at Amherst



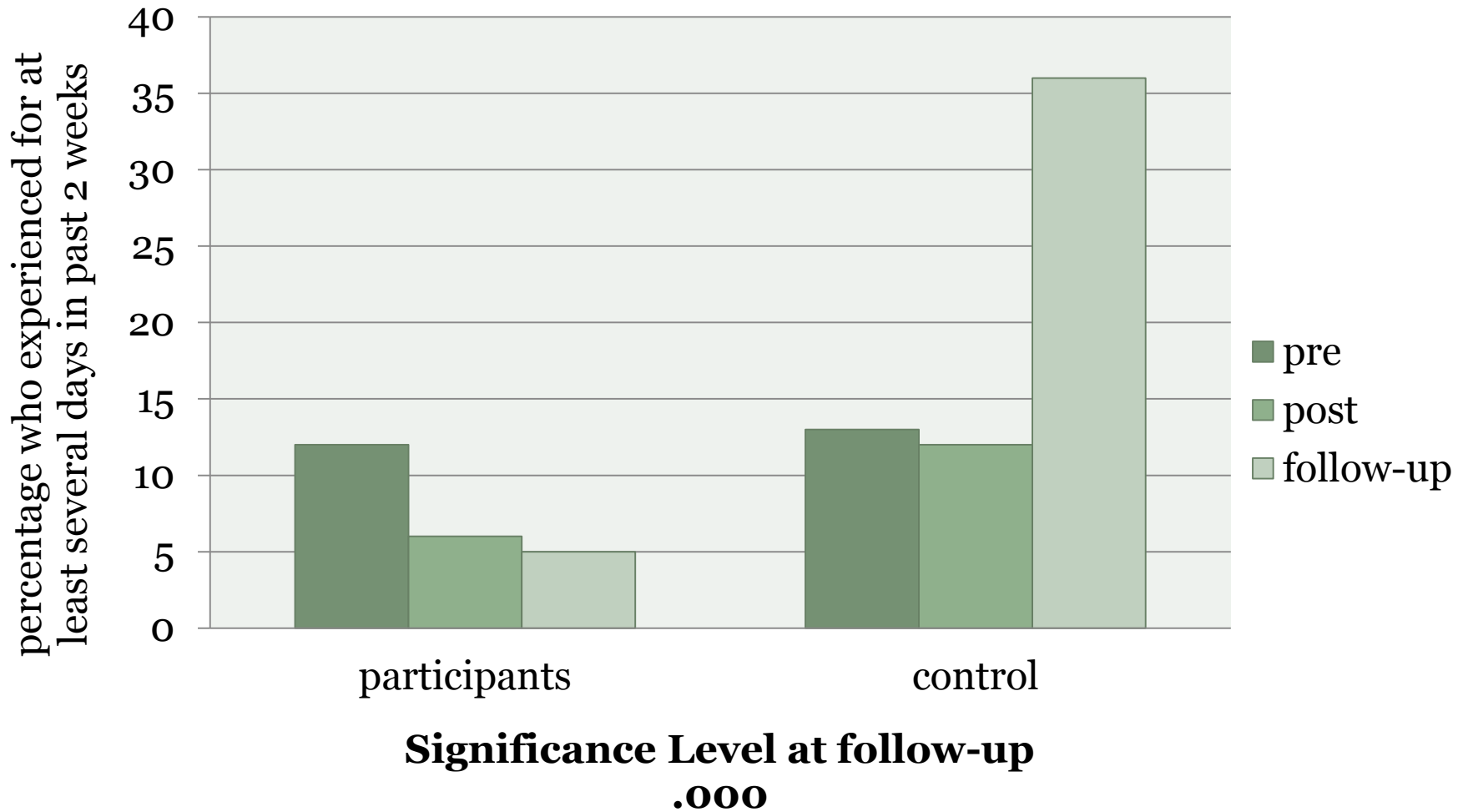
percentage who experienced for at least several days in past 2 weeks



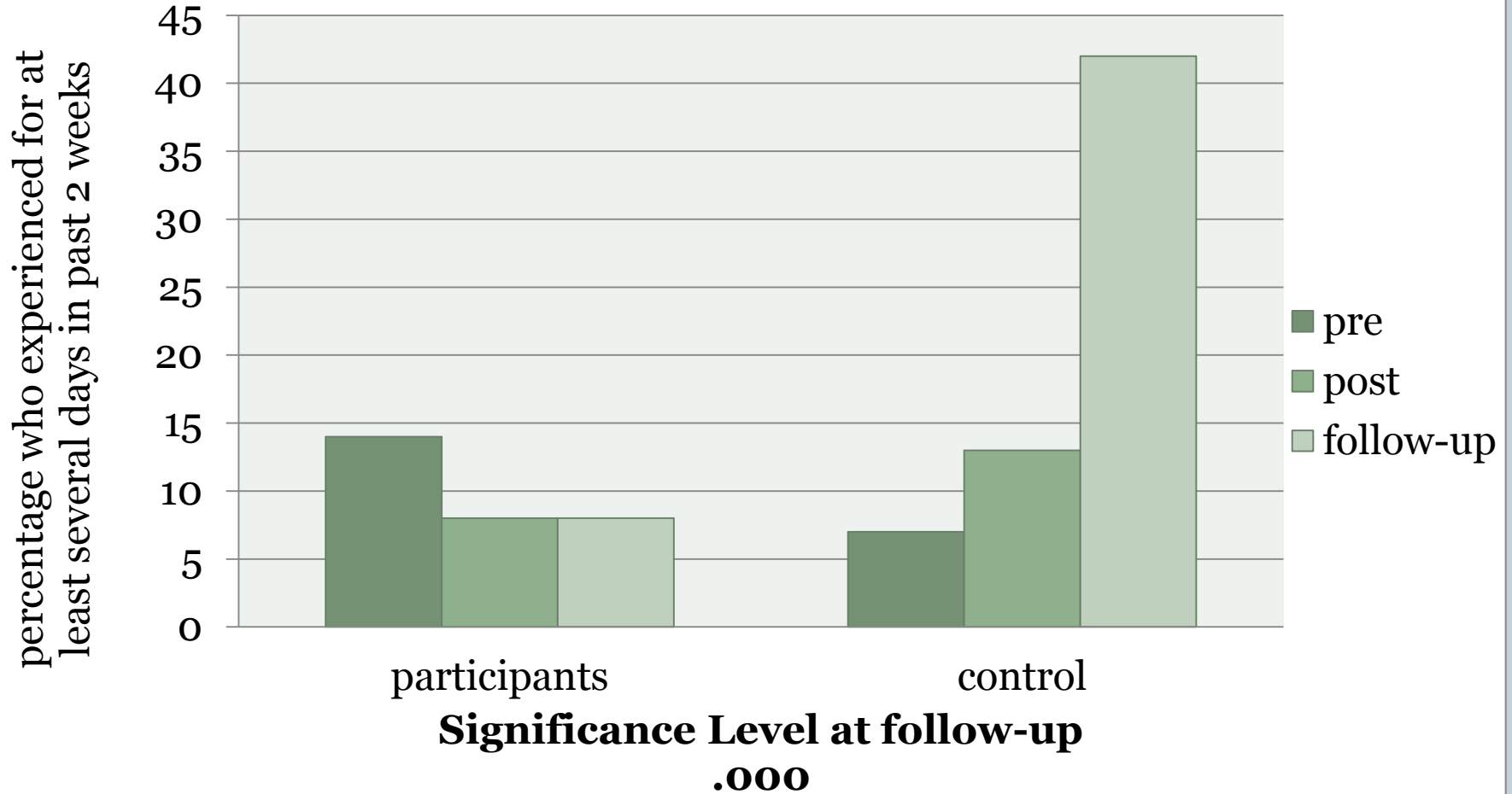
Significance Level at follow-up

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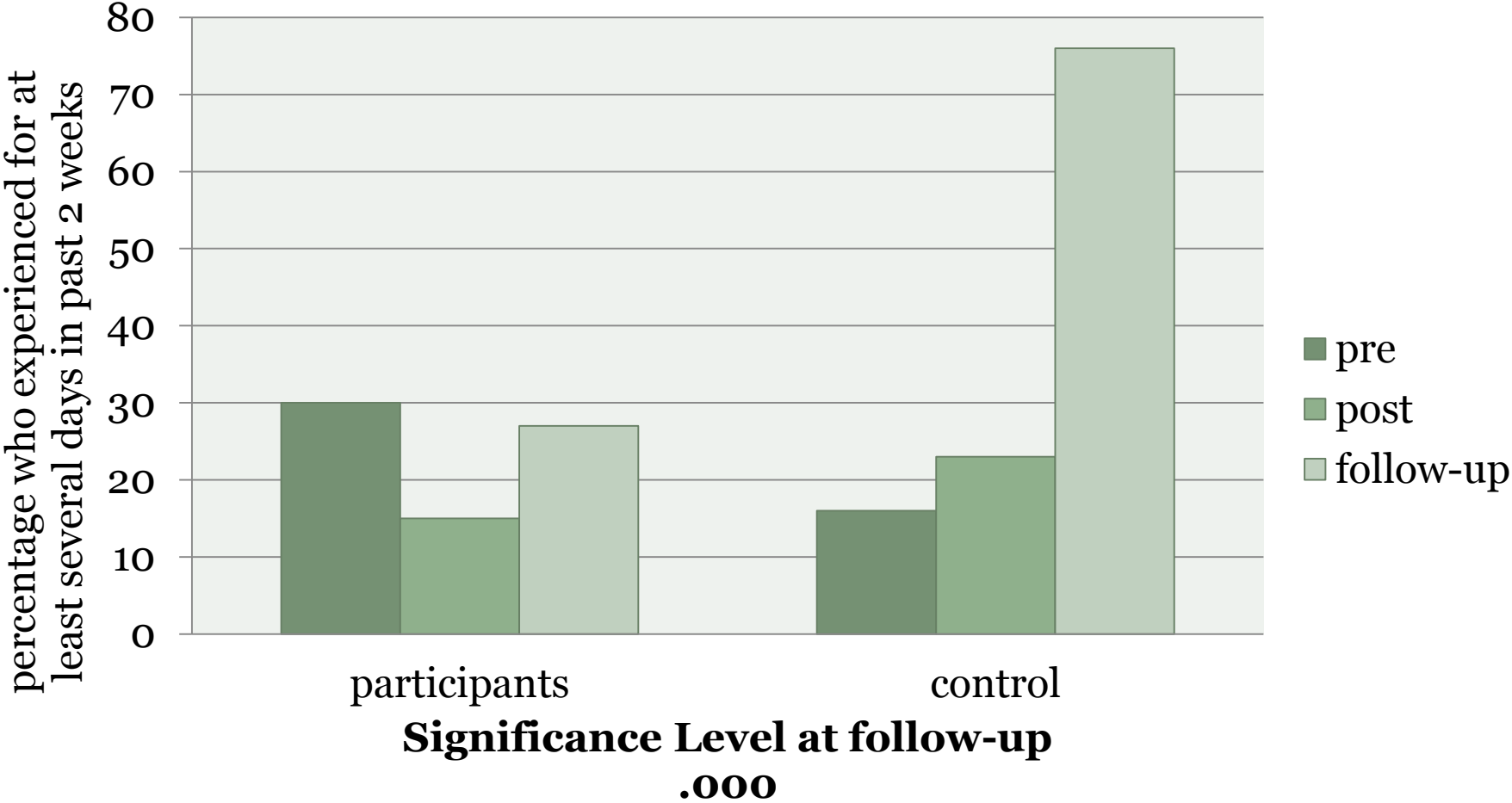
Felt very lonely



Felt dissatisfied with my experience as a student at Amherst



Felt Stressed/Overwhelmed by all I had to do



Participant Comment



“I can only perform to my highest potential when I am being kind to my mind and body.”

“I learned how much attending to these aspects of wellness make me a happier and more productive person.”

The Math



- Amherst College has 1,800 students. Last year 6% of the student body completed the Challenge. This year I hope to get a 15% participation rate.
- Significantly reduced symptoms of anxiety and depression at completion Challenge
- Significantly prevented anxiety, depression and overwhelm at 7-week follow-up

Physical Wellness



Integrating Wellness Practices



Spiritual Wellness



Finding (or making) purpose and meaning in our lives and what we do.

What do you see as most meaningful in the work you do?

What is your work mission?

How can you connect with this more?

Integrating Wellness Practices



Social Wellness



Integrating Wellness Practices



Emotional Wellness



Integrating Wellness Practices



Participant Comment



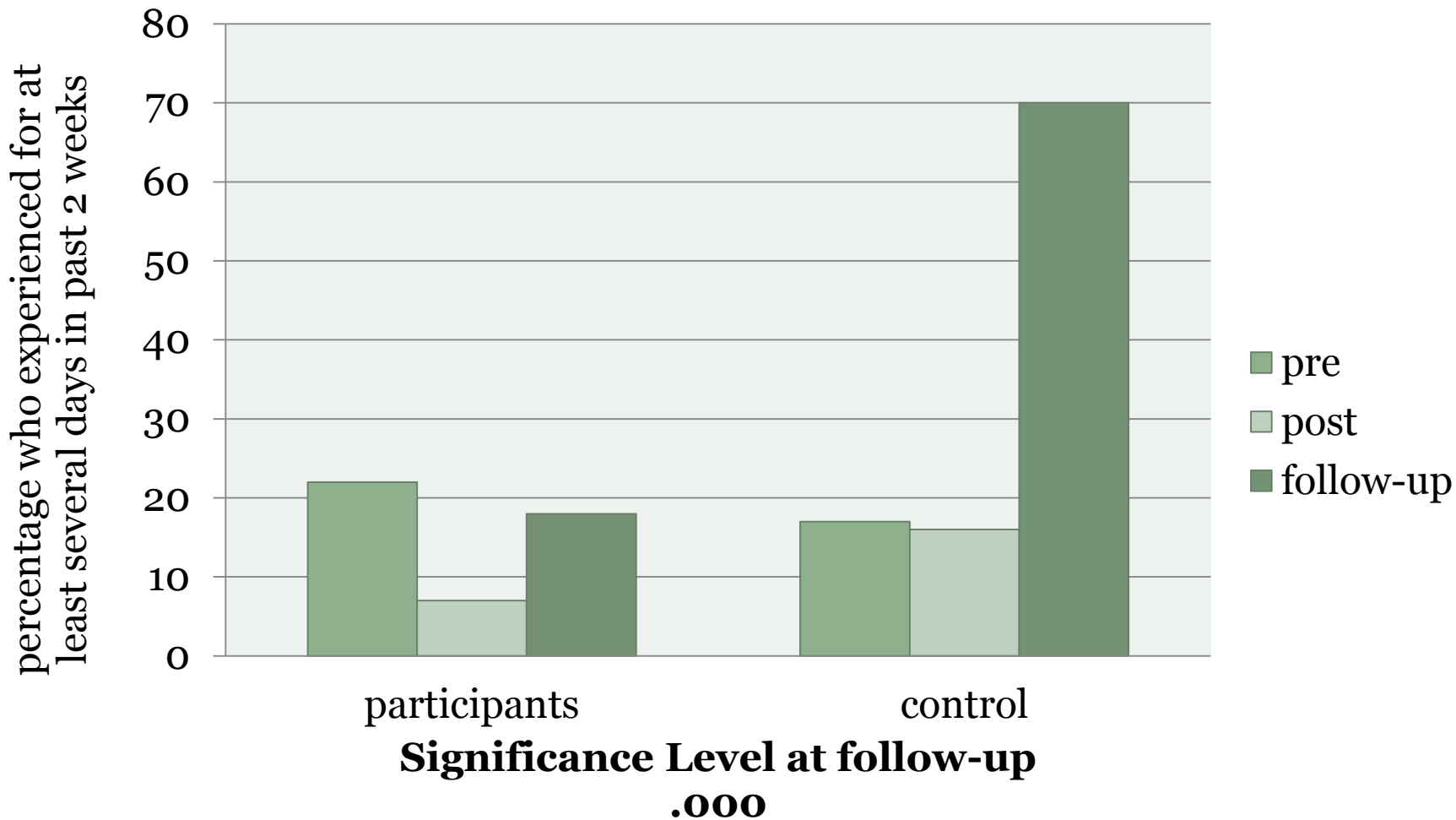
“I realized that there are many interesting ways to make your mental, physical and emotional state better and healthier. There are exercises that help us feel much better about ourselves and thus we are better to people around us so everyone benefits. Plus they are fun and you feel like you're doing something that is RIGHT.”



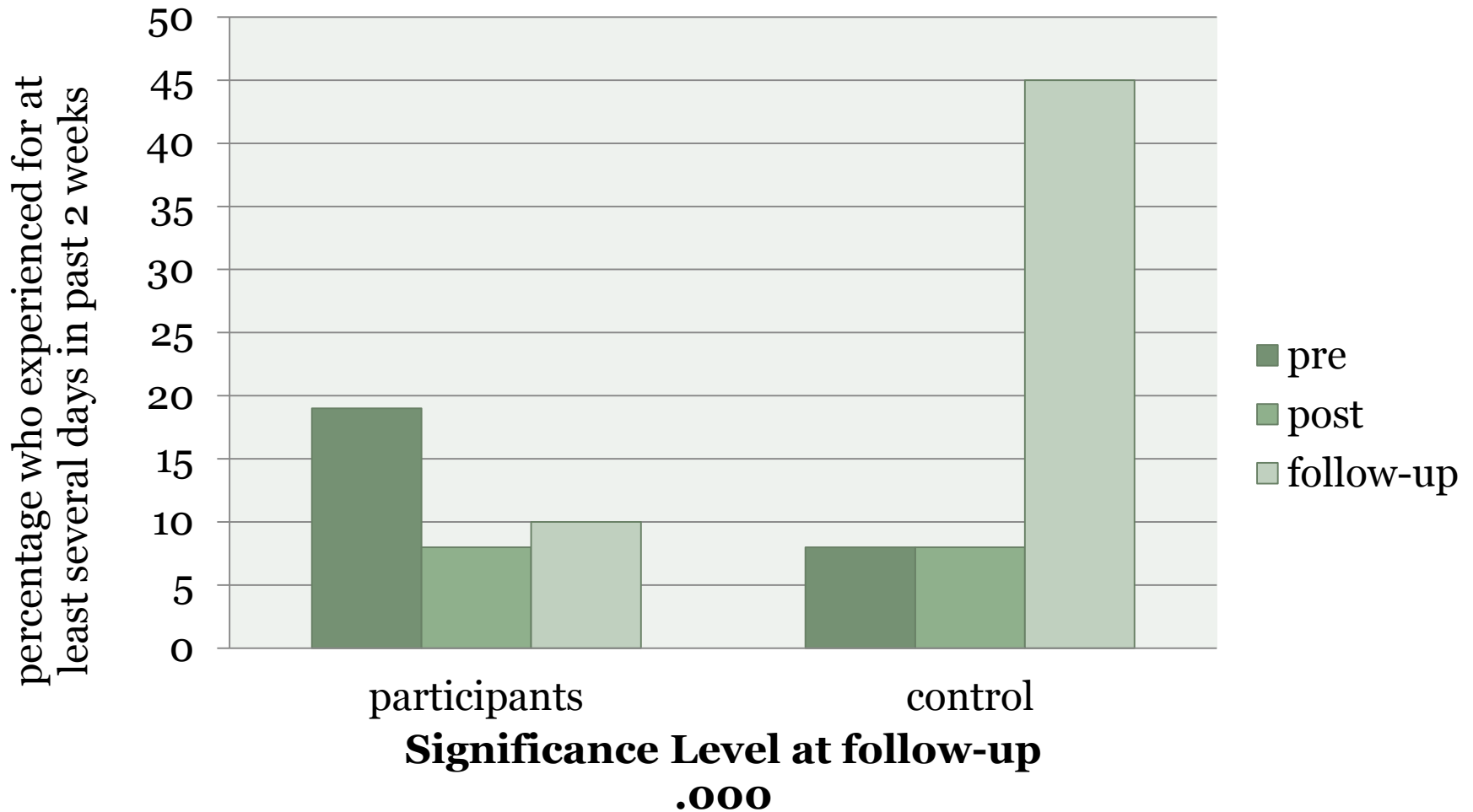
Appendix A

Additional GAD-7 results

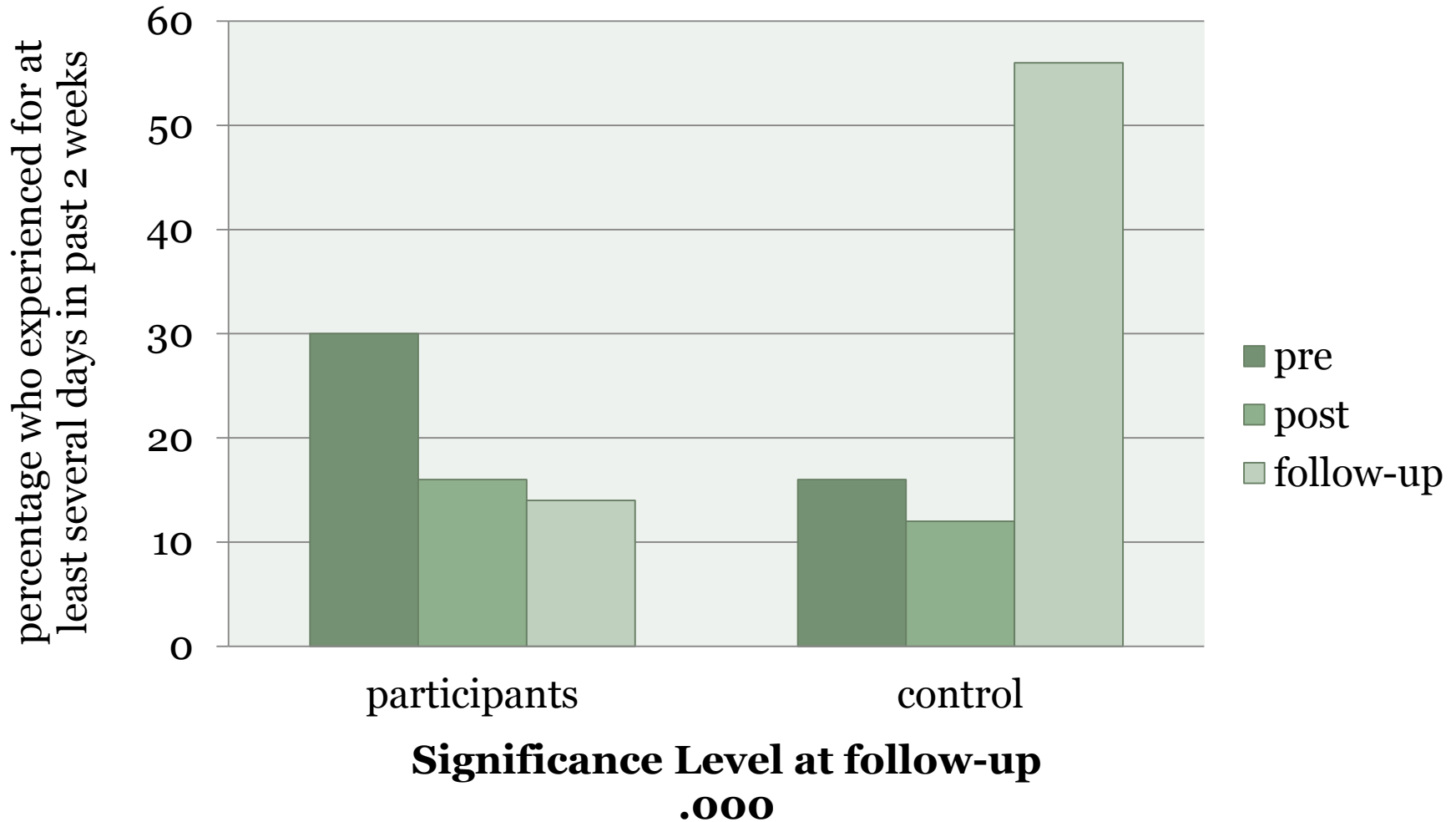
Feeling Nervous, Anxious or On Edge



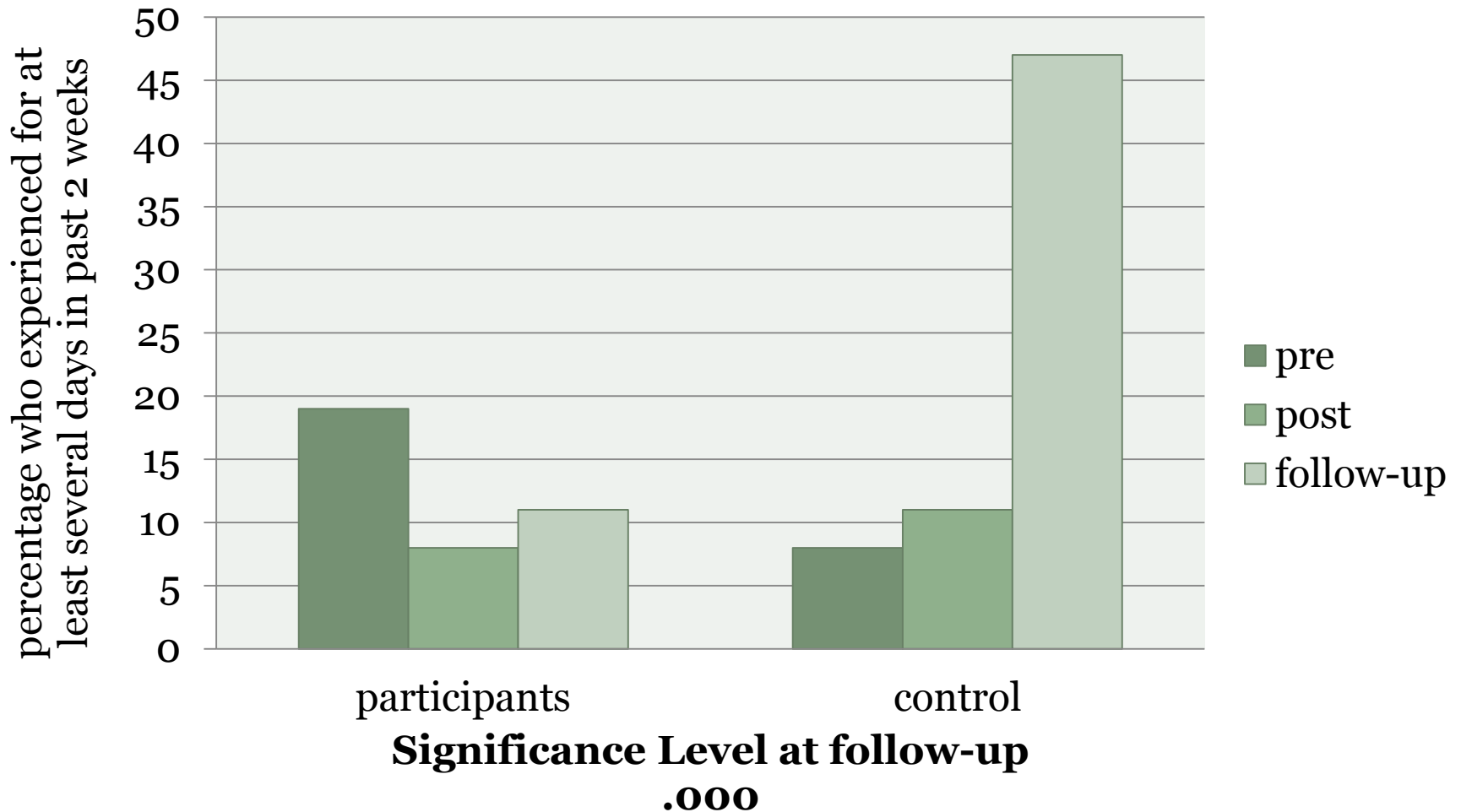
Not being able to stop or control worrying



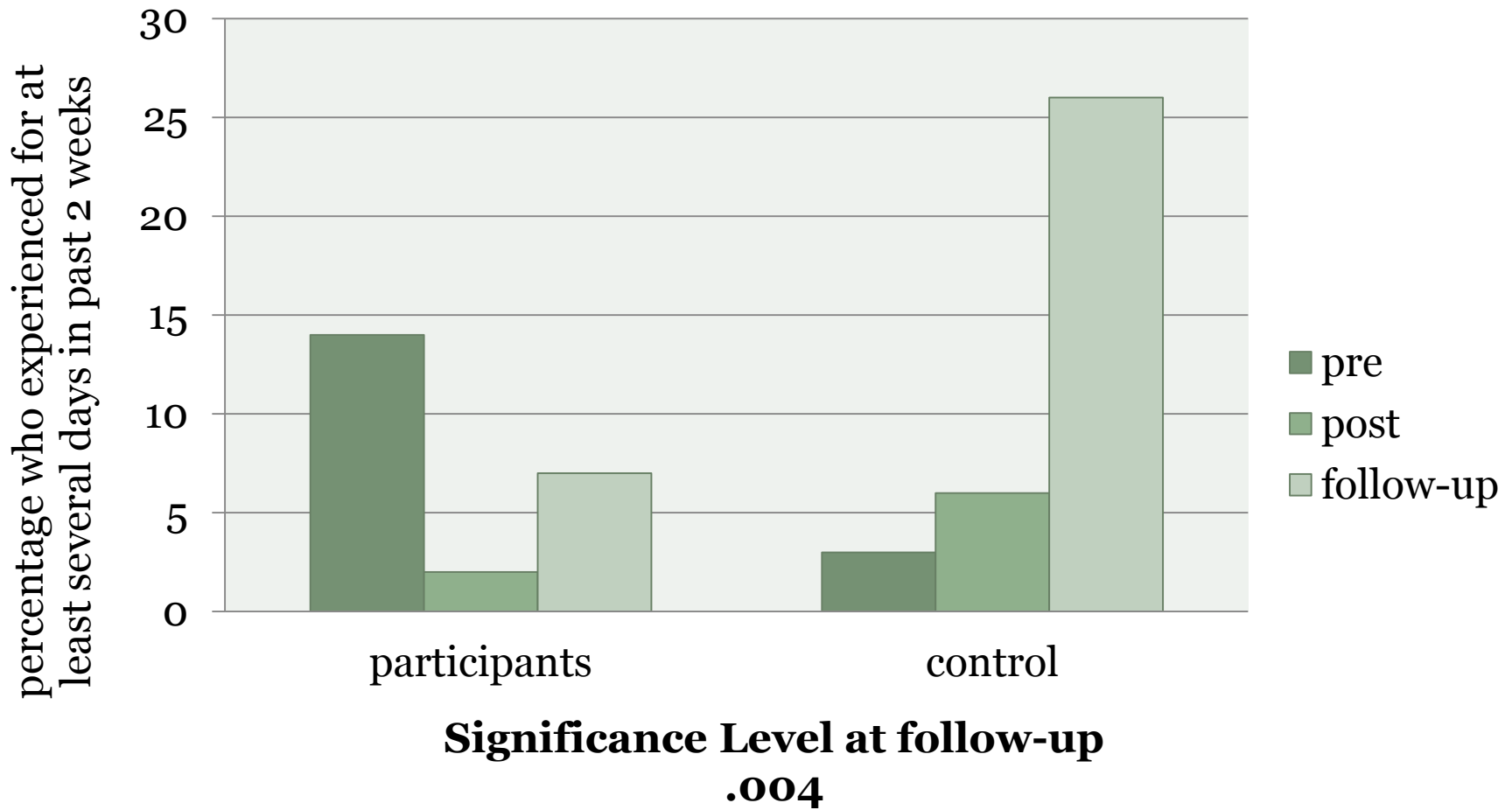
Worrying Too Much About Different Things



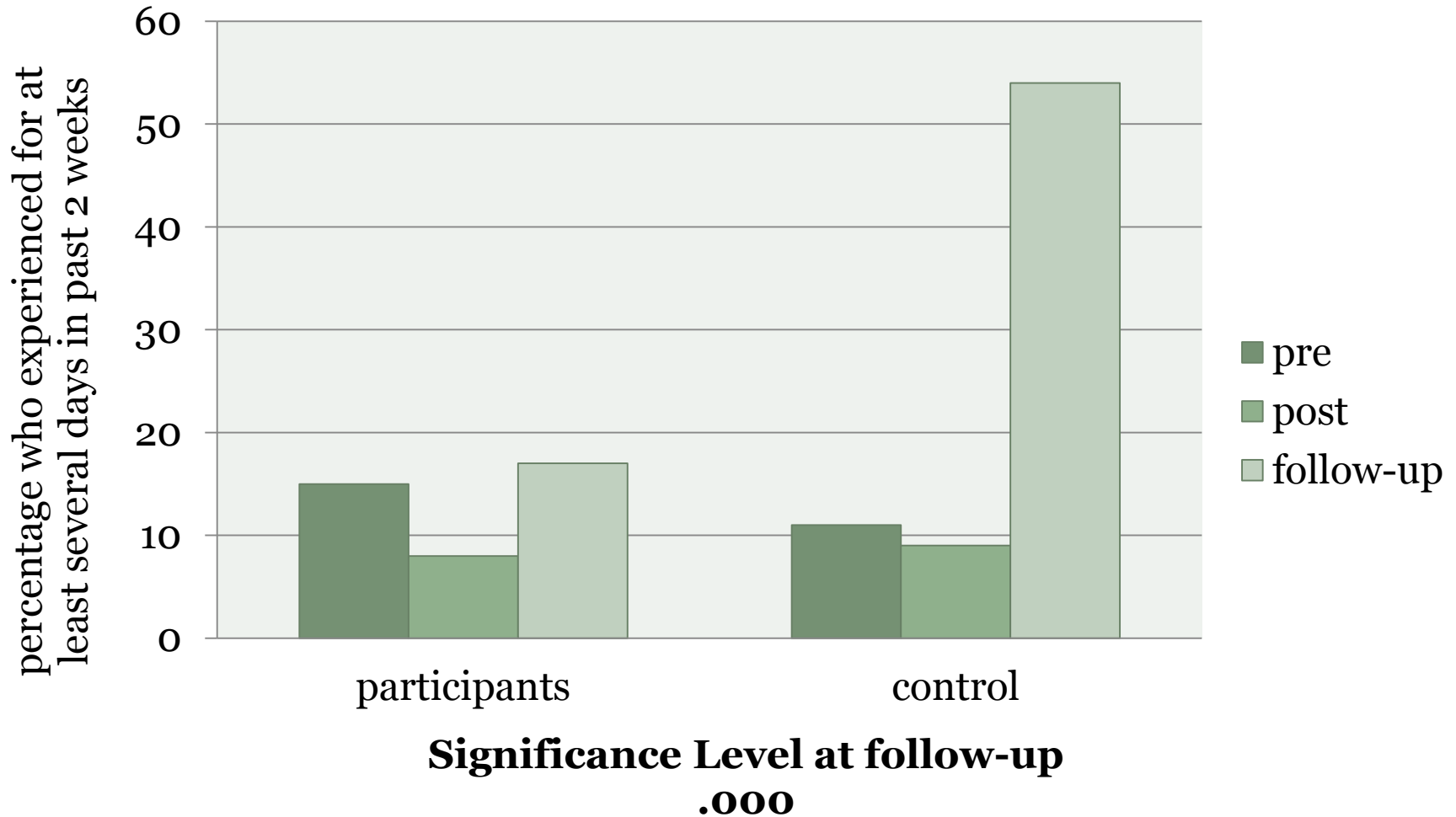
Trouble Relaxing



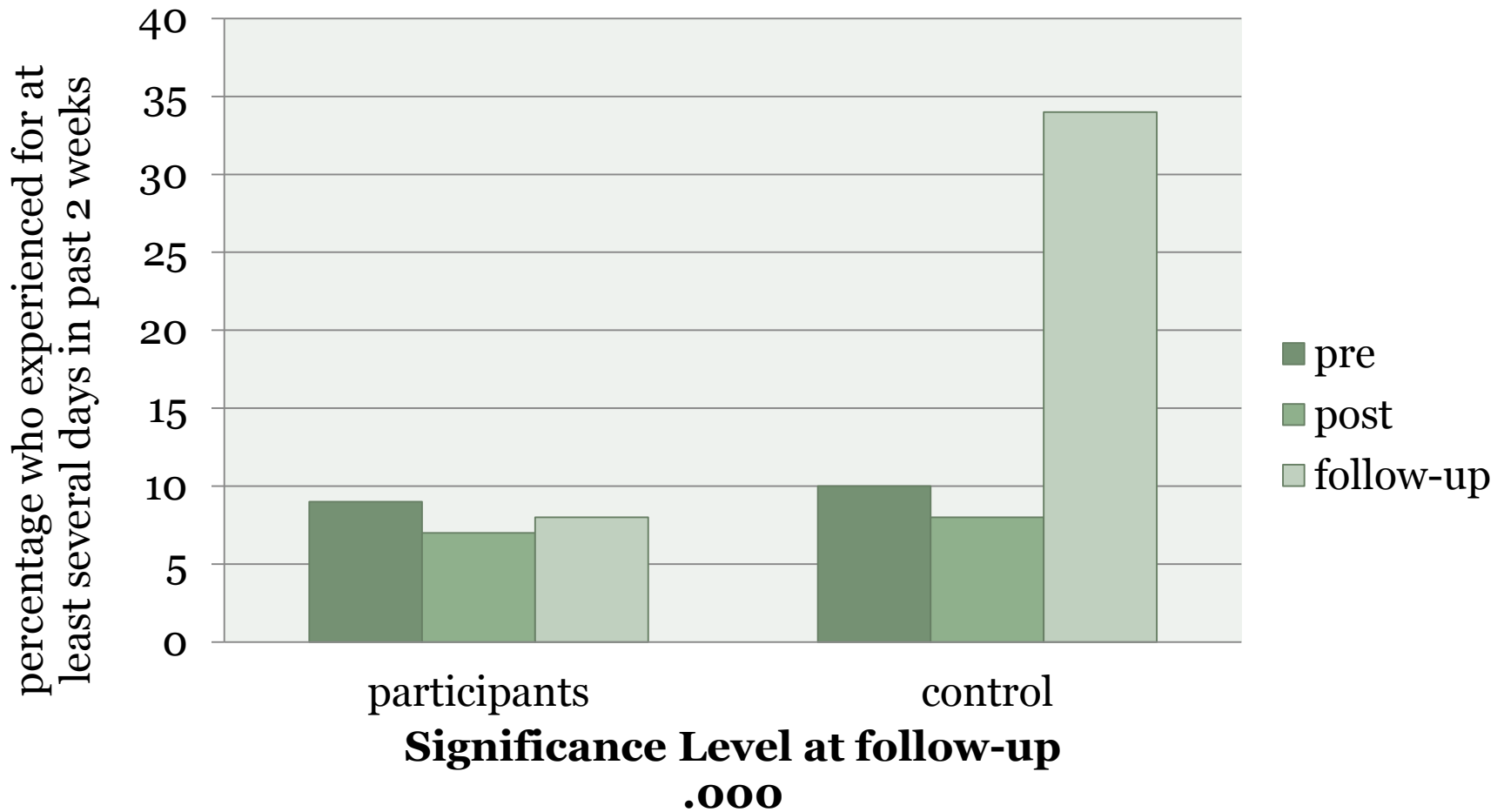
Feeling afraid as if something awful might happen



Becoming Easily Annoyed or Irritated



Being so Restless That It Is Hard To Sit Still

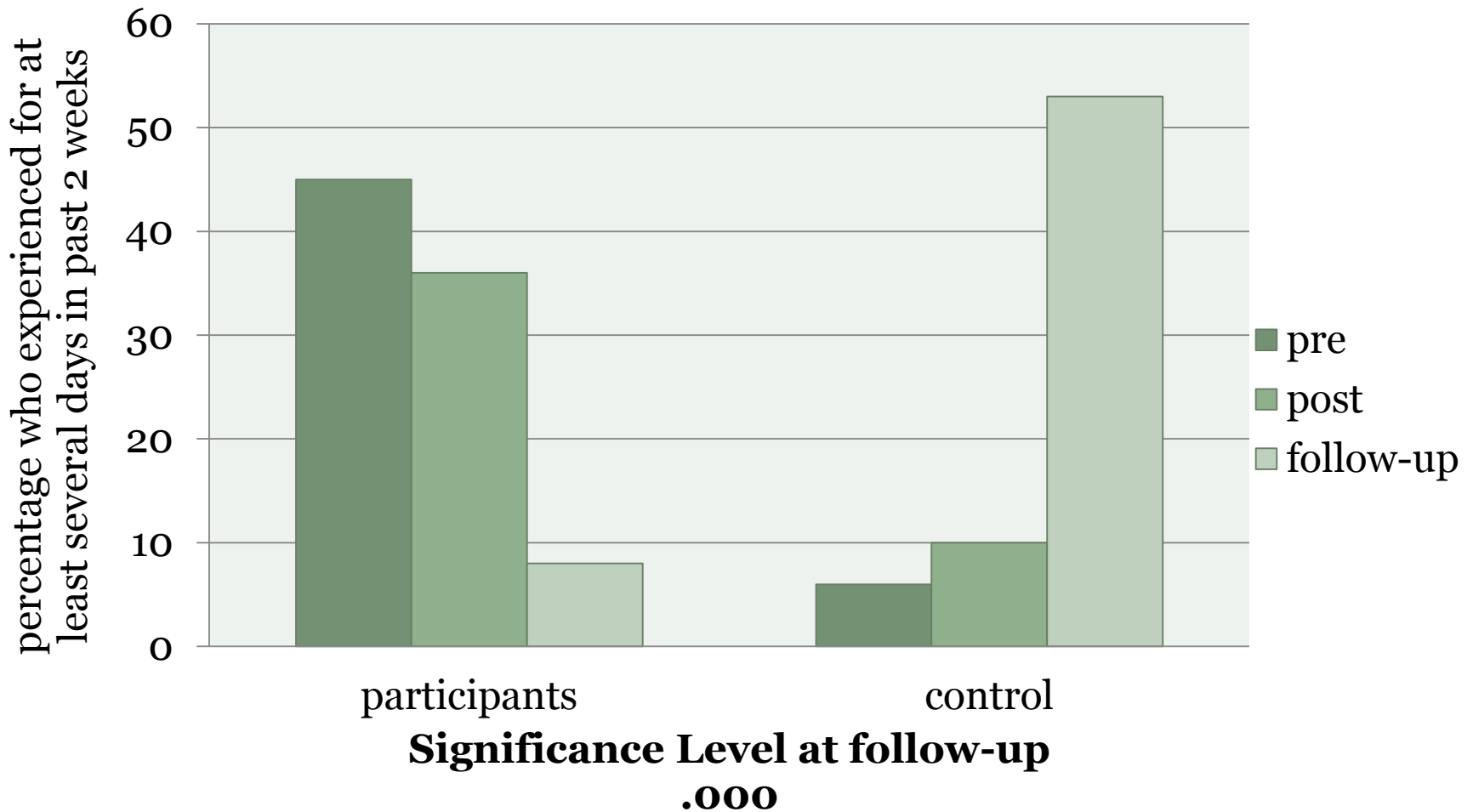




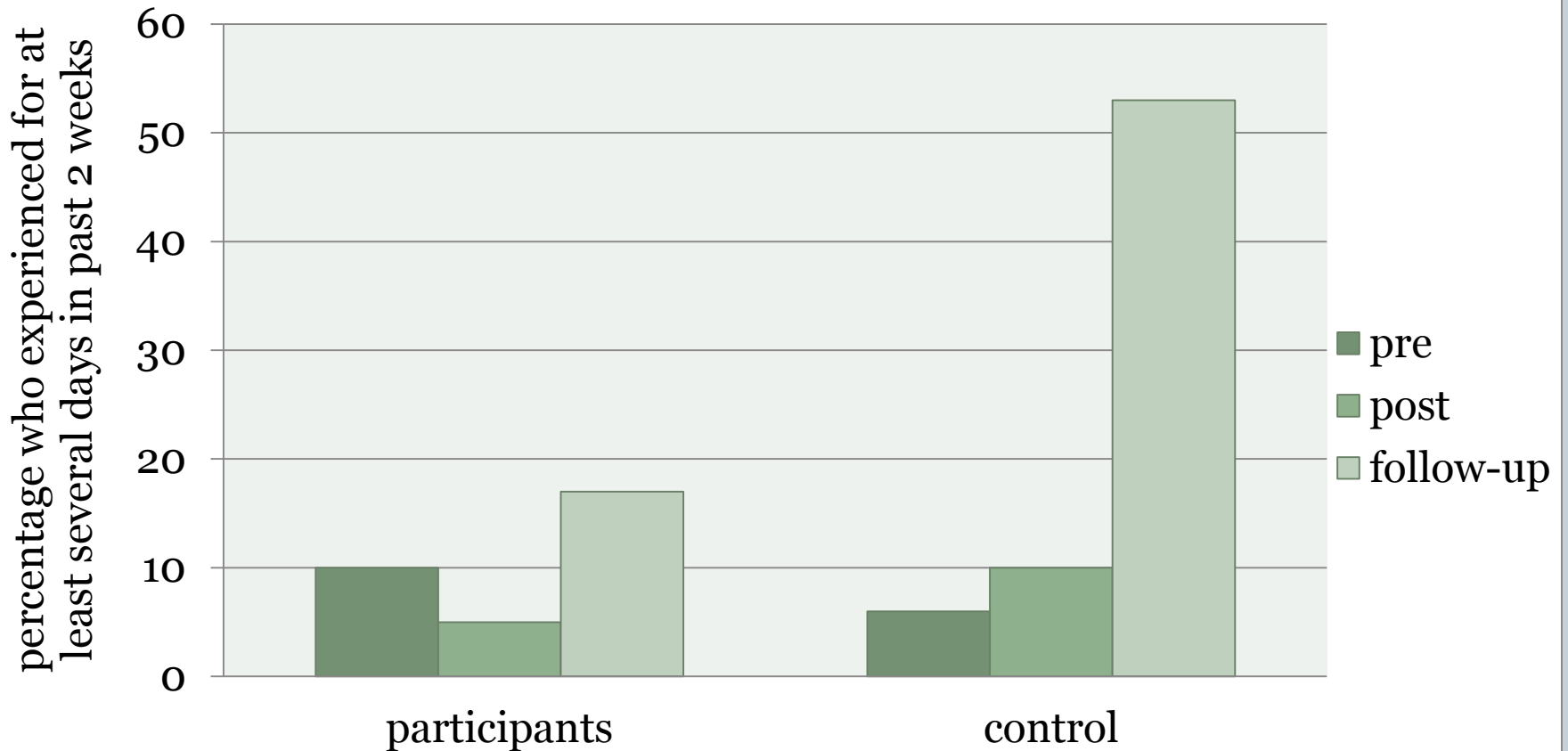
Appendix B

Additional PHQ-9 Results

Little Interest or Pleasure in Doing Things



Feeling Down, Depressed or Hopeless



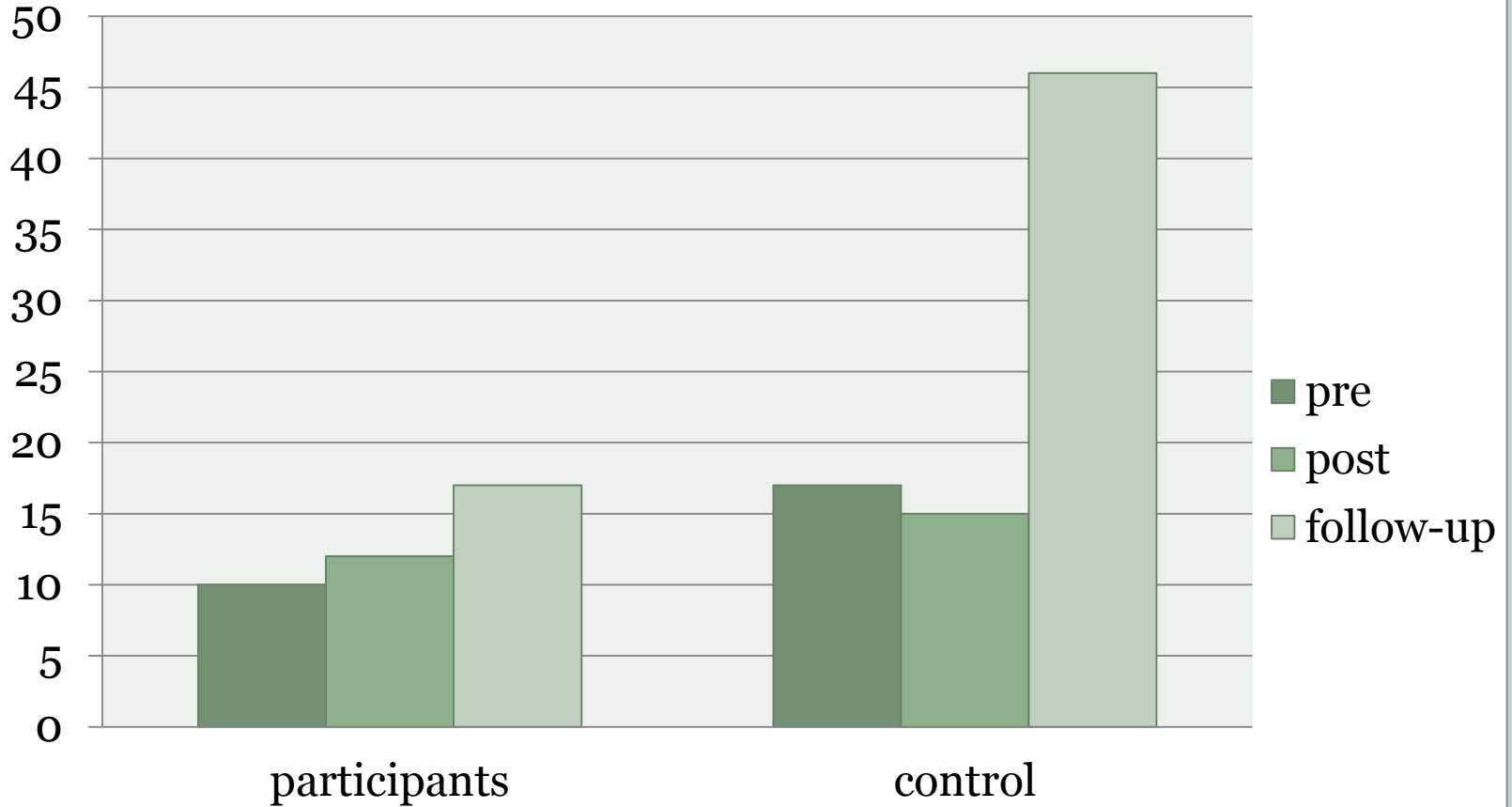
Significance Level at follow-up

.000

Trouble falling or staying asleep, or sleeping too much



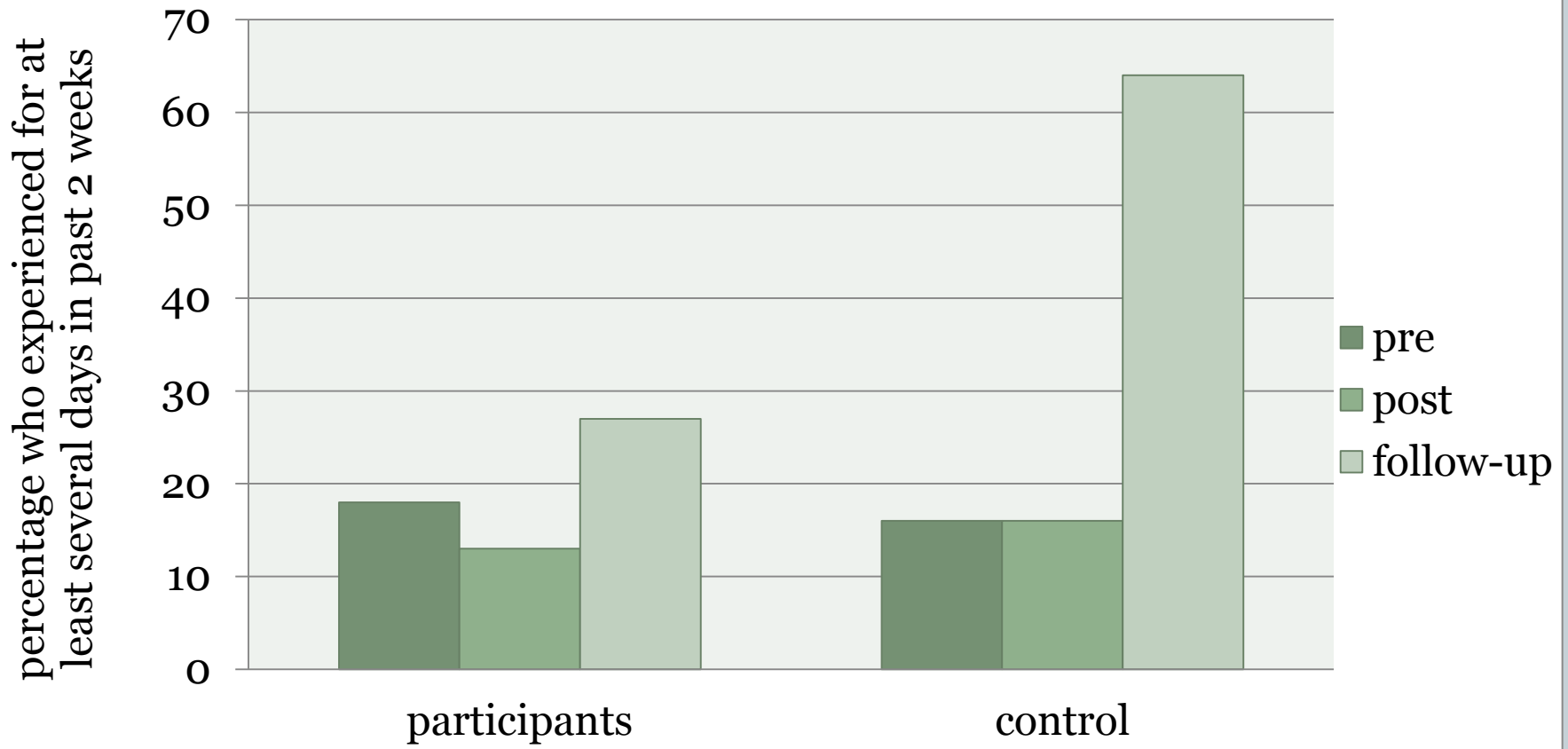
percentage who experienced for at least several days in past 2 weeks



Significance Level at follow-up

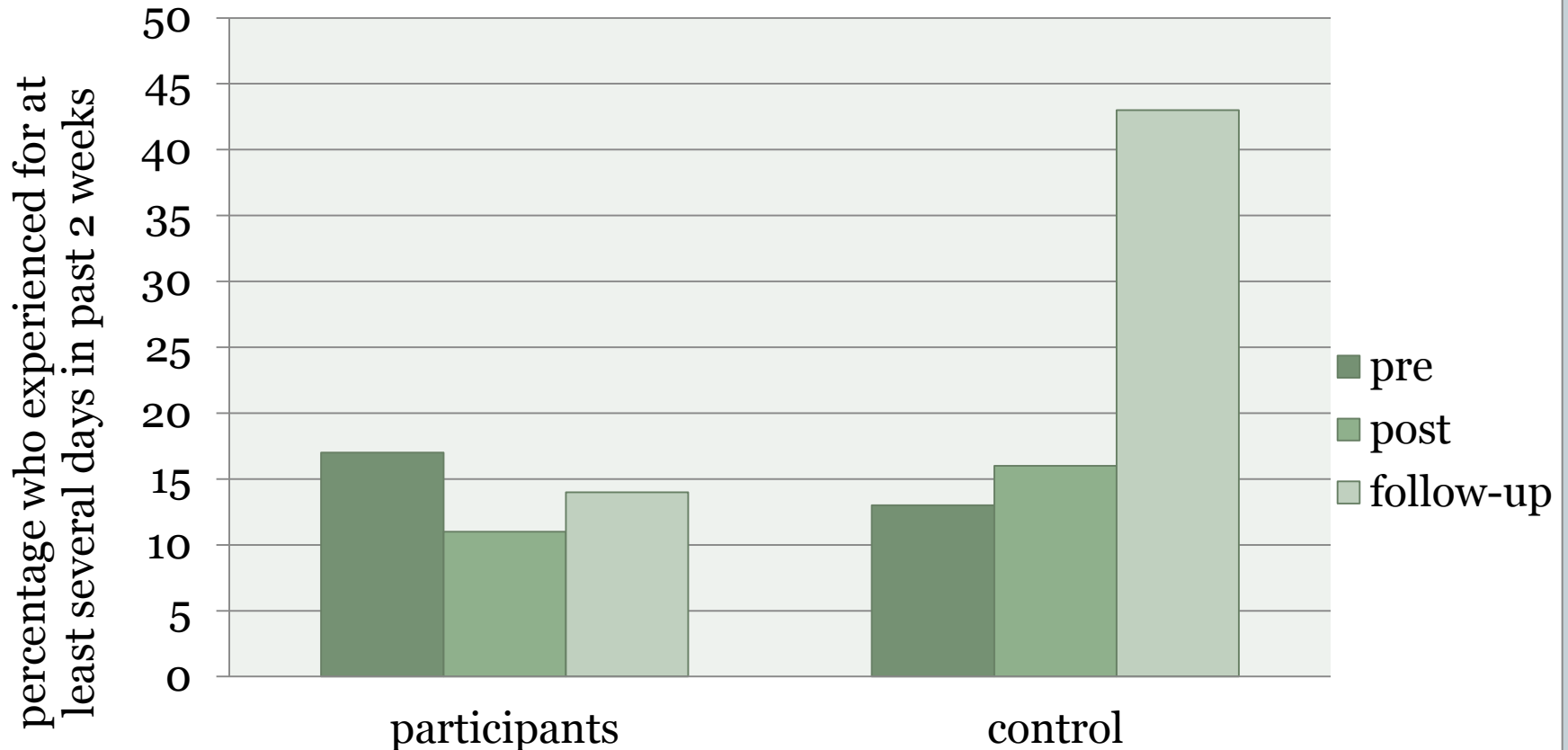
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Feeling Tired or Having Little Energy



Significance Level at follow-up
.000

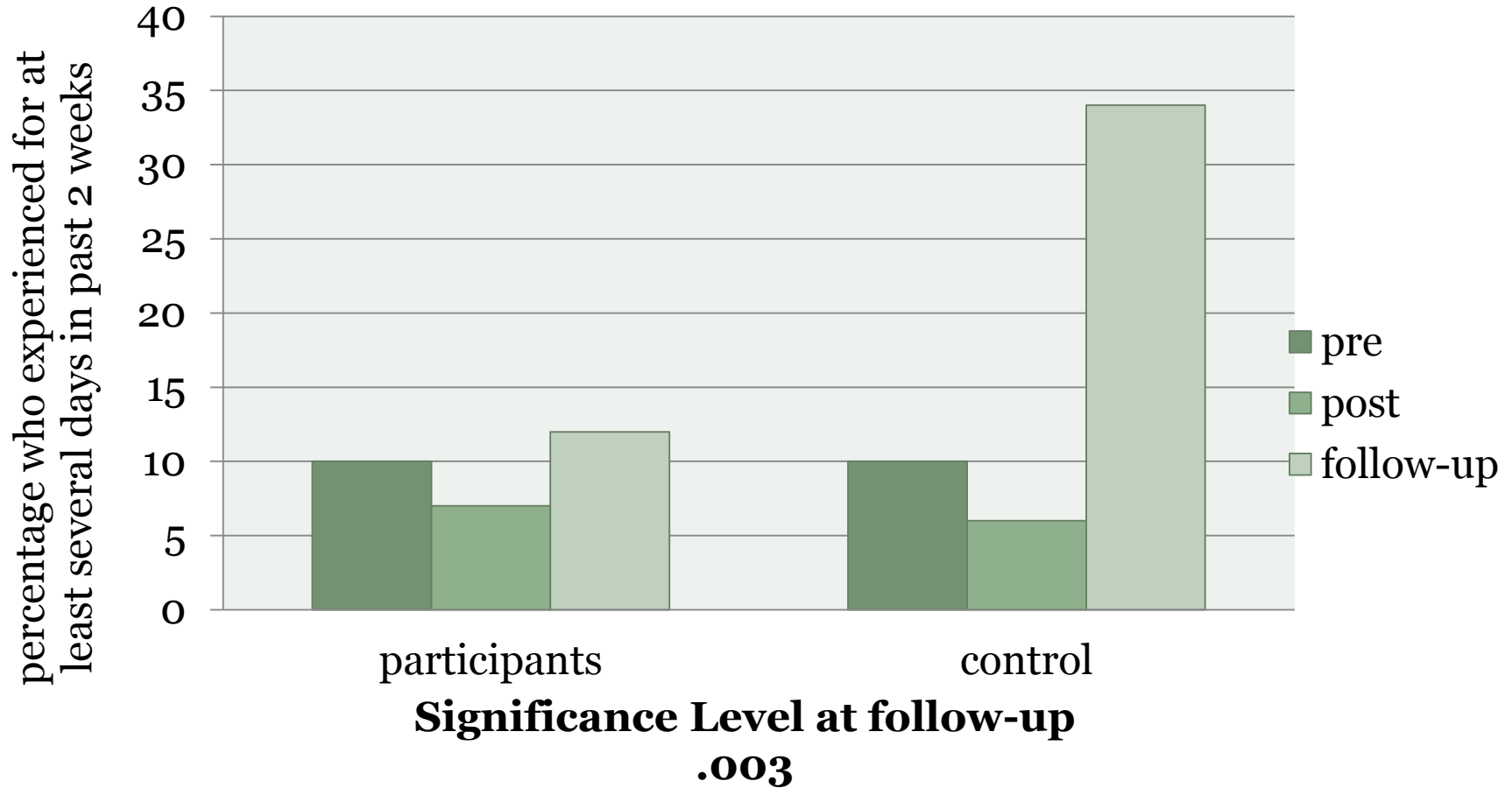
Poor Appetite or Overeating



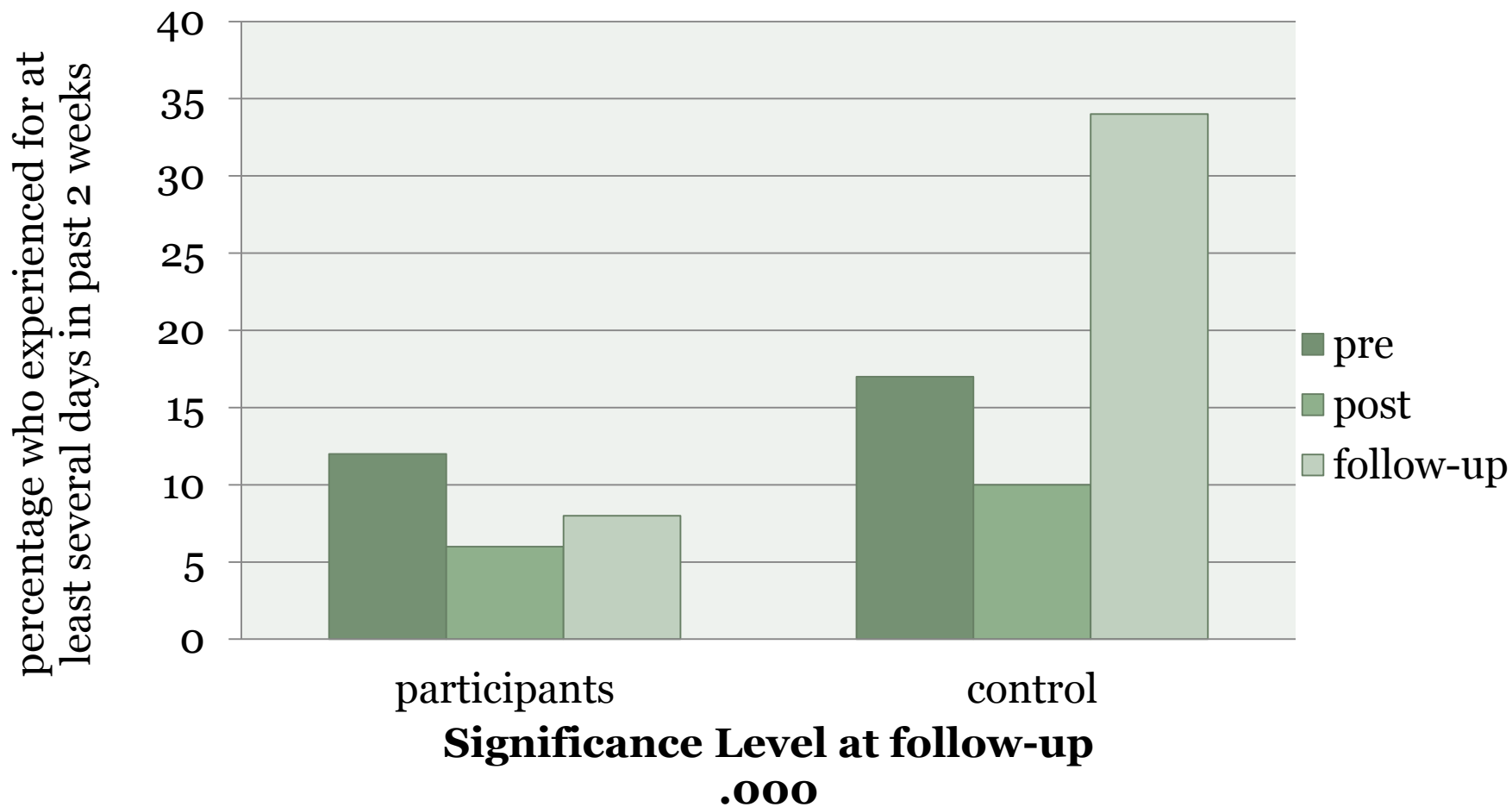
Significance Level at follow-up

.001

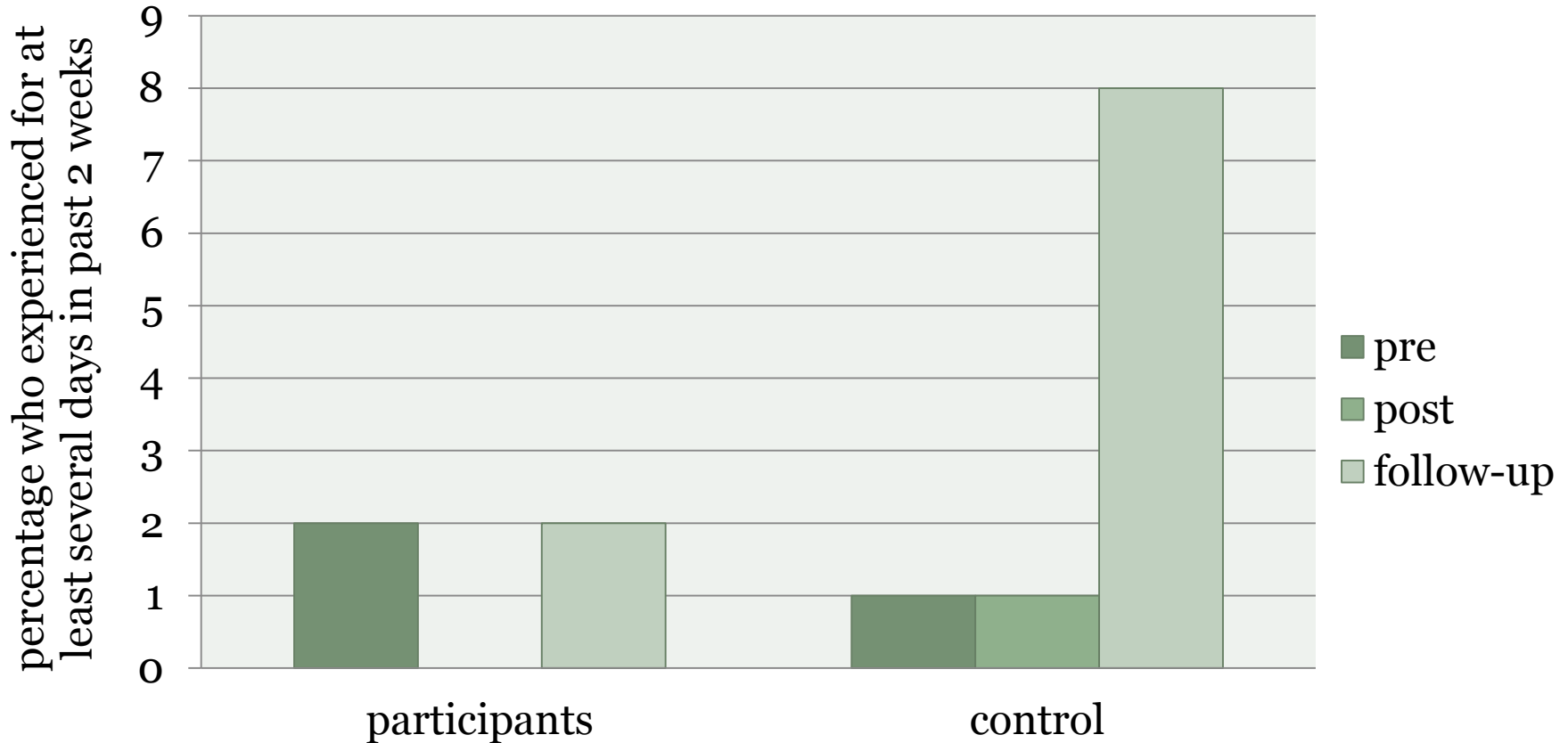
Feeling bad about yourself - or that you are a failure or have let yourself or your family down



Trouble concentrating on things, such as reading the newspaper or watching television



Thoughts that you would be better off dead, or hurting yourself



Significance Level at follow-up

.118