What a Wonderful World: Wellness & Positive Psychiatry
Implications for Us, and Our Patients In Difficult Times

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American Wellness Declines in Many Places – Rises Nowhere: A Dismal American Portrait

The Common Characteristics That Have Declines Are:

- An increase in worry on any given day
- A sharp uptick in reporting “little interest or pleasure in doing things”
- An increase in clinical diagnoses of depression
- Elevated reports of daily physical pain
- A decline in perceiving “positive energy” from friends and family members
- A reduction in having “someone who encourages you to be healthy”
- A drop in reports of liking “what you do each day”
- A decrease in those who have a leader in their lives who make them “enthusiastic about the future”
- A decline in the percentage of respondents who report that they are reaching their goals
- Satisfaction with standard of living (compared to peers)

“Other mental health metrics such as clinical diagnosis of depression, suffering from little interest or pleasure in doing things, and significant daily worry all had noteworthy increases in 2017”

Clinicians’ List of Priorities: A Very Reasonable List, Isn’t It?

Outcomes Physicians Identify as Most Important

1. Eliminate negative feelings (blue mood, despair, anxiety)
2. Not feeling down, depressed, or hopeless
3. Regain interest/pleasure in doing things
4. Not having symptoms disrupt social life/leisure activities
5. Not feeling tired/having little energy
6. Feeling satisfied with yourself
7. Able to enjoy life
8. Not having symptoms disrupt work
9. Feeling that life is meaningful
10. Satisfied with personal relationships

Patients’ List of Priorities Shared
Oh oh….Not the Same List as Us Clinicians

Outcomes Patients Identify as Most Important

1. Feeling that life is meaningful
2. Able to enjoy life
3. Feeling satisfied with yourself
4. Able to concentrate
5. Eliminate negative feelings (blue mood, despair, anxiety)
6. Not feeling tired/having little energy
7. Not feeling down, depressed, or hopeless
8. Feeling strong
9. Satisfied with personal relationships
10. Feeling active

## Putting It All Together

There are Symptoms That Patients Prioritize That Clinicians Don’t

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In Fact, When Patients are Asked What are The Top 3 Most Important Factors in Determining Remission from Depression, They Said …

1. Presence of positive mental health (eg, optimism, vigor, self-confidence)
2. Feeling like usual, normal self
3. General sense of well-being

(Absence of symptoms of depression was #4)

The question we have to ask ourselves – Who’s “right”? Us or the patients? Who’s priorities should we follow?

Take-Home Message:
Patients Focus on Positive Psychology/Psychiatry Elements Than We Clinicians Do
Positive Psychiatry may be defined as the science and practice of psychiatry that seeks to understand and promote well-being through assessment and interventions involving positive psychosocial characteristics in people who suffer from or are high risk of developing mental or physical disorders.
Traditional Treatment Goals
But is this Adequate?

- Symptom Reduction
- Improved Functionality

= Improved Outcomes

Emerging Formula for the Modern Mental Health Practitioner

The Emerging Role of Wellness and Positive Psychiatry

- Symptom Reduction
- Improved Functionality
- Wellness*

= Improved Outcomes

But Closer to Home

Is There a “Deficit” of Wellness/Positive Traits in Our Patients with Mental Health Disorders?
Psychiatric Disorders are “Bipolar” in Nature
Presence of Negative Symptoms and Absence of Positive Symptoms
The HERO Wellness Scale
Anonymous Online Survey


[Diagram of HERO Wellness Scale]

HERO WELLNESS SCALE
Please circle ONE NUMBER for each question below.

1. On average, during the last 7 DAYS, how happy have you felt?
   - 0: Not at all happy
   - 1: Slightly happy
   - 2: Moderately happy
   - 3: Very happy
   - 4: Extremely happy

2. On average, during the last 7 DAYS, how enthusiastic have you felt?
   - 0: Not at all enthusiastic
   - 1: Slightly enthusiastic
   - 2: Moderately enthusiastic
   - 3: Very enthusiastic
   - 4: Extremely enthusiastic

3. On average, during the last 7 DAYS, how resilient have you felt?
   - 0: Not at all resilient
   - 1: Slightly resilient
   - 2: Moderately resilient
   - 3: Very resilient
   - 4: Extremely resilient

4. On average, during the last 7 DAYS, how optimistic have you felt?
   - 0: Not at all optimistic
   - 1: Slightly optimistic
   - 2: Moderately optimistic
   - 3: Very optimistic
   - 4: Extremely optimistic

5. On average, during the last 7 DAYS, how would you rate your mental wellness?
   - 0: Not at all good
   - 1: Slightly good
   - 2: Moderately good
   - 3: Very good
   - 4: Extremely good

SCORING: To calculate total score, add all circled numbers.
TOTAL SCORE: 0-50
HIGHER SCORES INDICATE HIGHER LEVELS OF WELLNESS
So, Yes –
There is a Deficit in Wellness in Our Patients

One Could Say, There’s a Hidden Epidemic of “Wellness Deficit Disorder” in Psychiatry
Wellness-Focused Therapies as Augmentation to Psychopharmacology
WILD 5 Wellness Program:
A Wellness-Focused Intervention in Psychiatrically Ill Patients

N=82.

- **Anxiety** (GAD-7 scores) decreased by 40%
  
  (9.9 to 5.9; *P* < .0001)

- **Emotional Eating** (DEBQ) decreased by 14%
  
  (33.4 to 28.6; *P* < .0001)

- **Insomnia** (PSQI) decreased by 29%
  
  (10.3 to 7.3; *P* < .0001)

- **Depression** (PHQ-9 scores) decreased by 43%
  
  (11.4 to 6.4; *P* < .0001)
WILD 5 Wellness Program: Wellness Trait Improvements after 30 Days

- **Happiness**
  - Increased by **30%**
  - (4.0 to 5.2; \(P<.0001\))

- **Enthusiasm**
  - Increased by **51%**
  - (3.3 to 5.0; \(P<.0001\))

- **Optimism**
  - Increased by **45%**
  - (3.7 to 5.4; \(P<.0001\))

- **Resilience**
  - Increased by **63%**
  - (3.3 to 5.4; \(P<.0001\))

N=82.

In Conclusion:
Take-Home Goals for Mental Health Specialists

- Negative Affect
- Positive Affect

Focusing on Positive Psychiatry is useful for multiple reasons: Improve Outcomes, Reduce Relapses, Improve Neurobiology of Brain/Body, Improve Inflammatory Status and Functionality