

Application of WILD 5, a Wellness Intervention at Beloit College, Wisconsin Student Population

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Introduction

OBJECTIVE: To examine the benefits derived from a multipronged wellness intervention in students attending Beloit College, Wisconsin.

METHOD: 41 Beloit College students in Wisconsin enrolled in the WILD 5 Wellness Program, a 30-day wellness intervention that consists of daily activities focusing on exercise, mindfulness, sleep hygiene, improved social connectedness, and improved nutrition. Students completed multiple scales before the study started and at the end of the 30 days. After receiving an orientation session at the beginning of the program and having their questions answered, they started the wellness program. Students received daily motivational emails each of the 30 days. If they had any questions throughout the study, they were encouraged to contact the principal investigator of the study. The pre- and post-data were analyzed utilizing StatPlus, a statistical analysis software.

RESULTS: A total of 41 participants submitted both pre- and post-scores for data analysis. The mean age was 20.2 (range 18-25), with a M:F ratio of 18:23. The WHO-5 Wellbeing Index (WHO-5), an internationally accepted scale for the measurement of wellness (5-item scale; scores range from 0 to 25; higher score denotes improvement) had a baseline score of 12.4, which after the 30-day WILD 5 Wellness Program improved to a score of 15.0, demonstrating a mean improvement of 20% ($p=0.02$). The newly developed HERO Wellness Scale, a measure of mental wellness (5-item scale; scores range from 0 to 50; higher score denotes improvement) improved from a baseline of 26.1 to 31.2 at the end of this 30-day wellness intervention, demonstrating a mean improvement of 19% ($p=0.04$). Other measures of wellness revealed the following changes (scores range from 0 to 10): Happiness improvement (5.4 to 6.3, $p=0.06$, 16% improvement); Enthusiasm (4.8 to 6.0, $p=0.01$, 25% improvement), Resilience (5.5 to 6.3, $p=0.1$, 14% improvement); and Optimism (5.4 to 6.1, $p=0.1$, 12% improvement). Cognitive measures also revealed positive changes. The Cognitive and Physical Functioning Questionnaire (CPFQ), a well-accepted instrument assessing cognitive and physical functioning (7-item scale; scores range from 7 to 42; lower score denotes improvement), improved from a baseline of 18.3 to 16.1 ($p=0.01$) with a mean improvement of 12%.

Several secondary scales were utilized to track mental illness symptoms. The Physical Health Questionnaire (PHQ-9), a measure of depression severity (9-item scale; scores range from 0 to 27; lower score denotes improvement), revealed fewer depressive symptoms at the end of this program (pre-score 7.1; post-score 5.6, $p=0.1$, a 21% improvement). The Generalized Anxiety Disorder-7 (GAD-7) scale, a measure of anxiety (7-item scale; scores range from 0 to 21; lower score denotes improvement) revealed a pre-score of 8.2 and a post-score of 6.6 ($p=0.2$), with a mean improvement of 19%. Assessment for disability utilized The Sheehan Disability Scale (SDS), an assessment for disability (3-item scale; scores range from 0 to 30; lower score denotes improvement), which revealed less disability at the end of this 30-day wellness intervention (pre-score 6.2; post-score 4.9, $p=0.3$, a 20% improvement).

30-Day Intervention

WILD 5 Wellness™
Wellness Interventions for Life's Demands

WILD 5 Wellness: A 30-Day Intervention

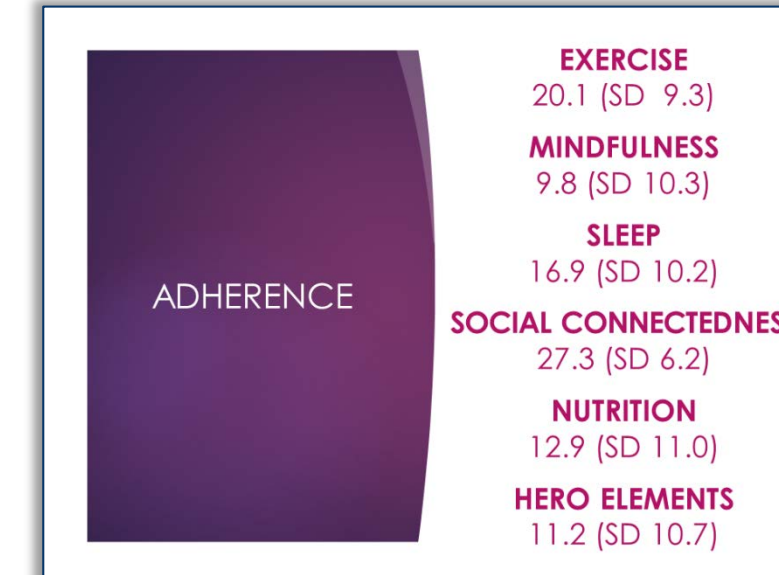
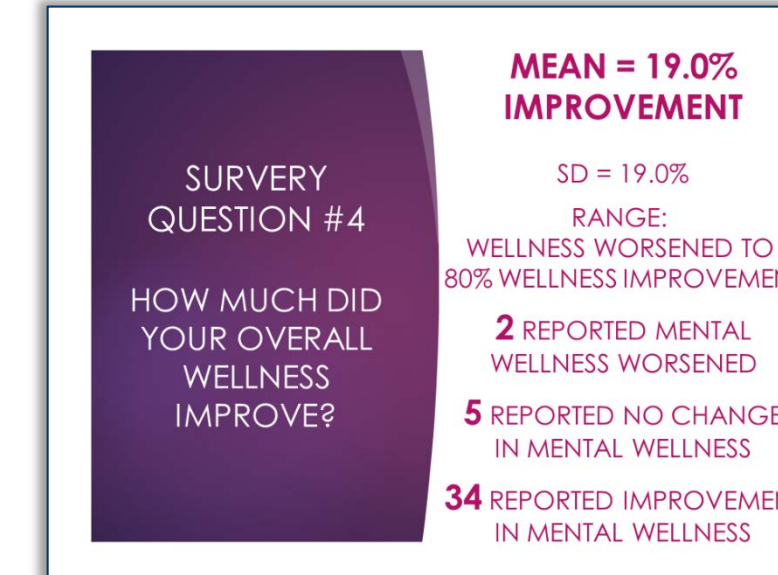
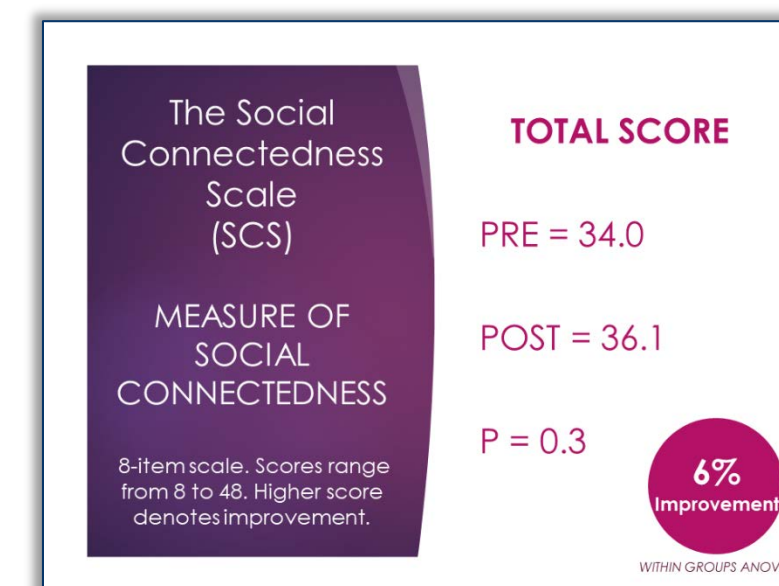
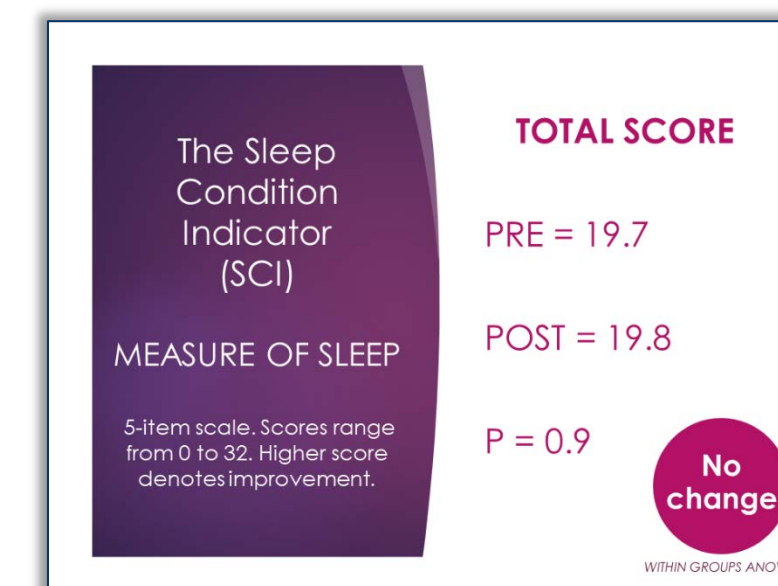
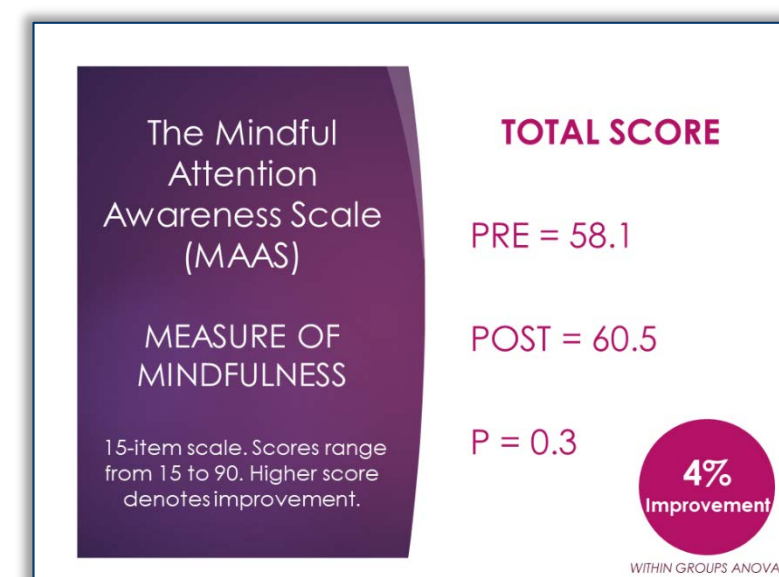
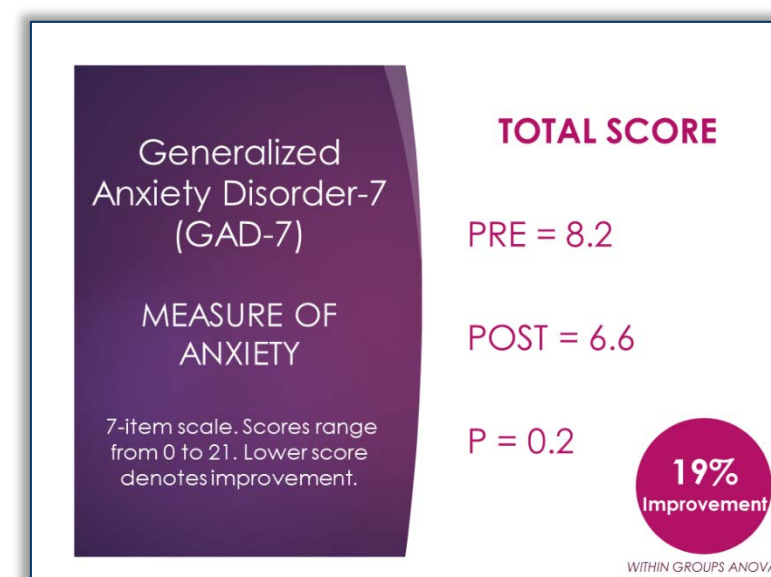
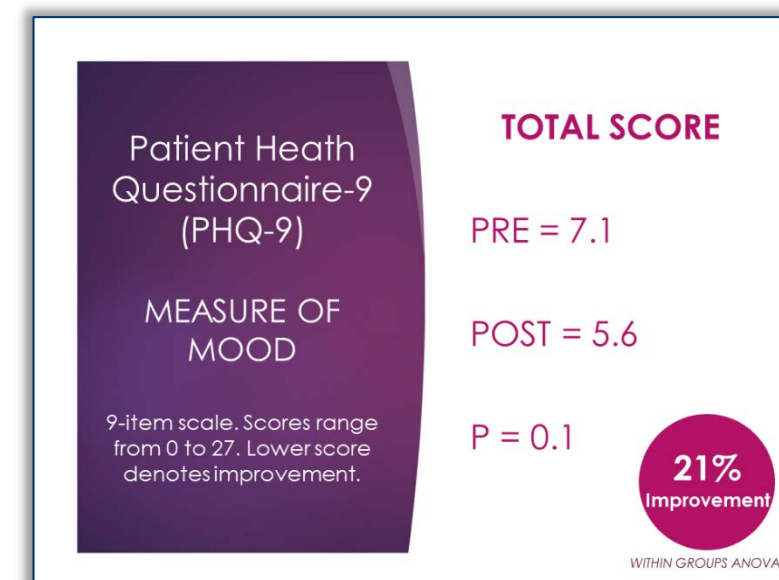
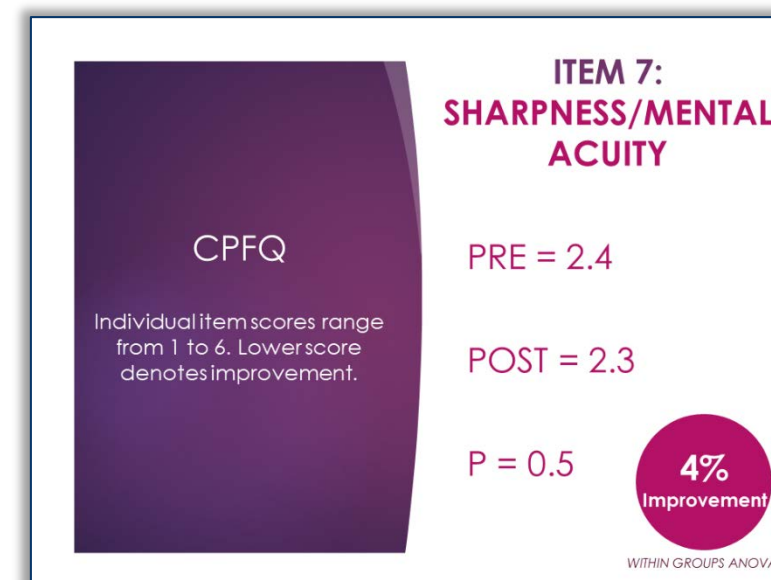
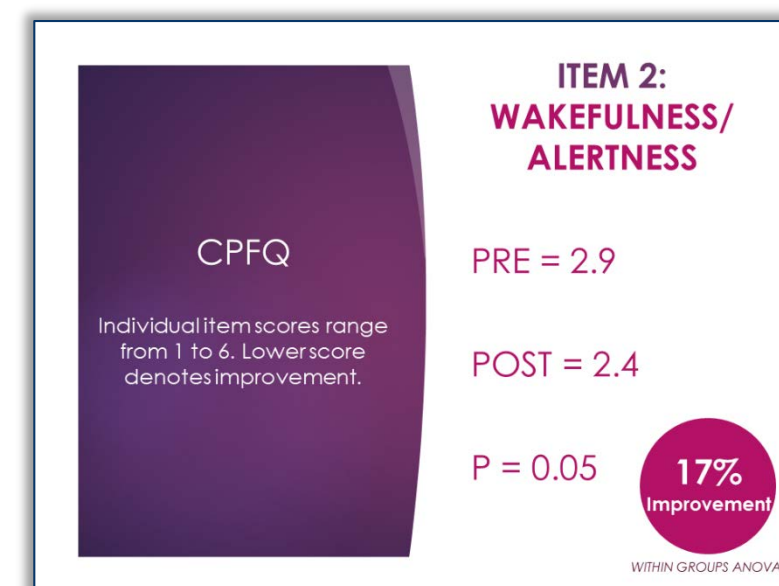
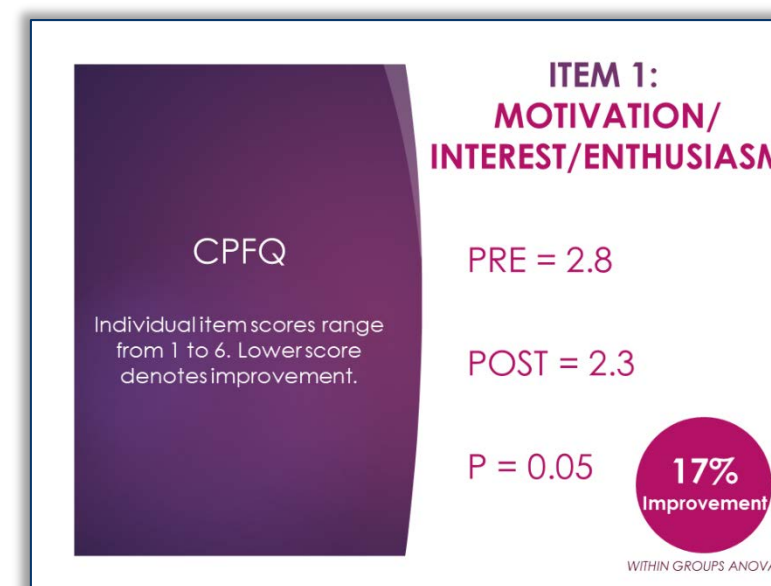
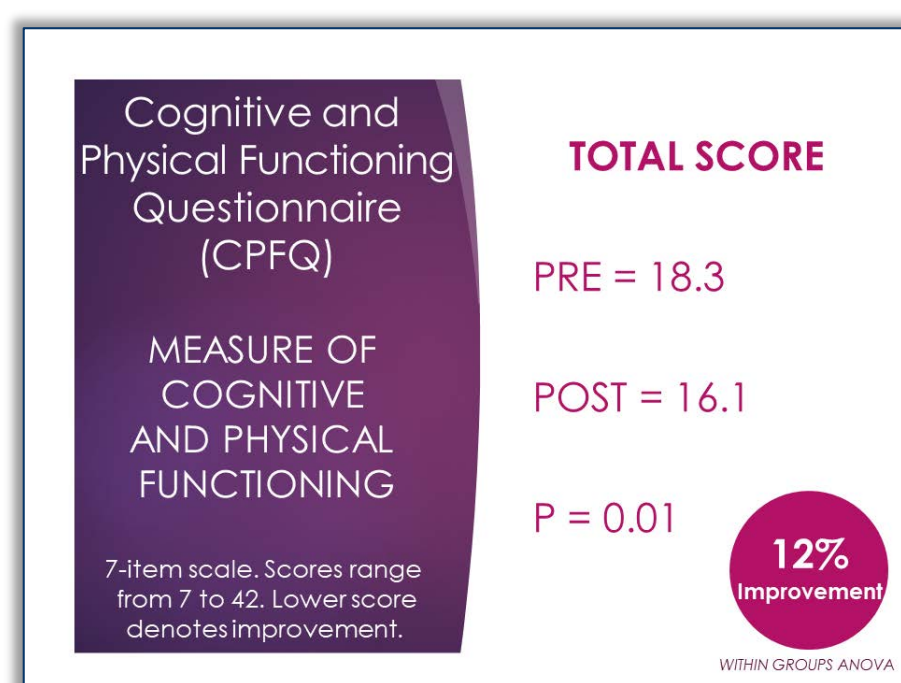
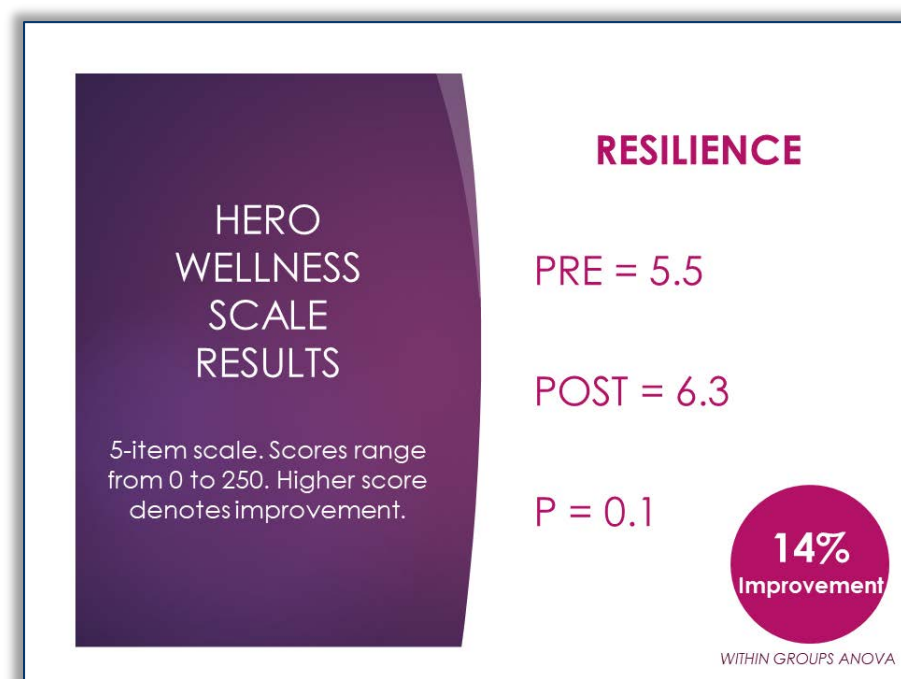
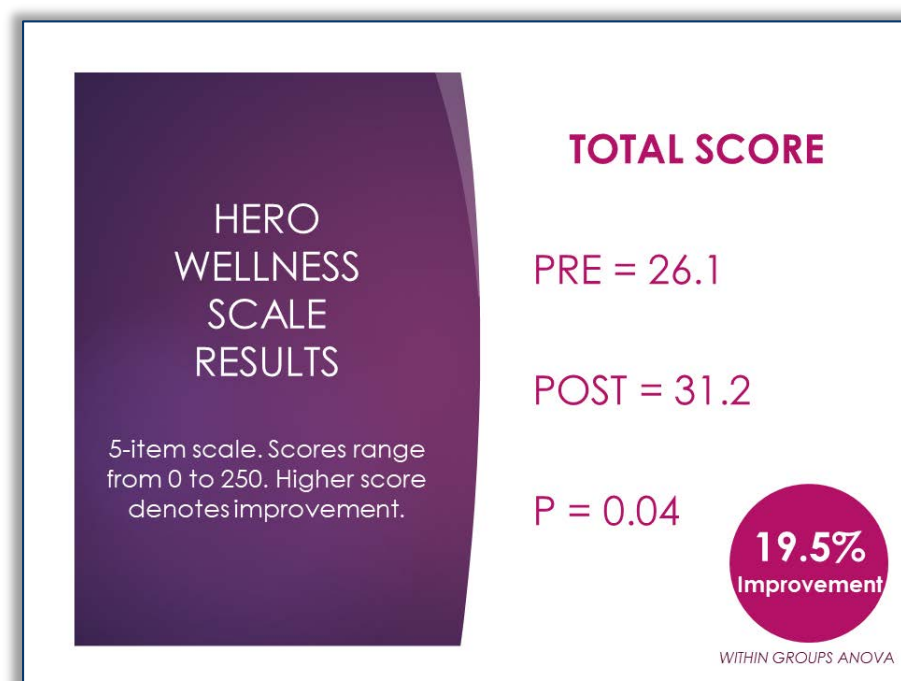
Program Objectives
Exercise Complete 30 minutes (walk, run, jog, etc.) 5 days per week for the 30-day intervention.
Mindfulness Practice mindfulness 10-15 minutes each day for 30 days.
Sleep Commit to consistent sleep hygiene practices each day for 30 days.
Social Connectedness Engage in social activities with friends, family, or community groups each day for 30 days.
Nutrition Consume at least 5 servings of fruits, vegetables, and whole grains each day for 30 days.
Adherence Complete the WILD 5 Wellness program each day for 30 days.

Adherence (out of 30 days)	
Exercise	18.11 (SD 6.8)
Mindfulness	21.4 (SD 6.0)
Sleep	22.0 (SD 7.4)
Social Connectedness	27.6 (SD 4.1)
Nutrition	22.3 (SD 7.8)

WILD 5 Wellness™
Wellness Interventions for Life's Demands

Measure	Pre-Score	Post-Score	Improvement (%)
WHO-5 Wellbeing Index	12.4	15.0	20%
HERO Wellness Scale	26.1	31.2	19.5%
Generalized Anxiety Disorder-7 (GAD-7)	8.2	6.6	19%
Physical Health Questionnaire (PHQ-9)	7.1	5.6	21%
Sheehan Disability Scale (SDS)	6.2	4.9	20%
Enthusiasm	4.8	6.0	25%
Resilience	5.5	6.3	14%
Happiness	5.4	6.3	16%
Optimism	5.4	6.1	12%
Cognitive and Physical Functioning Questionnaire (CPFQ)	18.3	16.1	12%

Results



Conclusions

The WILD 5 Wellness Program, a 30-day integrated, prescriptive, and trackable wellness intervention in this college student population, was effective in improving mental wellness. In addition, improvement in symptoms of depression and anxiety were noted. College students generally experience high levels of stress and are at high risk for mental illness symptoms. College and university student counselors and educators should consider offering integrated wellness interventions to college students to both improve mental wellness and alleviate mental illness symptoms.

Affiliations

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