Application of Wild 5, a Wellness Intervention in Individuals Taking Psychotropic Medications Yet Have a Moderate or Higher Severity of Depression (PHQ-9 Score of 10 or Higher)

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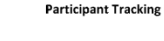
WILD 5★ Wellness™
Wellness Interventions for Life's Demands

Introduction

OBJECTIVE:
To examine the efficacy of a multipronged Wellness Intervention as an augmentation strategy in a group of individuals who self-identified as suffering from a mental health disorder, and with a baseline PHQ-9 score of 10 or greater, signifying moderate or greater severity of depression.

METHOD:
52 adults suffering from a mental health condition, who were taking psychotropic medication/s and still had a PHQ-9 score of 10 or greater, underwent of a 30-day, multi-pronged, highly prescriptive and trackable intervention program called the WILD 5 Wellness Program. This program consists of 30-day daily activities focusing on exercise, mindfulness, sleep hygiene, improved social connectedness, and improved nutrition. Multiple scales were administered at the beginning and the end of the study. The pre-post data was analyzed utilizing the StatPlus statistical analysis software.

RESULTS:
Both mental illness and mental wellness symptoms were tracked, and pre-post analysis for change and statistical significance was performed. The PHQ-9, a scale measuring depression severity, had a baseline score of 14.75, and after the 30-day wellness intervention it dropped to 8.01 (p<0.0001). This represents a mean improvement of 45% in depressive symptomatology. The GAD-7, a widely-accepted scale measuring anxiety symptoms, changed from a baseline score of 12.3 to 7.3 (p<0.0001), achieving a 40% improvement in anxiety symptoms. The WHO-5, an internationally accepted scale for the measurement of wellness, had a baseline score of 5.9, which after the 30-day WILD 5 Wellness Program improved to a score of 11.2, demonstrating a mean improvement of 89% improvement.

Several secondary scales were utilized in this study and all of them improved numerically and achieved statistical significance. The WILD 5 Wellness intervention demonstrated improvement in: Sheehan Disability Scale (p<0.05); Brief Pain Inventory – Average Pain and Most Pain Perceived (p<0.05); Pittsburg Sleep Quality Index (p<0.05); Endicott Work Productivity Scale (p<0.05); Happiness (p<0.05); Enthusiasm (p<0.05); Resilience (p<0.05); and Enthusiasm (p<0.05). Participants were asked to self-assess how much their mental wellness had improved, and the average reported improvement was 41% at the end of the 30-day WILD 5 Wellness intervention.

30-Day Intervention

WILD 5★ Wellness™
Wellness Interventions for Life's Demands
PROGRAM EXPECTATIONS

WILD 5★ Wellness™
Wellness Interventions for Life's Demands
Participant Tracking Form

Results

DEMOGRAPHICS
- N = 52
- Mean Age – 46.6 YEARS years (SD=11.9)
- F:M = 42:10
- Had co-morbid chronic pain = 19/52 (13 were on opioid therapy)
- All 52 currently on psychotropic medication/s
- Primary mental health condition:
  - Major Depression 22/52 ▶ Bipolar Disorder 8/52
  - Anxiety Disorder 18/52 ▶ Sleep Disorder 4/52

Patient Heath Questionnaire-9 (PHQ-9)
MEASURE OF MOOD
9-item scale. Scores range from 0 to 27. Lower score denotes improvement.
TOTAL SCORE
PRE = 14.7 (SD 4.1)
POST = 8.0 (SD 4.7)
P < 0.00001
45% Improvement
WITHIN GROUPS ANOVA

World Health Organization Well-Being Index (WHO-5)
MEASURE OF WELLNESS
5-item scale. Scores range from 0 to 25. Higher score denotes improvement.
TOTAL SCORE
PRE = 5.9 (3.5)
POST = 11.2 (5.5)
P < 0.00001
89% Improvement
WITHIN GROUPS ANOVA

HERO WELLNESS SCALE RESULTS
TOTAL SCORE
PRE = 14.3 (SD 8.7)
POST = 26.6 (SD 11.9)
P < 0.0001
86% Improvement
WITHIN GROUPS ANOVA

HAPPINESS
HERO WELLNESS SCALE RESULTS
PRE = 3.2 (SD 2.2)
POST = 4.5 (SD 2.5)
P < 0.0001
40% Improvement
WITHIN GROUPS ANOVA

ENTHUSIASM
HERO WELLNESS SCALE RESULTS
PRE = 2.5 (SD 1.9)
POST = 4.4 (SD 2.6)
P < 0.001
76% Improvement
WITHIN GROUPS ANOVA

RESILIENCE
HERO WELLNESS SCALE RESULTS
PRE = 2.7 (SD 2.0)
POST = 4.9 (SD 2.4)
P < 0.0001
81% Improvement
WITHIN GROUPS ANOVA

OPTIMISM
HERO WELLNESS SCALE RESULTS
PRE = 3.1 (SD 2.3)
POST = 4.8 (SD 2.4)
P < 0.0001
54% Improvement
WITHIN GROUPS ANOVA

HERO WELLNESS SCALE RESULTS
SELF-REPORTED MENTAL WELLNESS
PRE = 2.6 (SD 1.9)
POST = 4.9 (SD 2.7)
P < 0.0001
88% Improvement
WITHIN GROUPS ANOVA

The Mindful Attention Awareness Scale (MAAS)
MEASURE OF MINDFULNESS
15-item scale. Scores range from 15 to 90. Higher score denotes improvement.
TOTAL SCORE
PRE = 49.9 (SD 13.0)
POST = 60.5 (SD 10.9)
P < 0.00001
21% Improvement
WITHIN GROUPS ANOVA

Pittsburg Sleep Quality Index (PSQI)
MEASURE OF QUALITY & PATTERNS OF SLEEP
18-item scale. Scores range from 0 to 27. Lower score denotes improvement.
TOTAL SCORE
PRE = 11.5 (SD 4.1)
POST = 8.3 (SD 4.2)
P < 0.00000
27% Improvement
WITHIN GROUPS ANOVA

Endicott Work Productivity Scale (EWPS)
MEASURE OF WORK PRODUCTIVITY
25-item scale. Scores range from 0 to 100. Lower score denotes improvement.
WORK PRODUCTIVITY
PRE = 39.0 (SD 16.1)
POST = 28.1 (SD 18.1)
P<0.0001
N=33
27% Improvement
WITHIN GROUPS ANOVA

Generalized Anxiety Disorder-7 (GAD-7)
MEASURE OF ANXIETY
7-item scale. Scores range from 0 to 21. Lower score denotes improvement.
TOTAL SCORE
PRE = 12.3 (SD 4.9)
POST = 7.3 (SD 4.4)
P < 0.00001
40% Improvement
WITHIN GROUPS ANOVA

The Social Connectedness Scale (SCS)
MEASURE OF SOCIAL CONNECTEDNESS
8-item scale. Scores range from 8 to 48. Higher score denotes improvement.
TOTAL SCORE
PRE = 24.6 (SD 11.5)
POST = 33.4 (SD 11.3)
P < 0.00001
35% Improvement
WITHIN GROUPS ANOVA

Sheehan Disability Scale (SDS)
MEASURE OF DISABILITY
3-item scale. Scores range from 0 to 30. Lower score denotes improvement.
TOTAL SCORE
PRE = 14.3 (SD 6.9)
POST = 10.2 (SD 7.1)
P < 0.0001
28% Improvement
WITHIN GROUPS ANOVA

THE WILD 5 WELLNESS EFFORT SCALE QUESTION 1
EXERCISE
PRE = 1.7/WEEK
POST = 3.8/WEEK
P < 0.00001
123% Improvement
WITHIN GROUPS ANOVA

THE WILD 5 WELLNESS EFFORT SCALE QUESTION 2
MINDFULNESS
PRE = 0.9/WEEK
POST = 4.5/WEEK
P < 0.0001
400% Improvement
WITHIN GROUPS ANOVA

THE WILD 5 WELLNESS EFFORT SCALE QUESTION 3
SLEEP
PRE = 2.3/WEEK
POST = 4.5/WEEK
P < 0.00001
95% Improvement
WITHIN GROUPS ANOVA

THE WILD 5 WELLNESS EFFORT SCALE QUESTION 4
SOCIAL CONNECTEDNESS
PRE = 4.7/WEEK
POST = 6.2/WEEK
P < 0.00001
31% Improvement
WITHIN GROUPS ANOVA

THE WILD 5 WELLNESS EFFORT SCALE QUESTION 5
NUTRITION
PRE = 0.4/WEEK
POST = 4.5/WEEK
P < 0.00001
1025% Improvement
WITHIN GROUPS ANOVA

SURVERY QUESTION #2
ORDER OF WILD 5 WELLNESS ELEMENTS HELPFULNESS
1. MINDFULNESS (2.58)
2. NUTRITION (3.01)
3. SOCIAL CONNECTEDNESS (3.09)
4. SLEEP (3.11)
5. EXERCISE (3.17)

SURVERY QUESTION #4
HOW MUCH HAS OVERALL WELLNESS IMPROVED AFTER PROGRAM?
MEAN = 41.9
(SD = 20-5)
RANGE = 0–90
# MENTAL WELLNESS WORSENED = 0/52
# REPORTING ZERO MENTAL WELLNESS IMPROVEMENT = 1/52
# REPORTING SOME IMPROVEMENT IN MENTAL WELLNESS = 51/52

Conclusions

The WILD 5 Wellness Program, a prescriptive and trackable wellness intervention was globally effective in reducing symptoms of mental illness, and improving mental wellness, in this population of individuals suffering from moderate or more severe depressive symptoms despite taking psychotropic medications. Clinicians should consider offering wellness interventions to both medication naïve individuals, as well as those, who despite taking psychotropic medications, are still suffering from mental illness symptoms.

Affiliations

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