Wellness Interventions for Life's Demands (WILD-5 Wellness): Exercise, Mindfulness, Sleep, Social Connectedness, and Nutrition - Improving Mental and Physical Health Through Holistic Daily Behavior Change



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Background:

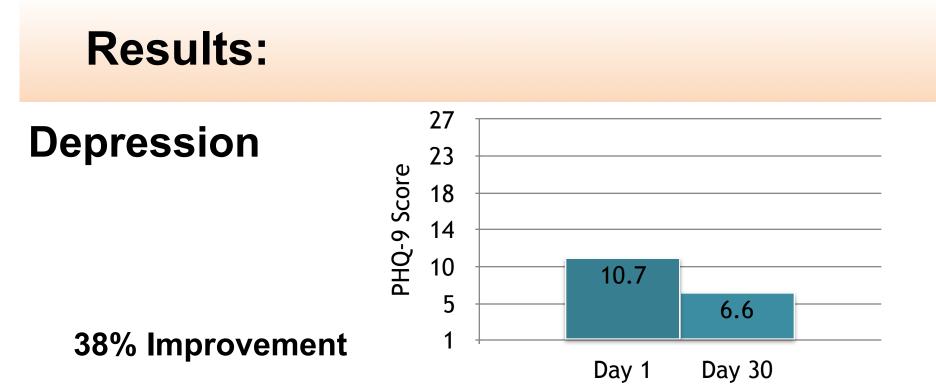
Research has shown the benefits of many individual health-related behaviors with respect to mental health, however, few studies have combined interventions to create a holistic, multi-pronged program. This study assesses the impact on the cognitive and physical functioning of 37 participants following a newly developed 90-day, multi-pronged, wellness behaviors program developed to address DSM-5 symptom criteria and improve physical health.

Literature Support:

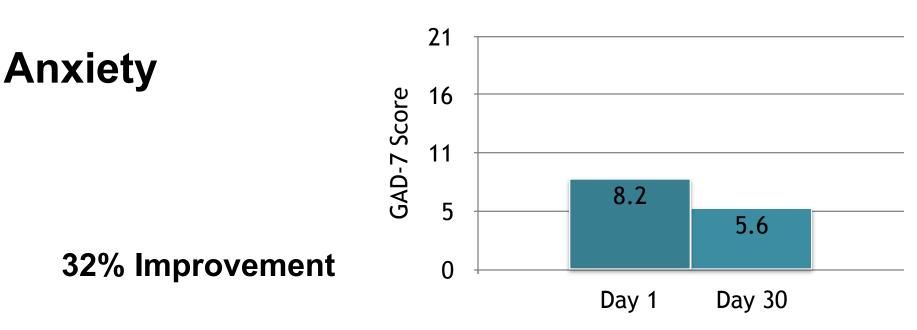
Multiple meta-analyses indicate the positive influence of exercise, 123 mindfulness behaviors, 456 sleep hygiene, 789 and social interactions on mental wellness. 10 11 12 Independently, each domain carries strong evidentiary support for its effectiveness in augmenting DSM-5 symptom criteria for both anxiety 13 14 and depression. 15 16

Methods:

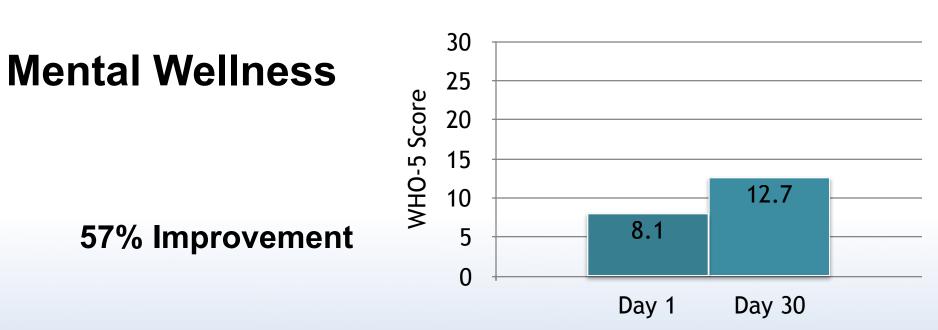
- Wellness Interventions for Life's Demands (WILD-5)
 Program: Exercise, Mindfulness, Sleep, Social
 Connectedness, and Nutrition
- 37 adults in subgroup (of 130 enrolled) with self-reported mental health disorders enrolled in our 90-day, multi-dimensional wellness program with informed consent.
- Interventions include diet tracking and mindfulness, exercise, meditation, sleep hygiene, and social connectedness initiatives.
- Mean age was 45.5 years, and ages ranged from 23 to 79 years. There were 4 males and 33 females who completed the program.
- Pre and post measures capturing levels of depression, anxiety, disability, sleep, emotional eating, wellness were analyzed utilizing repeat measure and within subjects ANOVA.



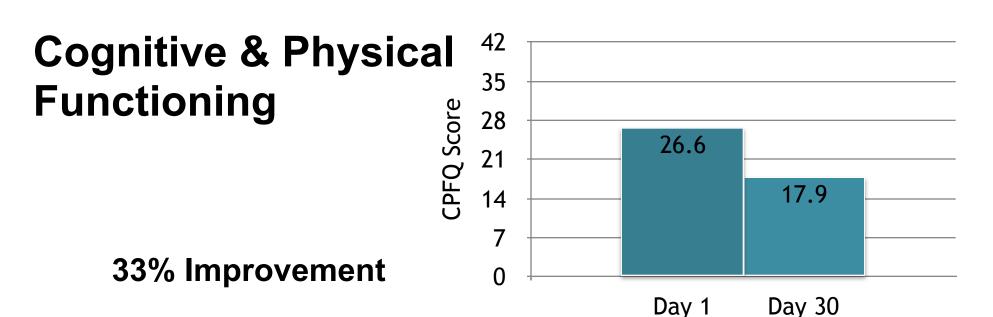
Measured using the Patient Health Questionnaire - 9 (PHQ-9), a 9-item brief self-report scale which rates severity of depression. It uses the 9 criteria that constitute the diagnosis of a DSM-5 depressive disorder, showing significant decrease of functional status as PHQ-9 scores increase in severity. Mild, moderate, moderately severe, and severe depression is represented by scores of 5, 10, 15, and 20, respectively.



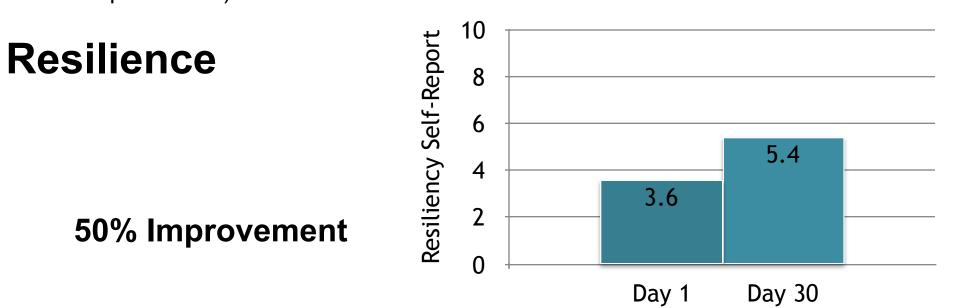
The Generalized Anxiety Disorder-7 (GAD-7) scale is a seven-item brief self-report scale that allows for the screening of anxiety disorders and the assessment of severity of anxiety symptoms. Worsening score scales correlate with diminishing functional status. A score of 5-9 constitutes mild symptoms, 10-14 moderate, and greater than 15 constitutes severe symptoms; scores range from 0-21.



The World Health Organization-5 (WHO-5) scale is a five-item brief self-report scale which correlates an increasing score with greater quality of life. Scores range from 0-25, 0 being the worst quality of life and 25 being the best quality of life. A score below 13 is an indication of poor well-being. Percentage scores are used to interpret results; a 10% percentage score change indicates significant changes in well-being.



The cognitive and physical functioning scale (CPFQ) is a brief seven-item self-report scale that correlates increasing scores with greater cognitive and executive dysfunction in mood and anxiety disorders. Scores range from 7-42 with greater scores indicating greater dysfunction (lower score denotes improvement).



Resilience was measured as part of the HERO (Happiness-Enthusiasm-Resilience-Optimism) Wellness Scale, a validated measure. This Likert scale measures the level of agreement and disagreement for a series of statements. Scores ranged from (0) "not at all resilient," to (5) moderately resilient, to (10) "extremely resilient," with higher scores indicating higher levels of wellness.

Conclusion:

The WILD 5 wellness intervention program was effective in improving scores in all five measured outcomes by day 30, through the use of prescribed, trackable behavior changes.

This manual-based wellness intervention had a robust impact as an intervention, showing positive impact in psychiatric symptom and cognition scales, as well as in measures of disability and mental wellness improvement.

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