

# 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.

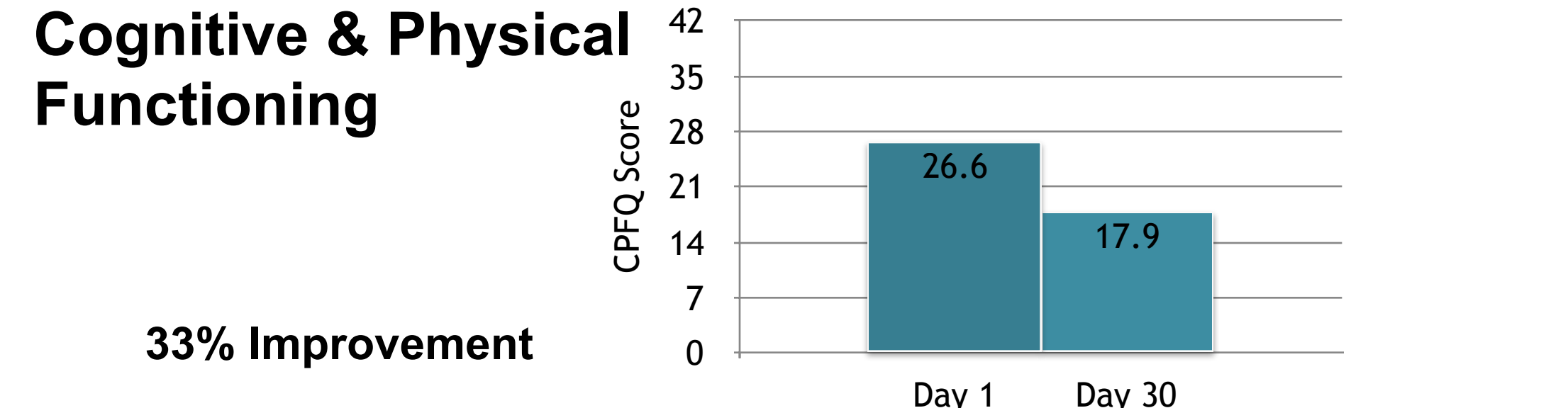
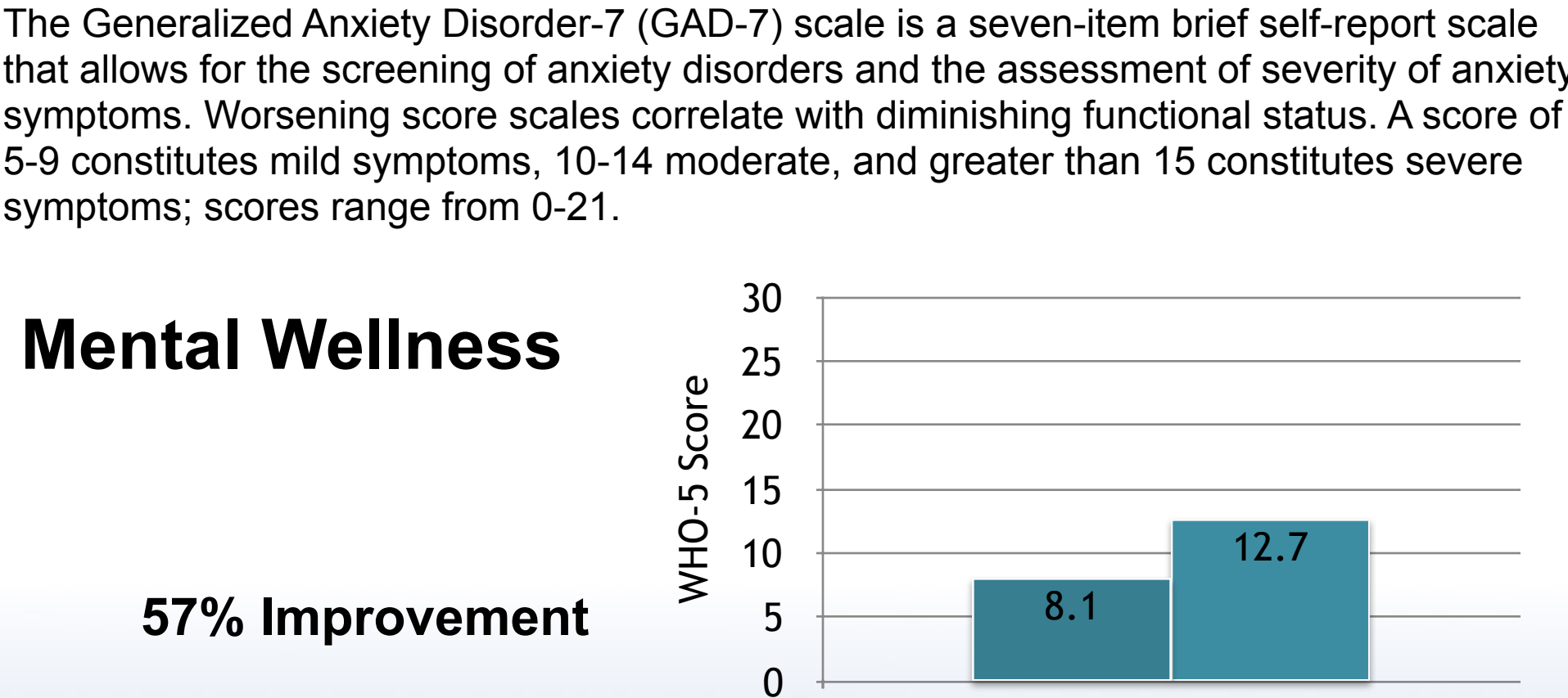
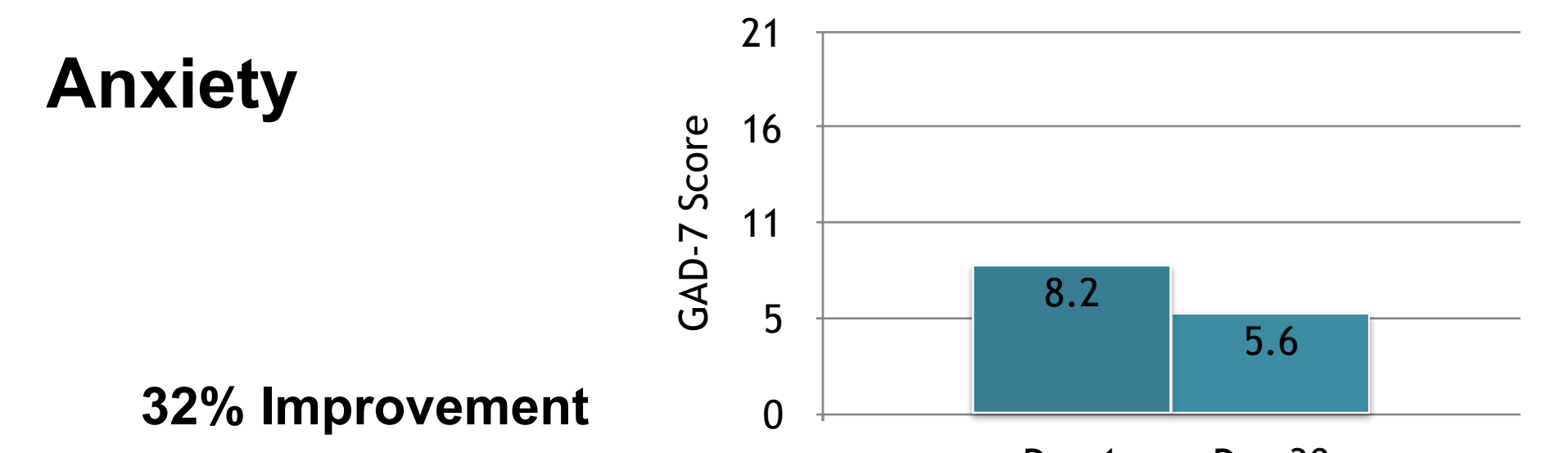
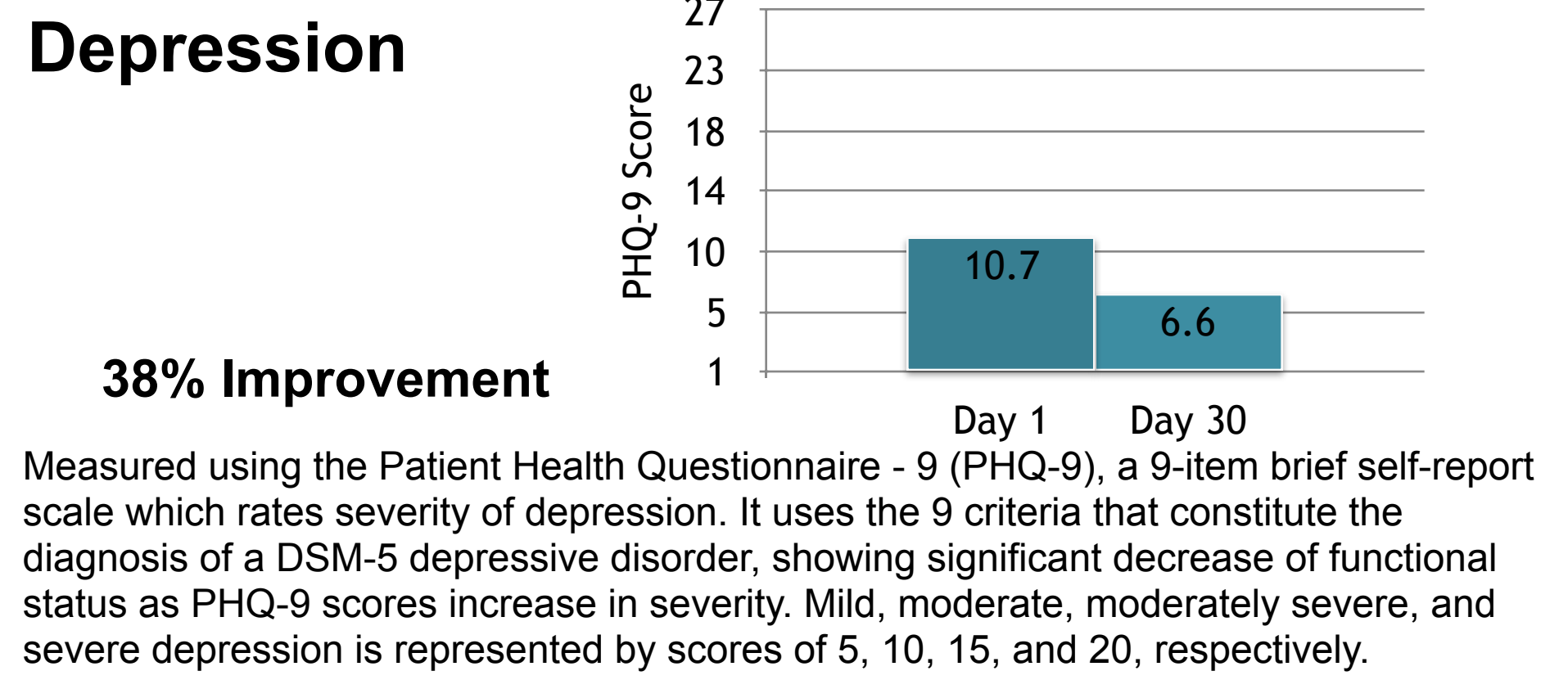
## Literature Support:

Multiple meta-analyses indicate the positive influence of exercise,<sup>123</sup> mindfulness behaviors,<sup>4 5 6</sup> sleep hygiene,<sup>7 8 9</sup> and social interactions on mental wellness.<sup>10 11 12</sup> Independently, each domain carries strong evidentiary support for its effectiveness in augmenting DSM-5 symptom criteria for both anxiety<sup>13 14</sup> and depression.<sup>15 16</sup>

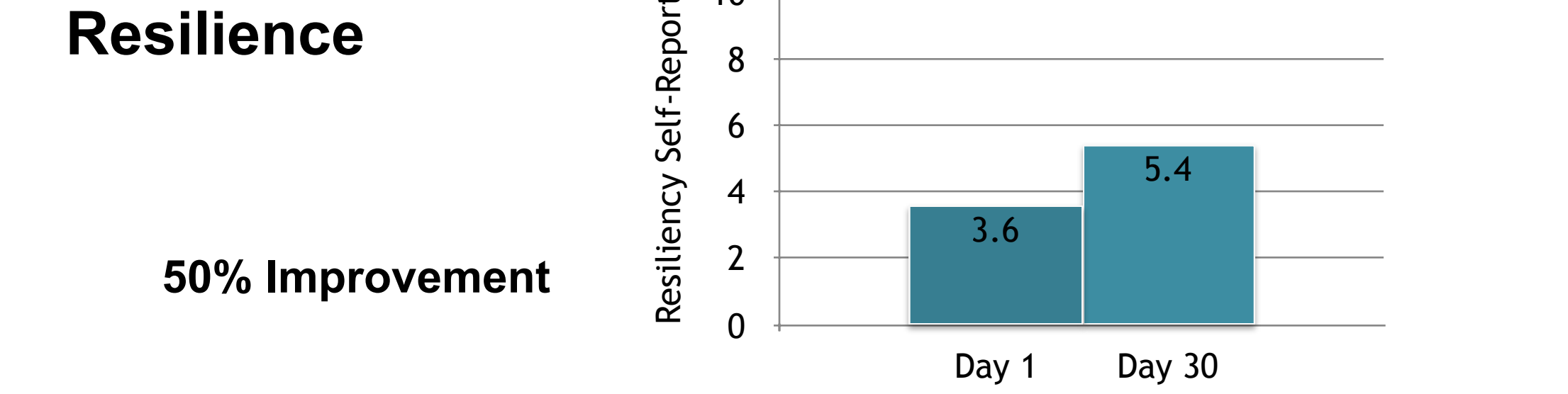
## Methods:

- **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.

## Results:



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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