

WILD 5 Wellness: Results of a 90-day, Self-Directed Wellness Program in Individuals

With a DSM-5 Diagnosis and Receiving Psychotropic Medications

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Introduction

Objective:

Examining the impact of WILD 5 Wellness intervention on psychiatric symptoms, as well as wellness markers.

Method:

27 adults (part of a larger cohort of subjects) were recruited from clinical practices and online resources, all providing informed consent to participate in this 90-day study. WILD 5 Wellness Program consists of 90-day manualized intervention including activities focusing on exercise, mindfulness, sleep hygiene, improved social connectedness, and improved nutrition. Participants completed multiple scales before the study started and at the end of 90-days. The results were analyzed using the StatPlus statistical software package. Repeat measure and within subjects ANOVA was utilized to assess for clinical significance.

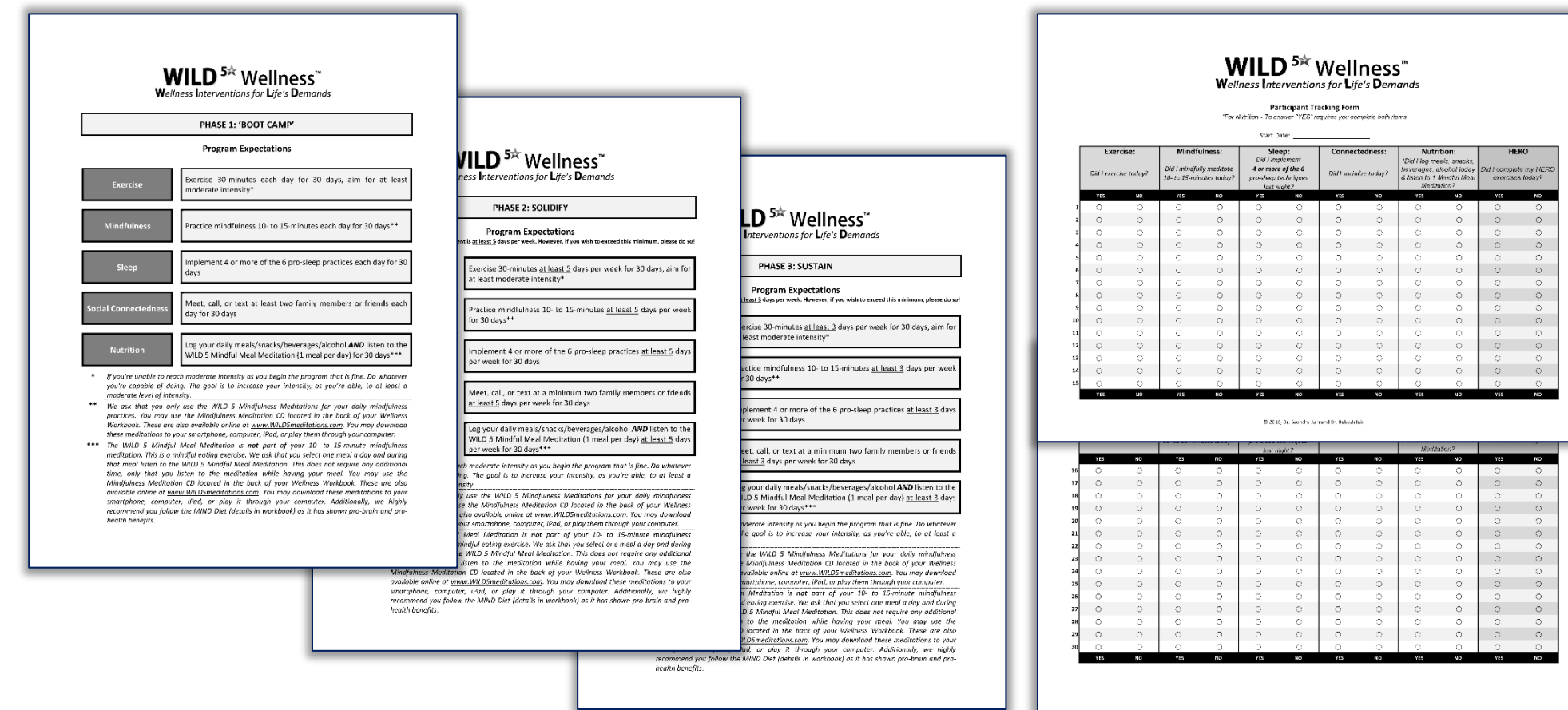
Results:

Psychiatric Symptoms: At the end of the 90-day intervention, the mean PHQ-9 scores (a marker for depressive symptom severity) for the 27 individuals decreased from 10.2 to 5.2 ($p=0.0002$), revealing a 49% improvement in depressive symptom severity. The Mean GAD-7 scores (a marker of anxiety) decreased from 7.5 to 4.2 ($p=0.0005$), with a 44% improvement in anxiety symptoms. Sleep Condition Indicator (SCI) is a well validated scale for sleep disturbances, and it improved by 55% at the end of the 90-day intervention in these 27 program completers.

Disability and Wellness Markers: Sheehan Disability Scale (SDS) is a well-known, widely accepted scale for the measurement of disability in psychiatrically ill patients. The SDS scores changed from 11.4 to 5.9 mean ($p<0.001$) demonstrating a 48% improvement in disability. Wellness was measured utilizing a novel scale called HERO Wellness Scale that was specifically developed for the WILD 5 Wellness Program. Here we noted the following improved indicators: happiness improved by 53%, enthusiasm improved by 52%, resilience improved by 64%, and optimism improved by 61% (all $p<0.01$).

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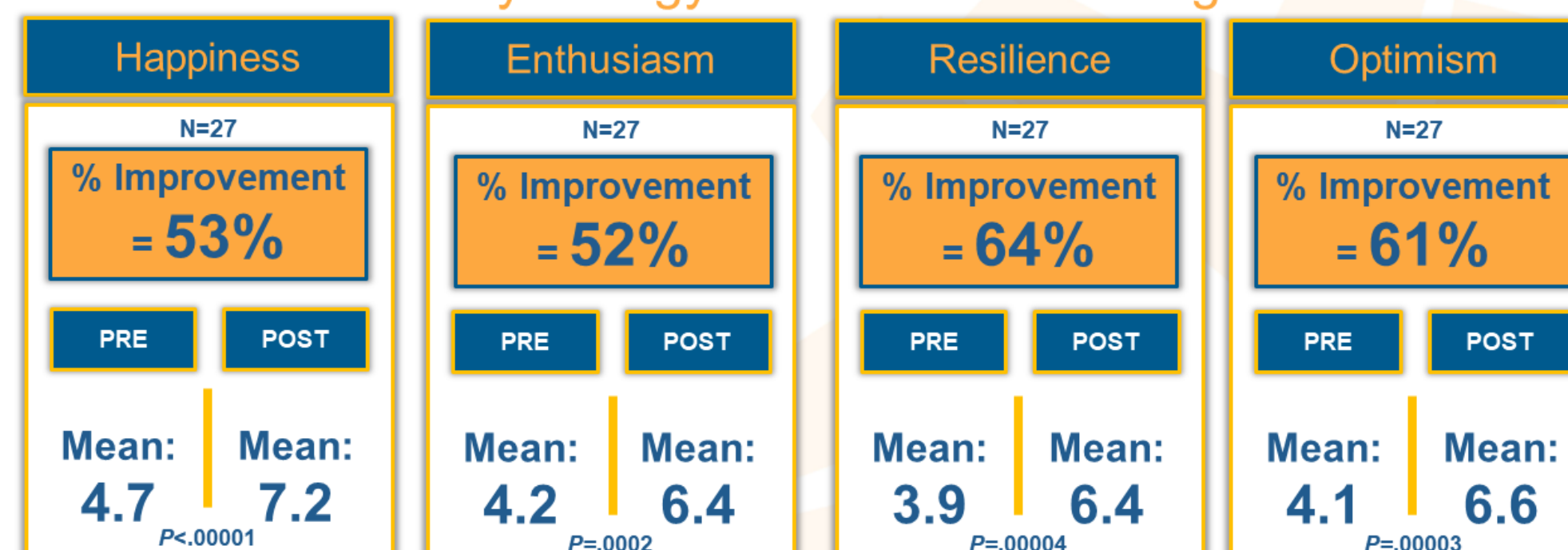
90-Day Intervention



Results: HERO Wellness Scale

Impact of 90-Day WILD 5 Wellness Program on HERO Wellness Scale Scores

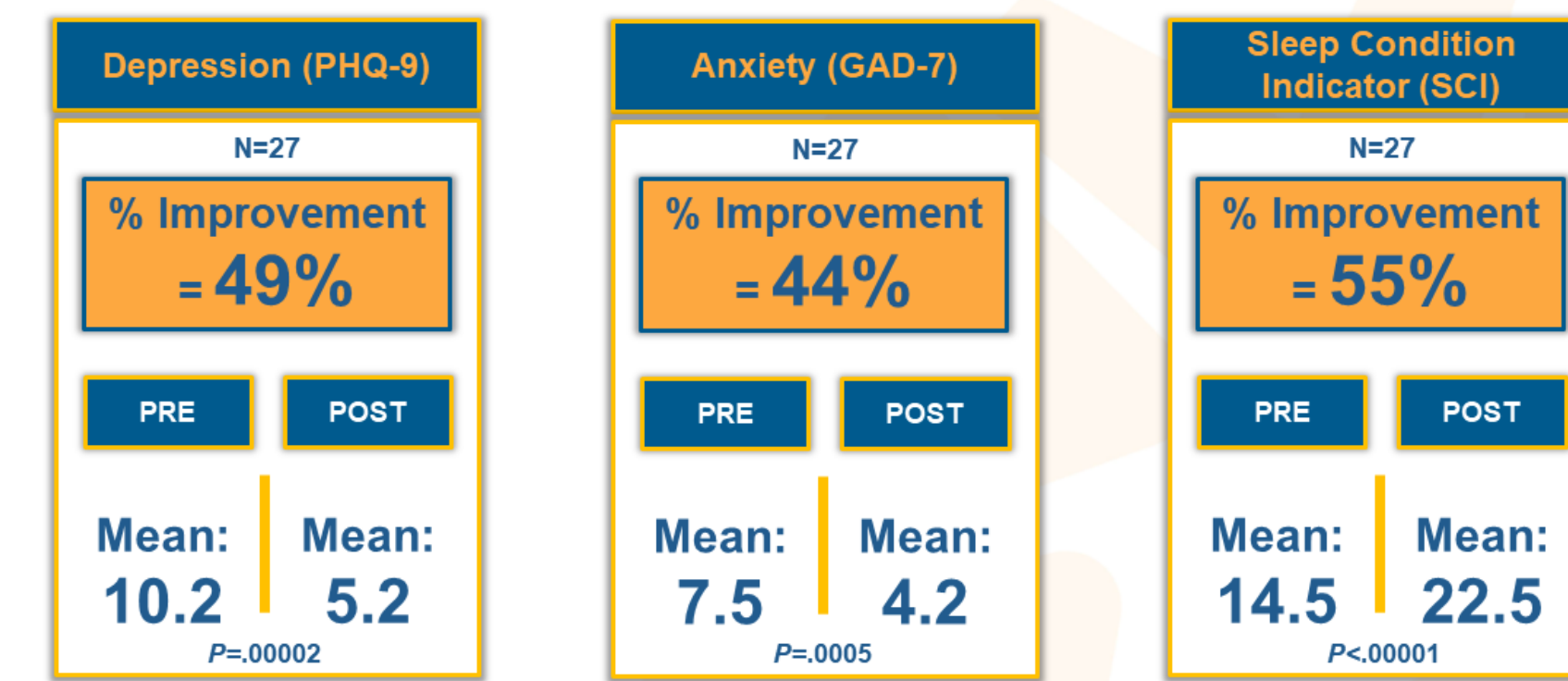
Positive Psychology Traits Can Be Strengthened



Happiness: A state of contentment and satisfaction and is related to an overall sense of well-being. Enthusiasm: A feeling of excitement and interest and is related to an overall sense of well-being. Resilience: The ability to recover from or adapt easily when confronted with a difficult situation and is related to an overall sense of well-being. Optimism: A belief that good things will happen and is related to an overall sense of well-being.

Results: Disease Markers

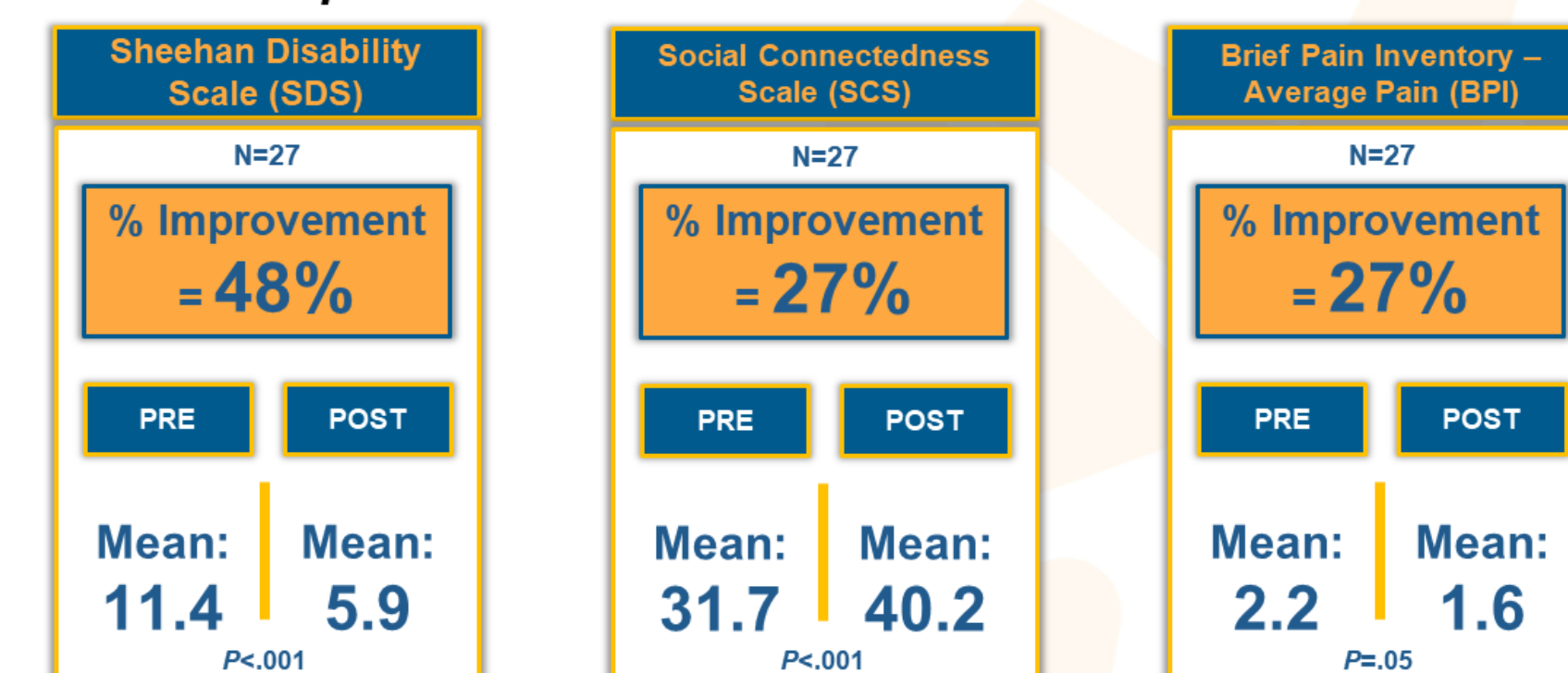
Impact of 90-Day WILD 5 Wellness Program on Disease Markers



PHQ-9 is a 9-item scale; scores range from 0 to 27. Lower score denotes improvement. GAD-7 is a 7-item scale; scores range from 0 to 21. Lower score denotes improvement. SCI is an 8-item scale; scores range from 0 to 32. Higher score denotes improvement.

Results: Impairment and Functional Markers

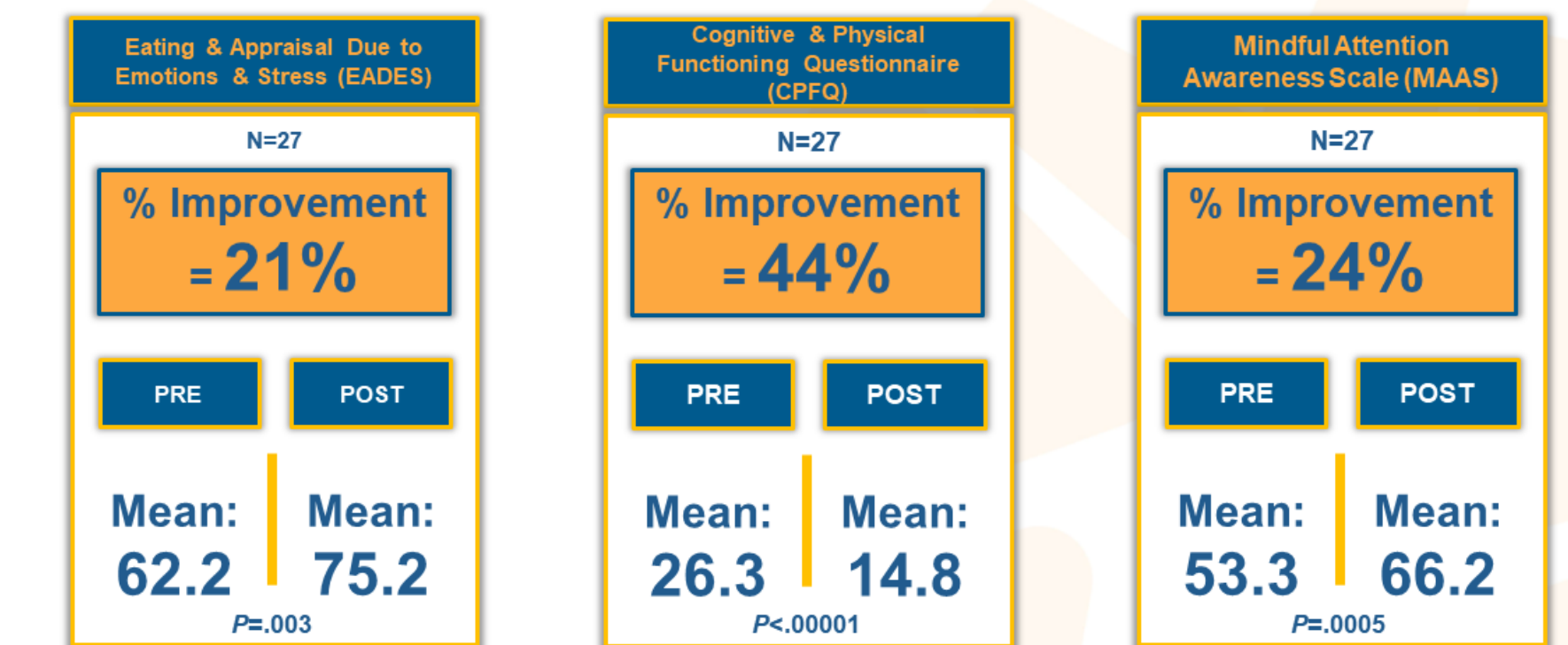
Impact of 90-Day WILD 5 Wellness Program on Impairment and Functional Markers



SDS is a 5-item scale; scores range from 0 to 30. Lower score denotes improvement. SCS is an 8-item scale; scores range from 8 to 48. Higher score denotes improvement. BPI Short Form; scores range from 0 to 10. Lower score denotes improvement.

Results: Impairment and Functional Markers

Impact of 90-Day WILD 5 Wellness Program on Impairment and Functional Markers



EADES is a 24-item subscale; scores range from 24 to 120. Higher score denotes improvement. CPFQ is a 7-item scale; scores range from 1 to 42. Lower score denotes improvement. MAAS is a 15-item scale; scores range from 15 to 90. Higher score denotes improvement.

Conclusions

This 90-day, manual-based wellness intervention had a robust impact as an adjunctive intervention for individuals afflicted with psychiatric disorders. This positive impact was seen in both psychiatric symptom scales, as well as in measures of disability and mental wellness improvement.

Affiliations

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