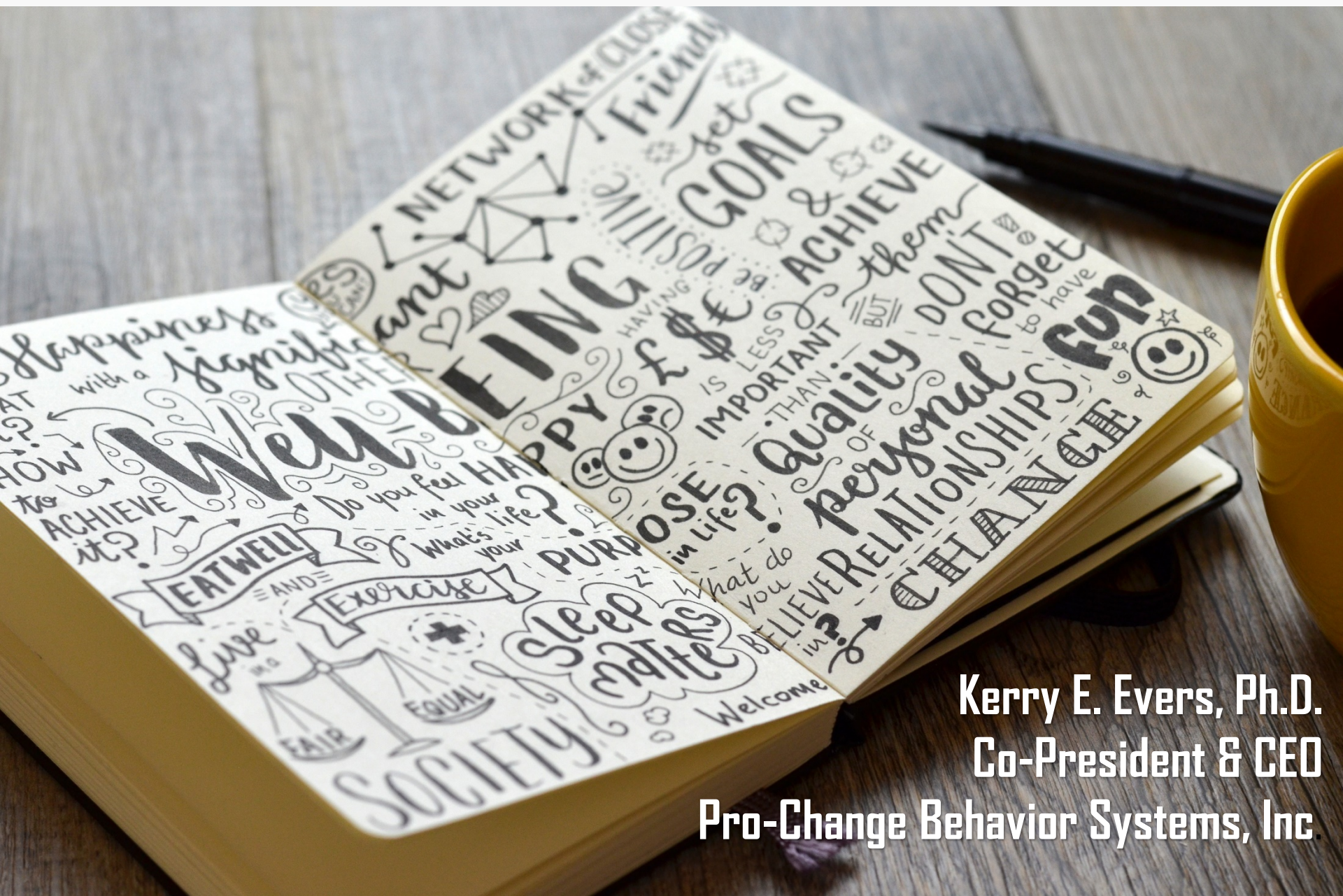


# Reducing Multiple Risk Behaviors and Enhancing Multiple Domains of Well-Being



Kerry E. Evers, Ph.D.  
Co-President & CEO  
Pro-Change Behavior Systems, Inc

# Program of Research

- Embarked on a program of research exploring behavior change and well-being
- Several studies over several years
- Many members of the team to thank including:
  - James O. Prochaska, Ph.D.
  - Janice M. Prochaska, Ph.D.
  - Patricia H. Castle, Ph.D.
  - Janet L. Johnson, Ph.D.
  - Team at Center for Health Research, Healthways, Inc.

**DEFINE**  
Well-Being

**MEASURE**  
Well-Being

**EXPLORE**  
Well-Being

**CHANGE**  
Well-Being

# Define Well-Being

- A variety of definitions exist
- A variety of constructs can be included
- Generally seen as a presence of positive emotions and moods, the absence of negative emotions, satisfaction with life, fulfillment and positive functioning.
- Merriam-Webster Definition of well-being: the state of being happy, healthy, or prosperous





# Can We Measure Well-Being?



Life  
Evaluation

Healthy  
Behavior

Work  
Quality

Emotional  
Health

Basic  
Access

Physical  
Health

- Individual-level well-being assessment and scoring method (IWBS)
- Adapted from the population-based Gallup-Healthways Well-being Index
- Six Domains
- 29 Items

# Well-Being

“Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.”

## Present Life Evaluation

“On which step of the ladder would you say you personally feel you stand at this time?”

## Future Life Evaluation

“On which step of the ladder do you think you will stand about five years from now?”

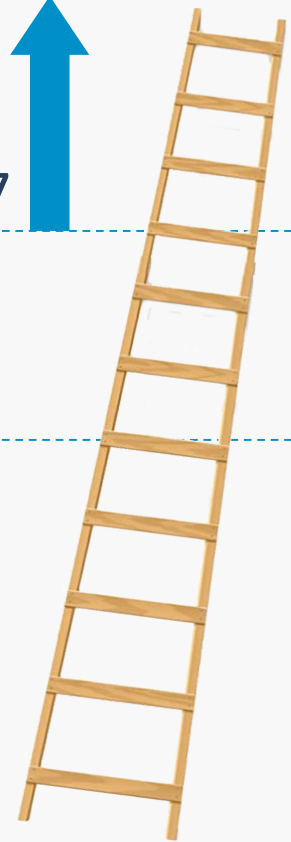
Thriving

7

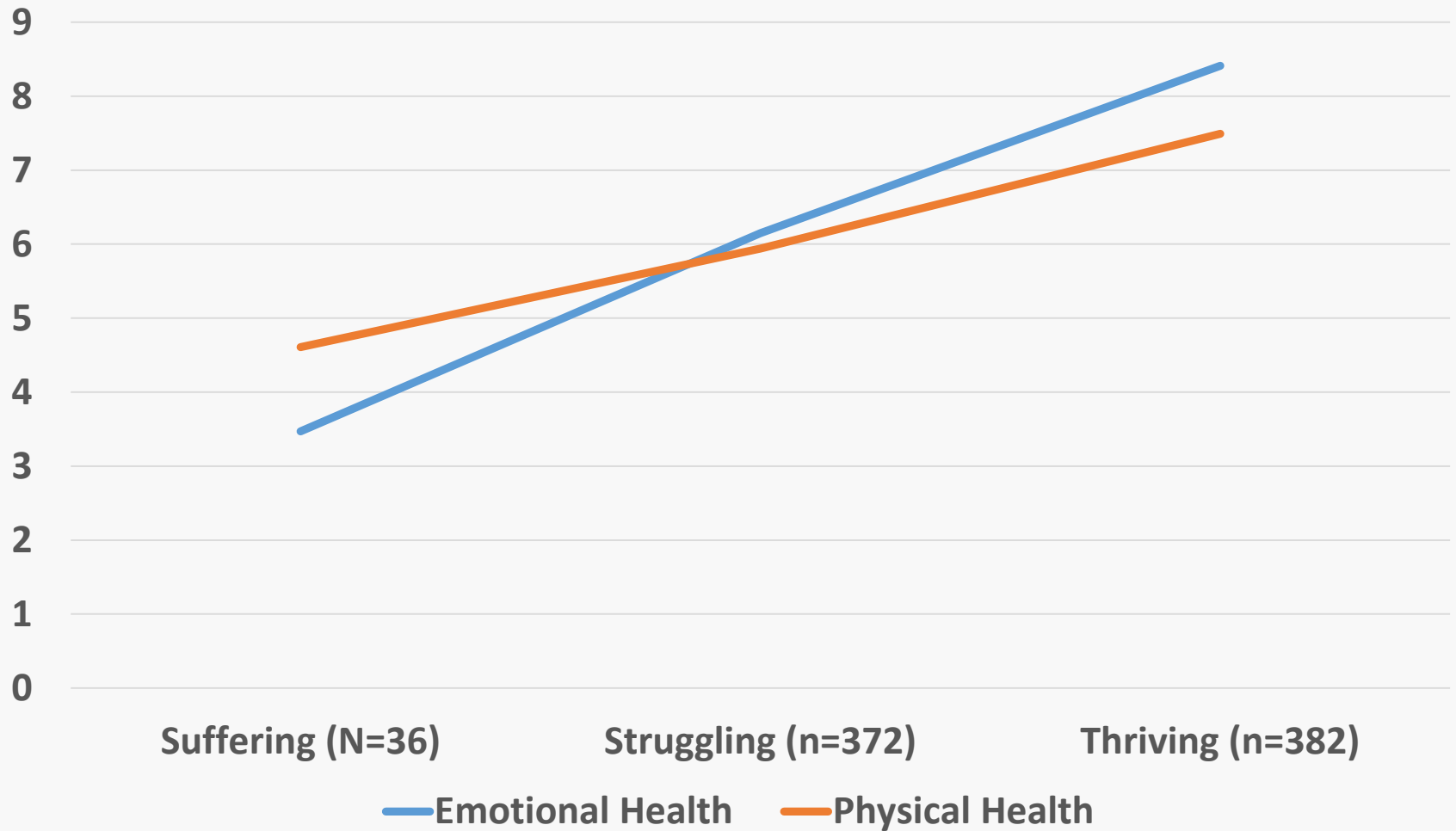
Struggling

4

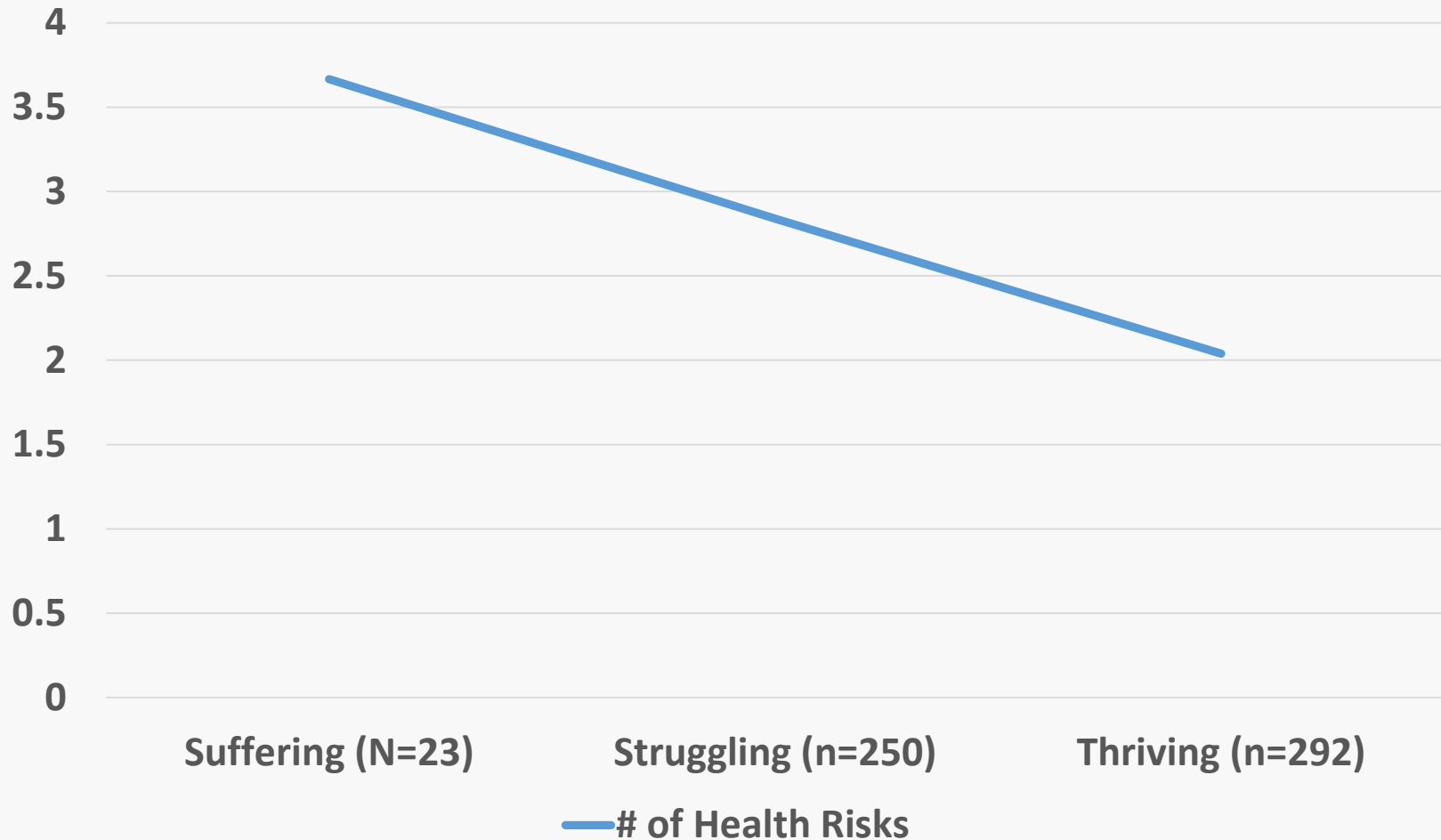
Suffering



# Emotional and Physical Health

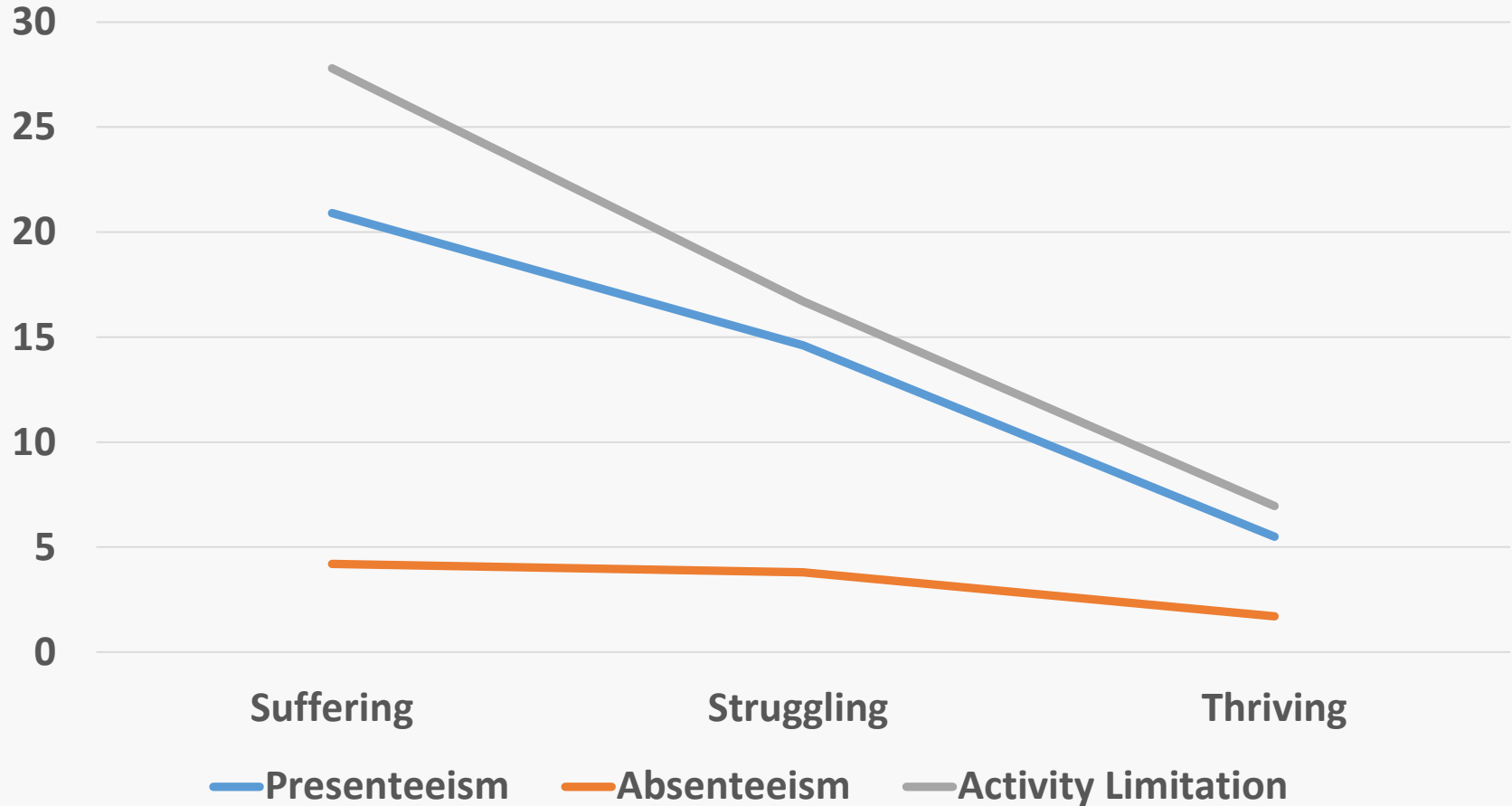


# Number of Health Risks



# Work Productivity and Activity Impairment

WPAI-GH





# Can We Change Well-Being?



- Determine the effects on well-being of Pro-Change's LifeStyle Programs:
- Online program for stress management
- Telephonic coaching program for exercise management
- 3 group design
- 3 intervention time points

# Can We Change Well-Being?

Control  
Group

- Online Baseline Assessment
  - Sweepstakes
- 6 Month Online Follow-up Assessment
  - Reminder e-mails & phone prompts
  - \$30 Incentive

# Can We Change Well-Being?



## Stress Online Group

- Online Baseline Assessment
  - Sweepstakes
- Up to 3 Online Interventions
  - Fully Tailored Stress Management
  - Exercise Stage Matched
  - Incentives (\$10, \$15, \$20)
  - E-mail & phone prompts
- 6 Month Online Follow-up Assessment
  - Reminder e-mails & phone prompts
  - \$30 Incentive

# Can We Change Well-Being?



## Exercise Coaching Group

- Online Baseline Assessment
  - Sweepstakes
- Up to 3 Telephonic Coaching Sessions
  - Optimally Tailored Exercise
  - Stress Management Stage Matched
  - Incentives (\$10, \$15, \$20)
  - 3 Coaches
    - Use CTI for all calls
    - Trained by Pro-Change eLearning & staff
- 6 Month Online Follow-up Assessment
  - Reminder e-mails & phone prompts
  - \$30 Incentive

# Can We Change Well-Being?

Age:  
Mean = 48.35 (13.53)  
Range = 18-86

Chronic conditions:  
Mean = 3.74 (3.09)  
Range = 0-34

Behavior risks:  
Mean = 4.14 (1.44)  
Range = 0-9

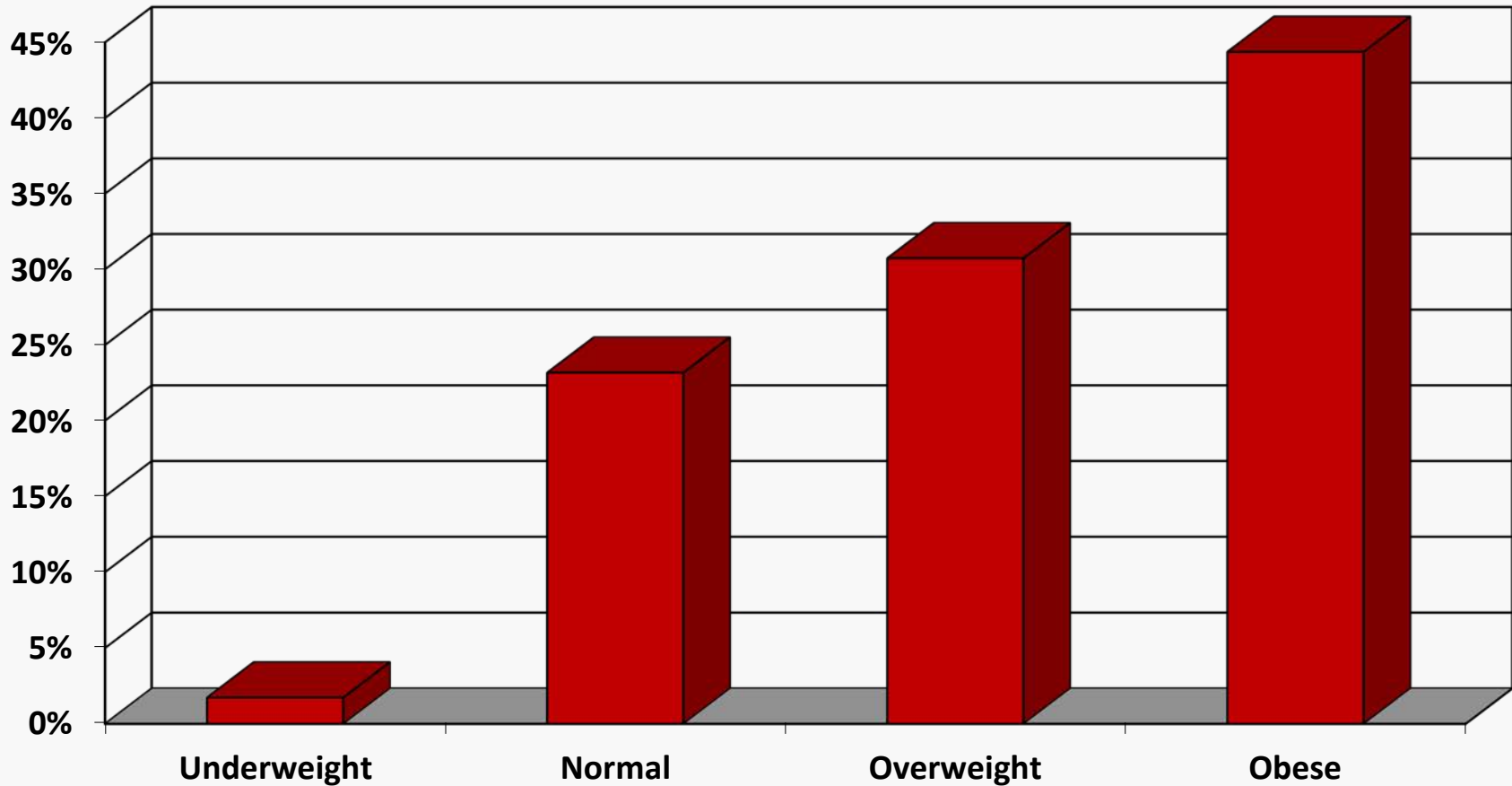
BMI  
75% Overweight or Obese

## Demographics

- 39 States represented
- 59% female
- 52% currently employed
- 5.2% full time student
- 42.7% never smoke
- 20% reported no depression
- 78% White, non-Hispanic
- 53% Married
- Median Weekly Income \$500-\$2999

# Can We Change Well-Being?

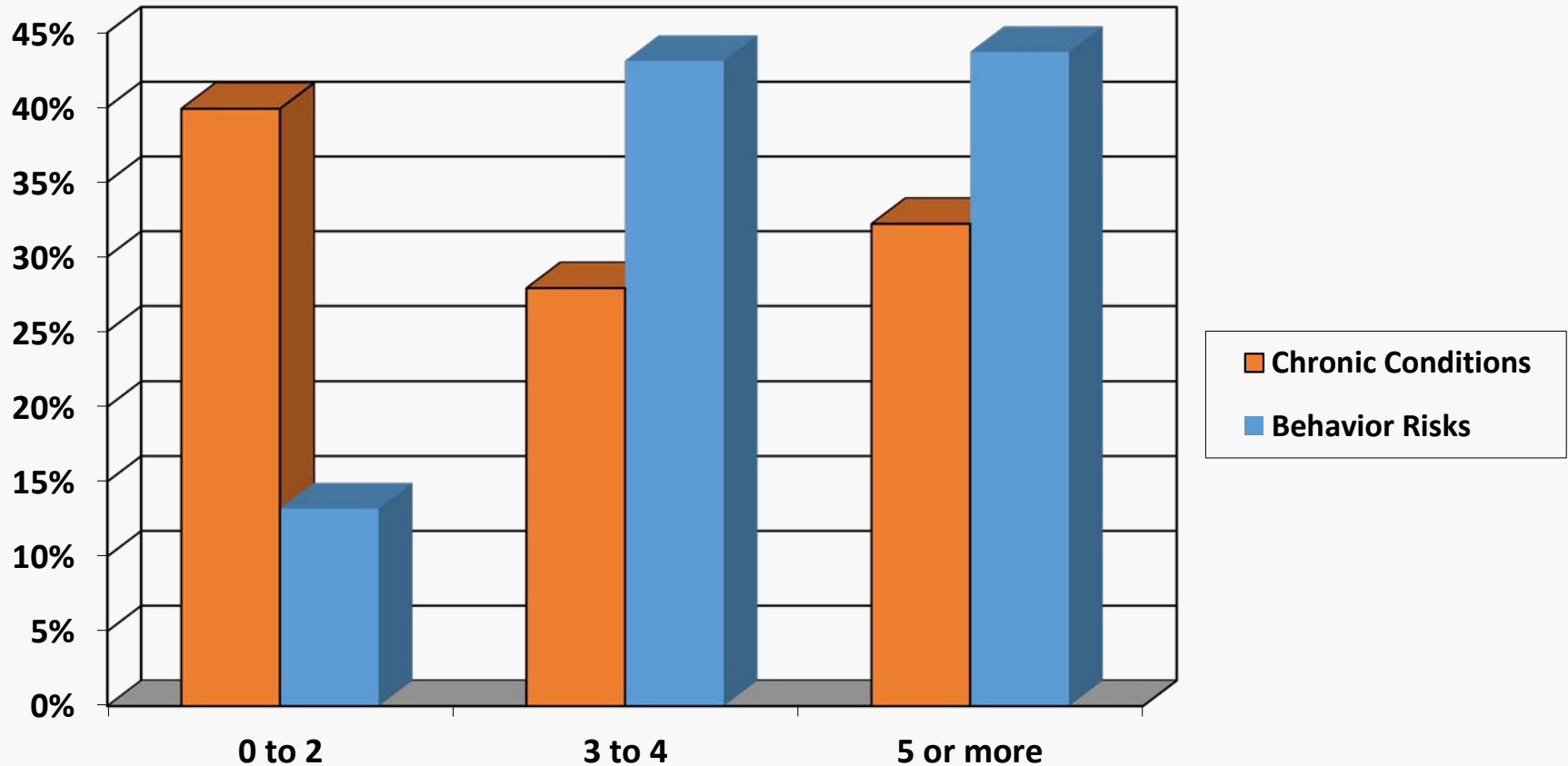
# BMI





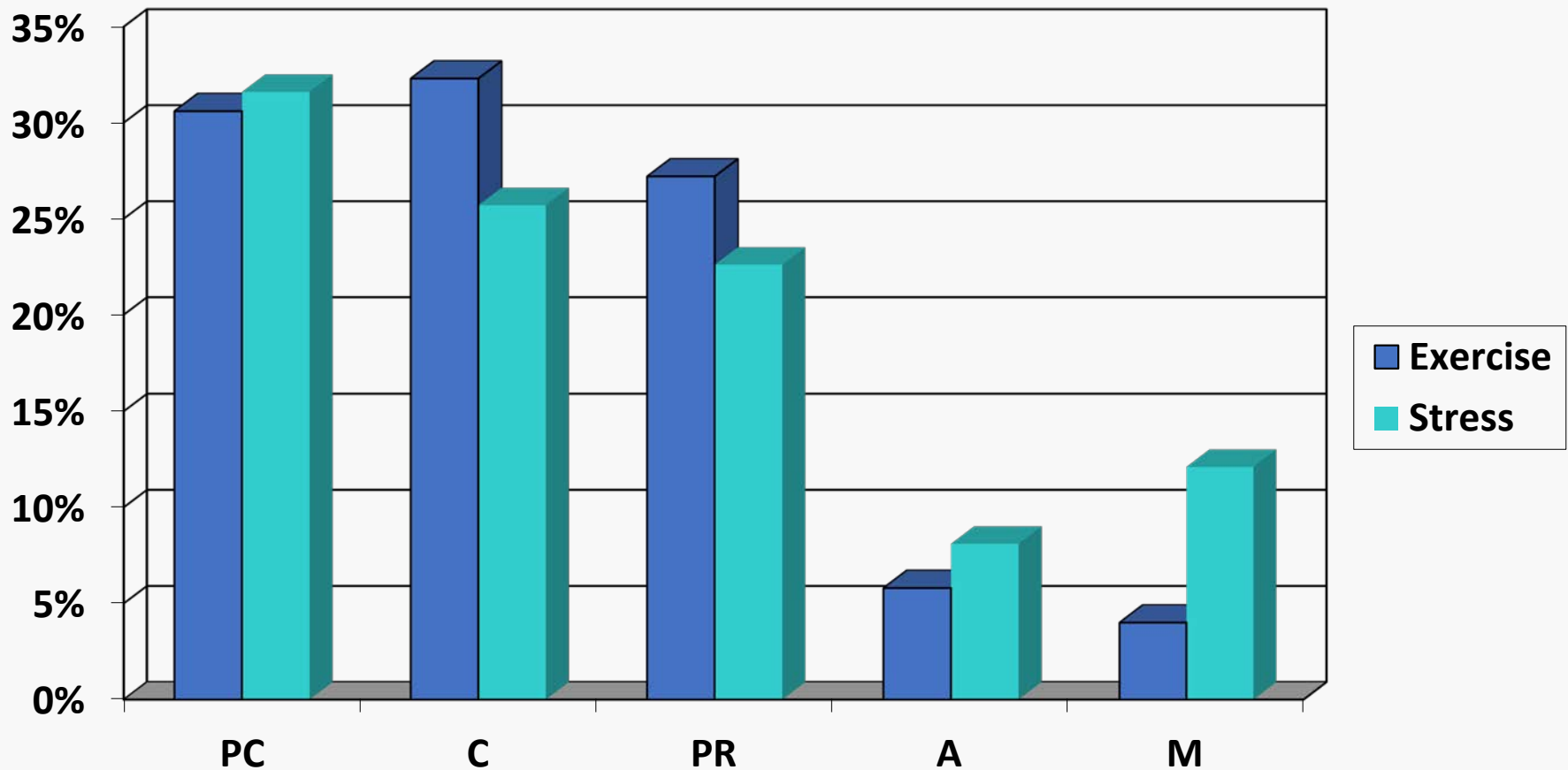
# Can We Change Well-Being?

# Risk



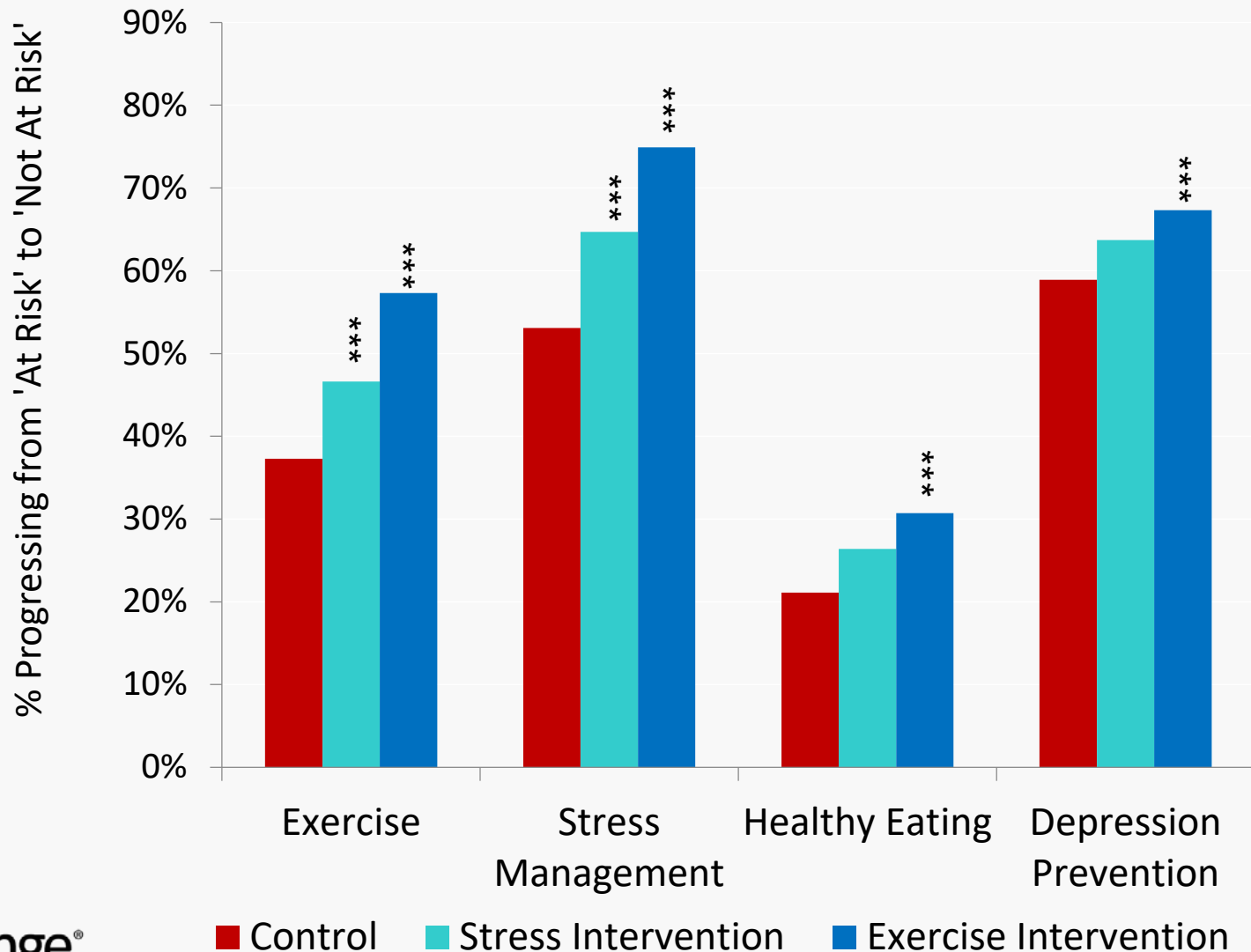
# Can We Change Well-Being?

# Stage of Change



# Can We Change Well-Being?

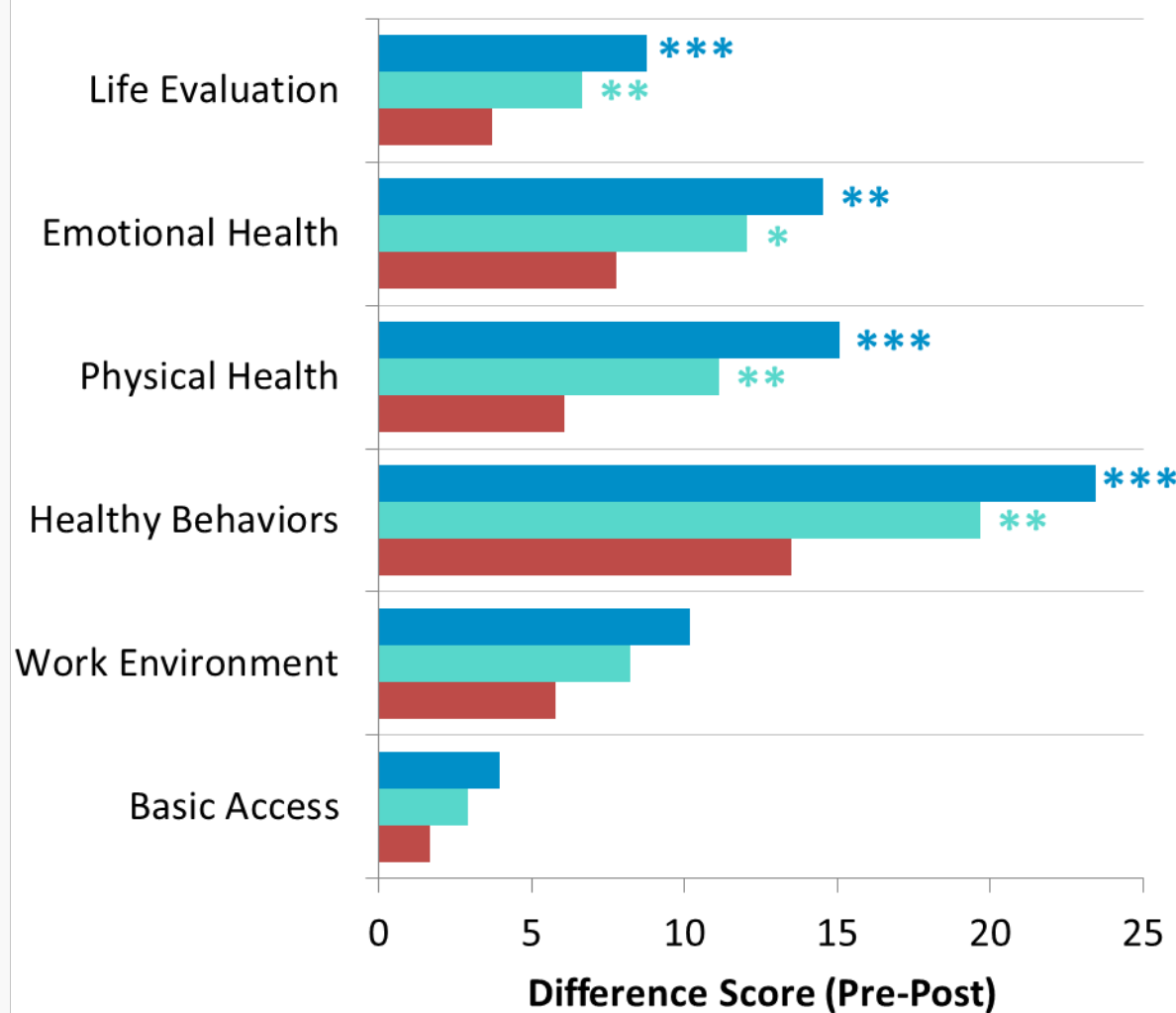
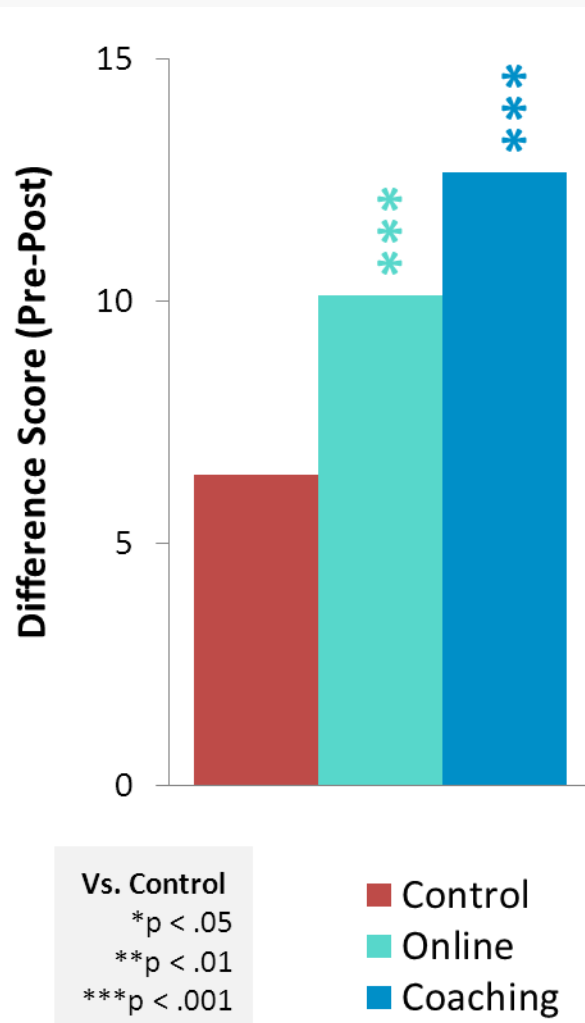
# Behavior Change Outcomes



## Overall



## Individual Domains



# Well-Being

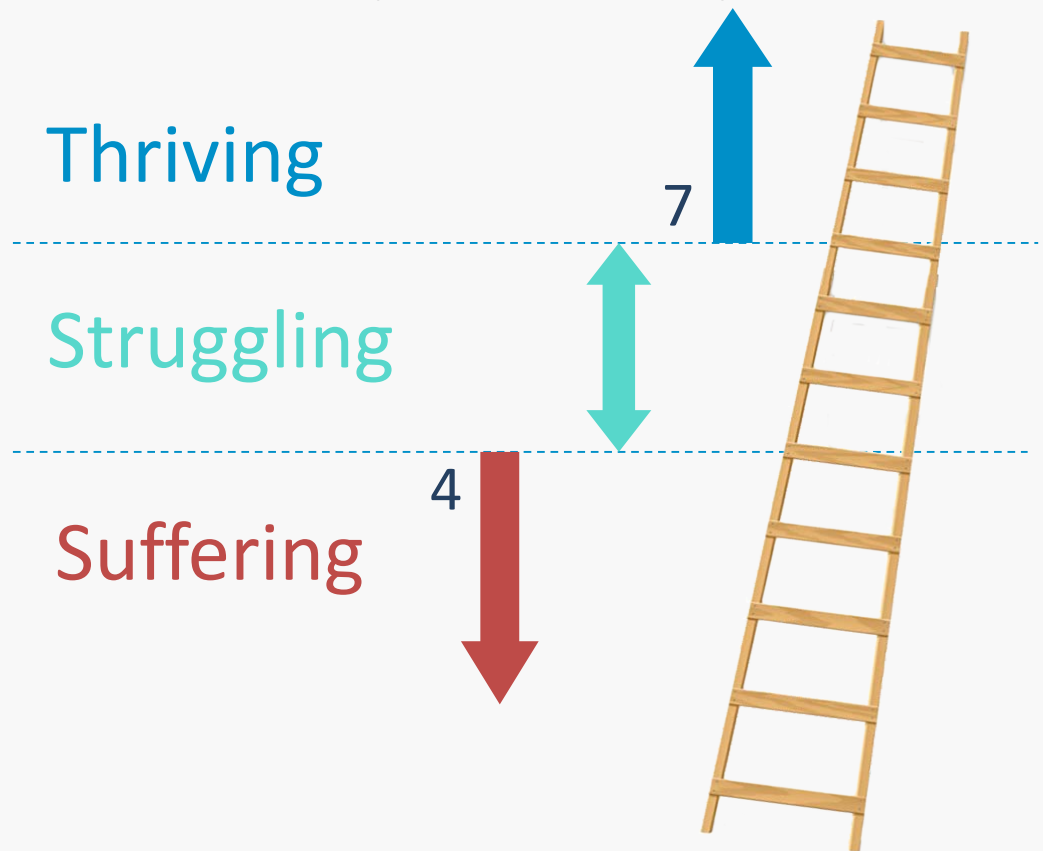
“Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.”

## Present Life Evaluation

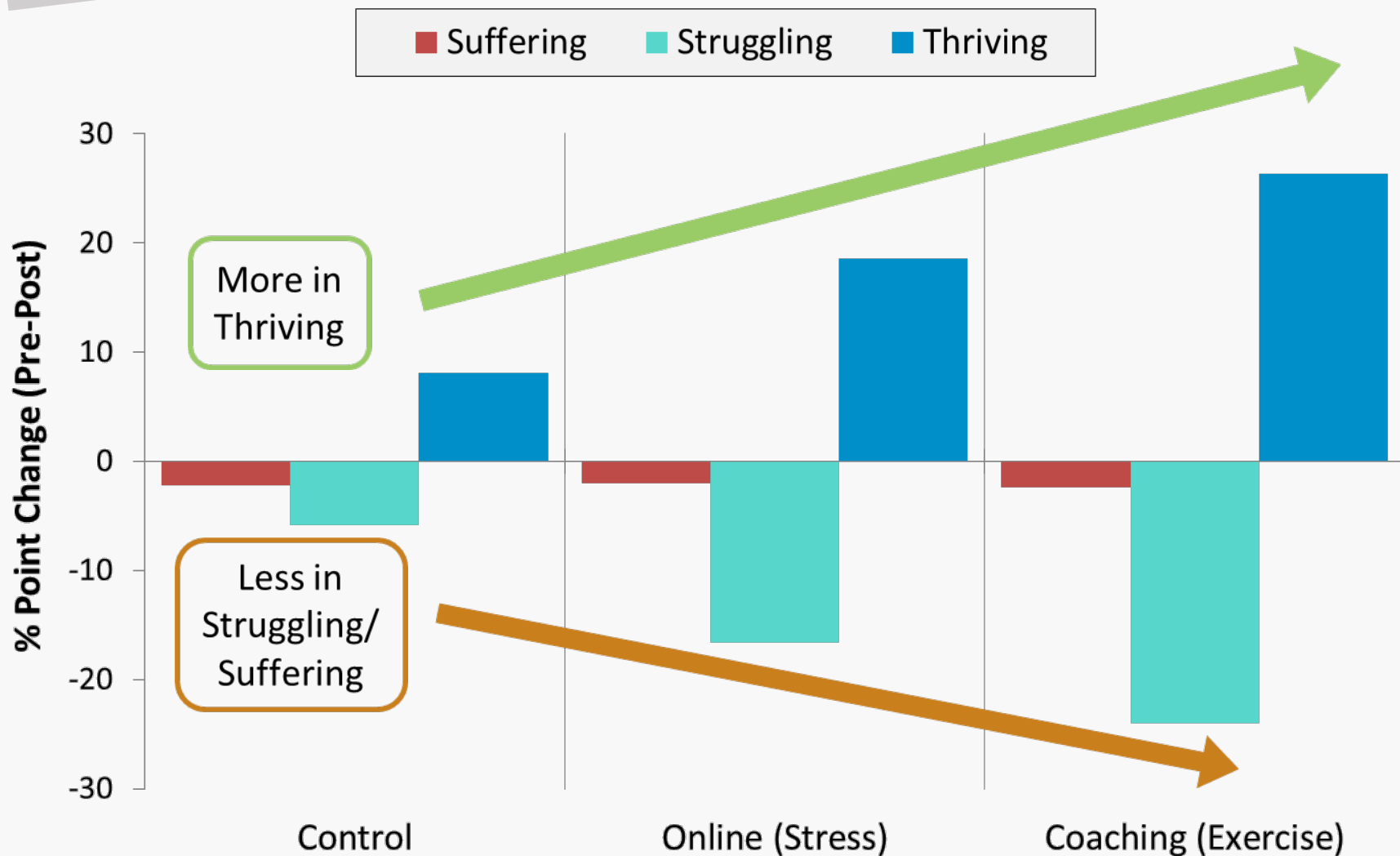
“On which step of the ladder would you say you personally feel you stand at this time?”

## Future Life Evaluation

“On which step of the ladder do you think you will stand about five years from now?”



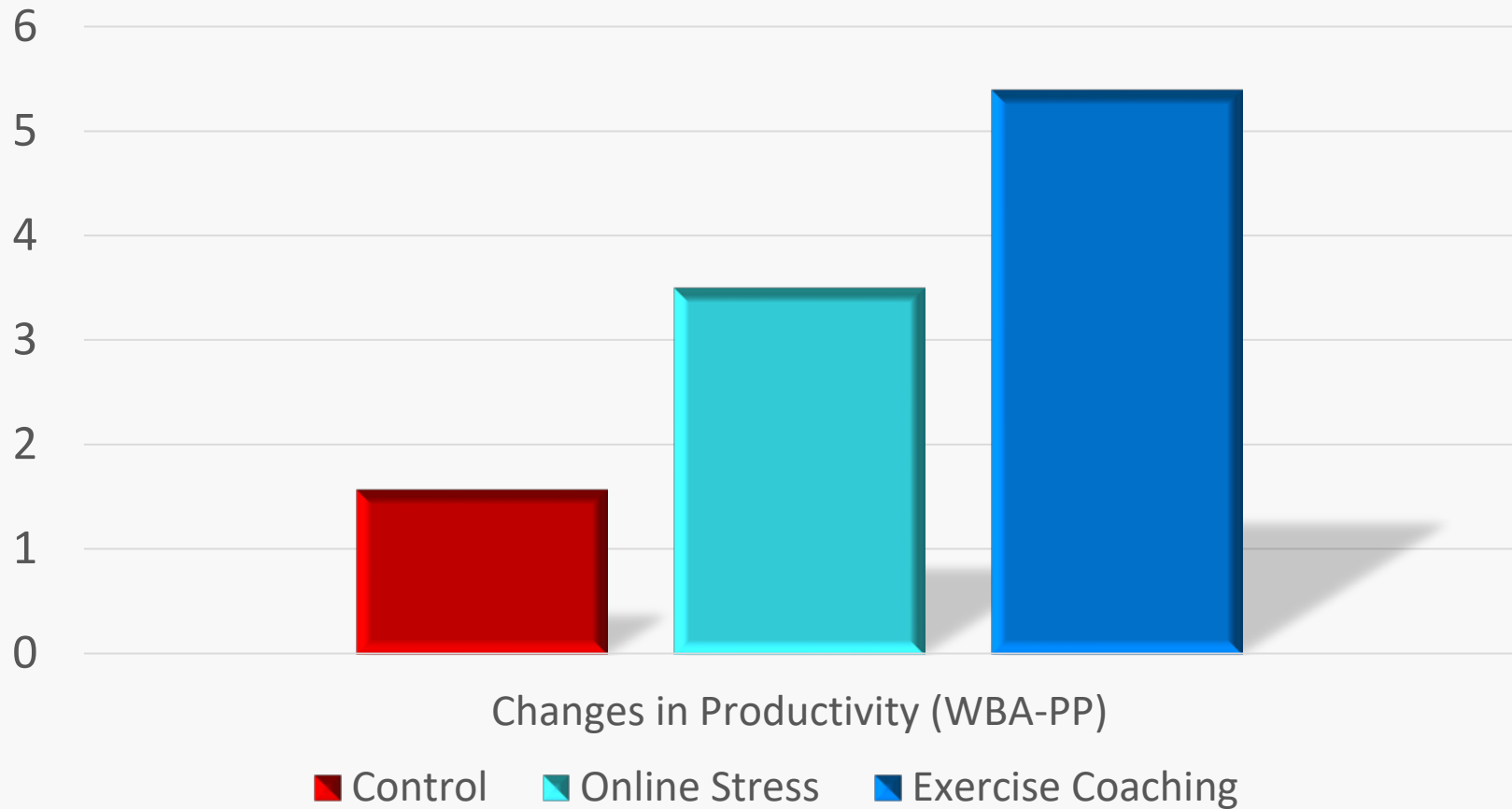
# Well-Being: Change Over Time





Can We  
Change ....?

# Productivity



# What about other populations?

A silver laptop is open on a dark wooden desk. The laptop screen displays the text "College Students" in a large, black, serif font. The background is a blurred image of a library with tall wooden bookshelves filled with books. The lighting is warm and soft, coming from the left side of the frame.

College Students

# College Students

# Study

- 1841 students participated from two large public U.S. Universities
- liveWell was given as a class assignment
  - Students were given credit for completing sessions
  - Instructors were responsible for assigning, tracking, and grading

liveWell a healthy foundation for life

# College Students

Age

Mean

• 18 yrs

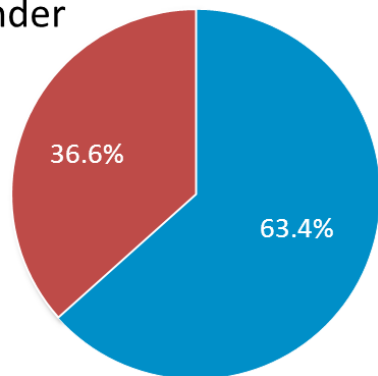
Standard  
Deviation

• 0.62

Range

• 16-25 yrs

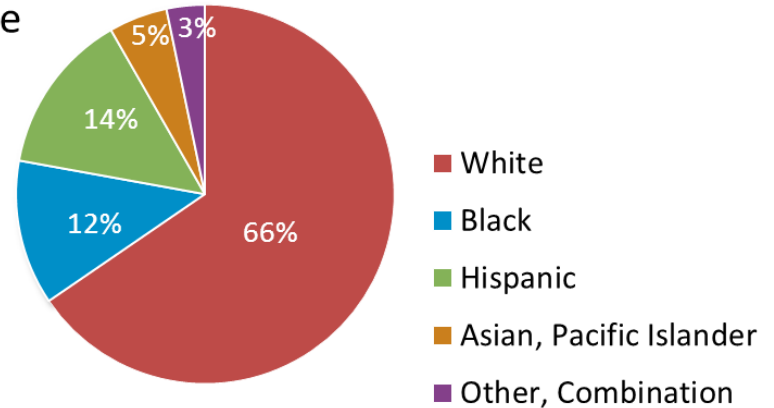
Gender



■ Female  
■ Male

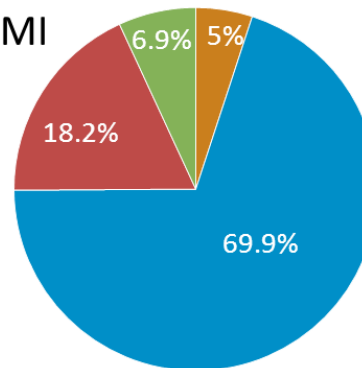
# Demographics

Race



■ White  
■ Black  
■ Hispanic  
■ Asian, Pacific Islander  
■ Other, Combination

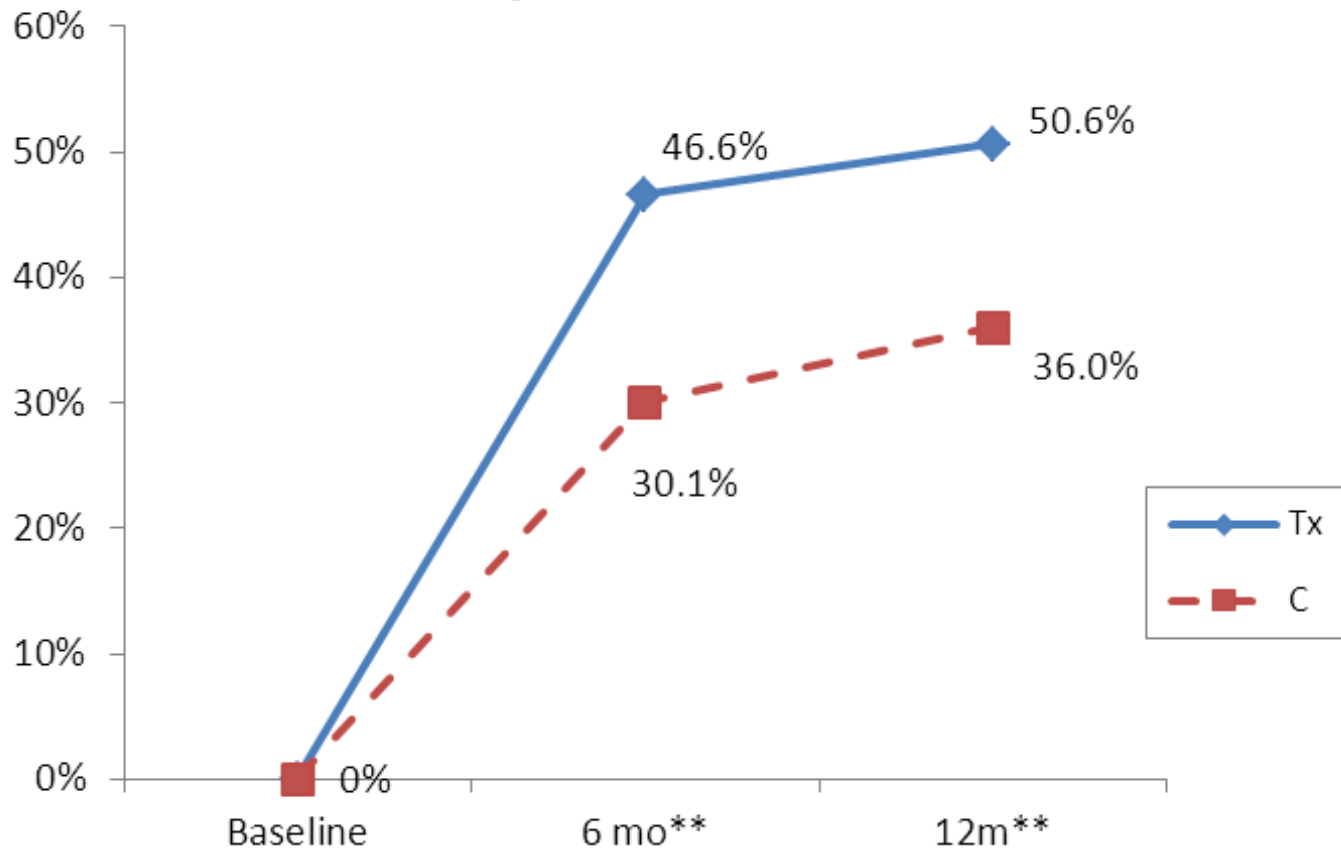
BMI



■ Under weight  
■ Healthy weight  
■ Overweight  
■ Obese

# College Students

# Well-Being Outcomes



Among those in a Suffering/Struggling status at baseline



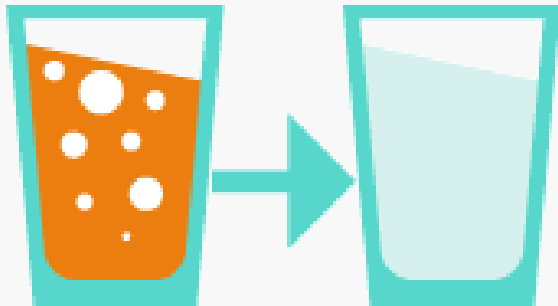
What about other populations?





# Adult Responsible Drinking

## Study

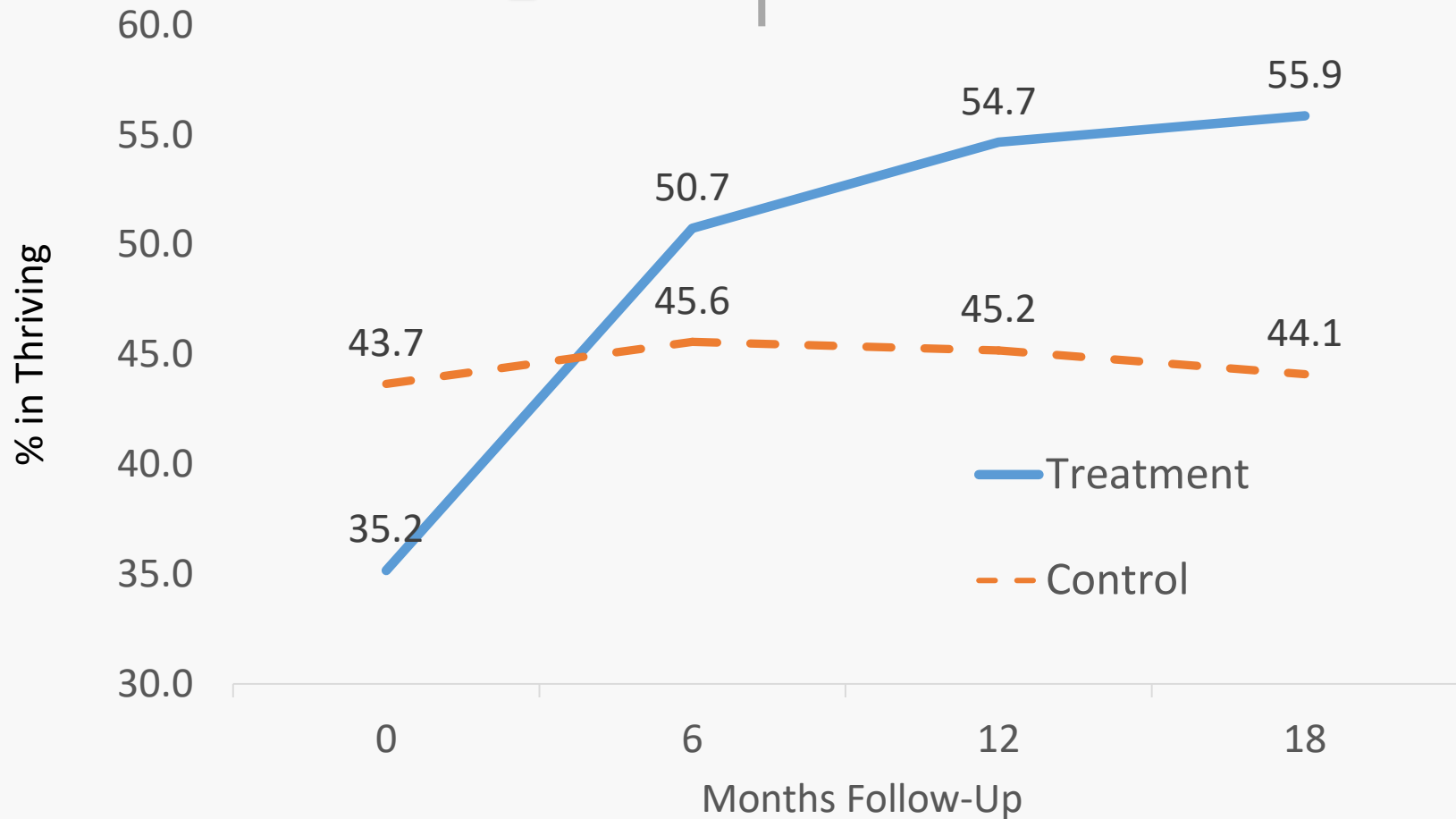


- 973 Adults who exceeded the low-risk drinking guidelines in the last 30 days.
- 6 month intervention period
- 21 years of age or older
- Treatment group had significantly higher rates of adherence to low-risk drinking guidelines at follow-up

Van Marter, D., Levesque, D, de Aguiar, E., Castle, P., & Mauriello, L. (2017, November). Promoting responsible drinking among employed adults through a mobile health intervention: Outcomes of a randomized effectiveness trial. Poster presentation at the annual meeting of the American Public Health Association: Atlanta, GA.

# Adult Responsible Drinking

# Well-Being Outcomes



# Takeaway



- TTM Tailored Intervention Programs were effective at changing targeted behaviors
- These programs were also effective at improving well-being in a variety of populations
- Initial results also show improvements in productivity.
- Appropriately tailored programs show a variety of positive results

# Keep In Touch!

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