Feeling Good App

A Psycho-Physiological Approach to Mental Health

Dr Sheila Ross, PhD
November 13th 2018

Using mental training sports techniques for everyday resilience & wellbeing
Resilience

Correlated with
- Wellbeing
- Mediated by Positive emotion
- Absence of depression
- Ability to bounce back – and bounce forward
- Resilience builds resilience
Who is resilient?
Lizzy Yarnold - double Olympic gold medal winner
Visualisation works

• Feelings of self determination
  • Autonomy,
  • Relatedness
  • competency

Memories of Positive Past Events

• resilience

Positive emotions

• expectation
• belief

Athenetic Performance
Resilience facilitates positive emotionality and integration of negative memories in need satisfying memory networks: An experimental study. *Journal of Positive Psychology*
National Institute of Mental Health: Treatment of Depression Collaborative Research Program (TDCRP). 1989

- Randomisation to 4 groups
- 16 weeks of treatment - weekly attendance
- Randomised controlled multi-centre trial

Cognitive Behavioural Therapy
Interpersonal therapy
Anti-depressant and support
Placebo and support

Sotsky et al 10.1037/0022-006X.70.4.1051
TDCRP Trial *no differences* between groups at 16 weeks and **18 months**

Best predictors of recovery

1. **Patient/therapist relationship** (as measured by a patient questionnaire at the start of the second session) \(^a\)

2. **Patients expectation of the recovery** (Likert scale at start) \(^b\)

3. 2010: ‘**Expectancy**.......causes the majority of change observed in treatments for depression and other psychiatric disorders.’ \(^c\)

4. **Visualisation builds expectation**

---


\(^b\) Sotsky et al 10.1037//0022-006X.70.4.1051

Feeling Good App

Feeling Good: Positive Mindset

Available from your app store

Accredited by NHS digital app store
Feeling Good App

More than mindfulness
Feeling Good App

PMT 12 audio Tracks

1. *Start with* relaxation - physical then mental relaxation
   Building a *relaxed mind/body state* (parasympathetic)

2. *Then uses* visualisation, positive affirmations & reappraisals *(resilience priming)*
   builds self esteem, confidence and coping skills. Lifts mood, reduces worry.

*Information tab – videos = model of recovery & a positive expectation*
Feeling Good App

Free to download from app store

Preloaded with
- 3 minute mindfulness
- Mind body relaxation
- Confidence boost
- Positive Mental Training Track 1

Complete Positive Mental Training programme
unlocked free of charge with a code
Screenshots

Used by NHS doctors & nurses. Safe & effective, given to over 75,000 patients.

Relax mind and body with 12 audio tracks, build positive vision, confidence & vitality.

FEELING GOOD
Lifting mood, creating calm & positive vision

Welcome
04:34 - How you can get the most out of this app and Positive Mental Training.

3 Minute Mindfulness
03:22 - This quick starter track

3 Minute Mindfulness
This quick starter track will begin the process of bringing you into the present moment and increase your awareness of being mindful.
What is Positive Mental Training?

- Self-guided audio modular programme
- Skills Based Psycho-Physiological basis
- To listen to at home
- Simple & effective – no reading necessary
- **No stigma**: builds resilience, Olympic sports base
- 12 Tracks, modular
- Safe & effective – 12 yrs in NHS, 2000/yr in Lothian
- Evidence base – depression, anxiety, burnout, wellbeing, self esteem, positive emotions
- Useful for sleep & physical symptoms of stress

http://www.foundationforpositivementalhealth.com/publications-research/
Benefits of Feeling Good App

- sleeping better particularly in first few weeks
- notice tensions & more able to relax;
- to see things in a different way; new perspective,
- let go of worries;
- mood lifts;
- more positive;
- self confident; coping better
The University of Edinburgh
– public health approach

- Feeling Good App codes
  1. Students – posters/intranet/screens
  2. Staff – emails
  3. Counselling team

- With Wellbeing - counselling teams - Sport & Exercise - Sports & Students Unions

- Integrated into local healthcare
  – University medical centre
The University of Edinburgh

1561 people have used a university code in the Feeling Good App

Staying calm, having an outside view of my emotions

Positivity is provided in manageable chunks. Helping me realise that I wasn’t the failure I’d started to believe I was.

The body relaxation doing physical squeezes was very very good and helped to relax.

I didn’t feel like it would work when I started but I have noticed a real improvement in my outlook. I feel more positive and in control.

students 910; staff 441; counselling 80; sport 130

Anxiety & GAD7) & Depression (PHQ9) Scores using Feeling Good App from start to week 10
Live Streaming 6.30 pm tonight

https://www.facebook.com/uoesportsunion/

#LetsTalk: Sports Performance & Mental Health: Transferable skills?

with...

Former Scotland Rugby Union International, Scott Hastings
2010 Commonwealth Games Silver Medallist, Jenny Davis
Police Officer and Amateur Golfer, Kevin McGhee

In support of the Feeling Good App Launch, and delivered in partnership between: