Feeling Good

Scottish Government Initiative: Supporting Workforce Resilience with Psychoeducation and Digital Tools

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CMO Foundation for Positive Mental Health
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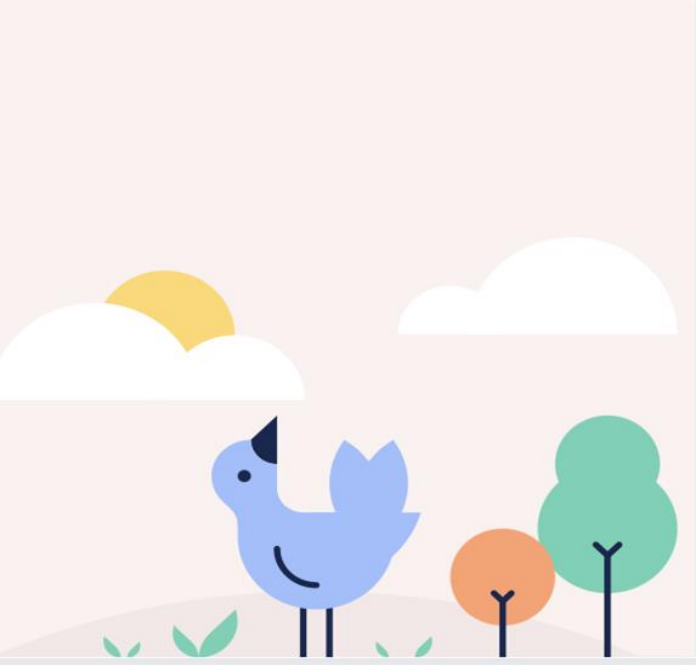


My Story

- Scottish GP (AD) and Health Psychologist (SR) in Edinburgh
  1980's & 1990's clinic – AD researching tools for anxiety & depression

- AD Met **Swedish Olympic Sports Coach** using **mental training**
  Athletes won more medals but also happier at home and work

- AD & SR Create programme for NHS primary care '**Positive Mental Training' (PosMT)** supported by a 12-track supervised self-help modular ***audio*** programme CD's and now **Feeling Good App**

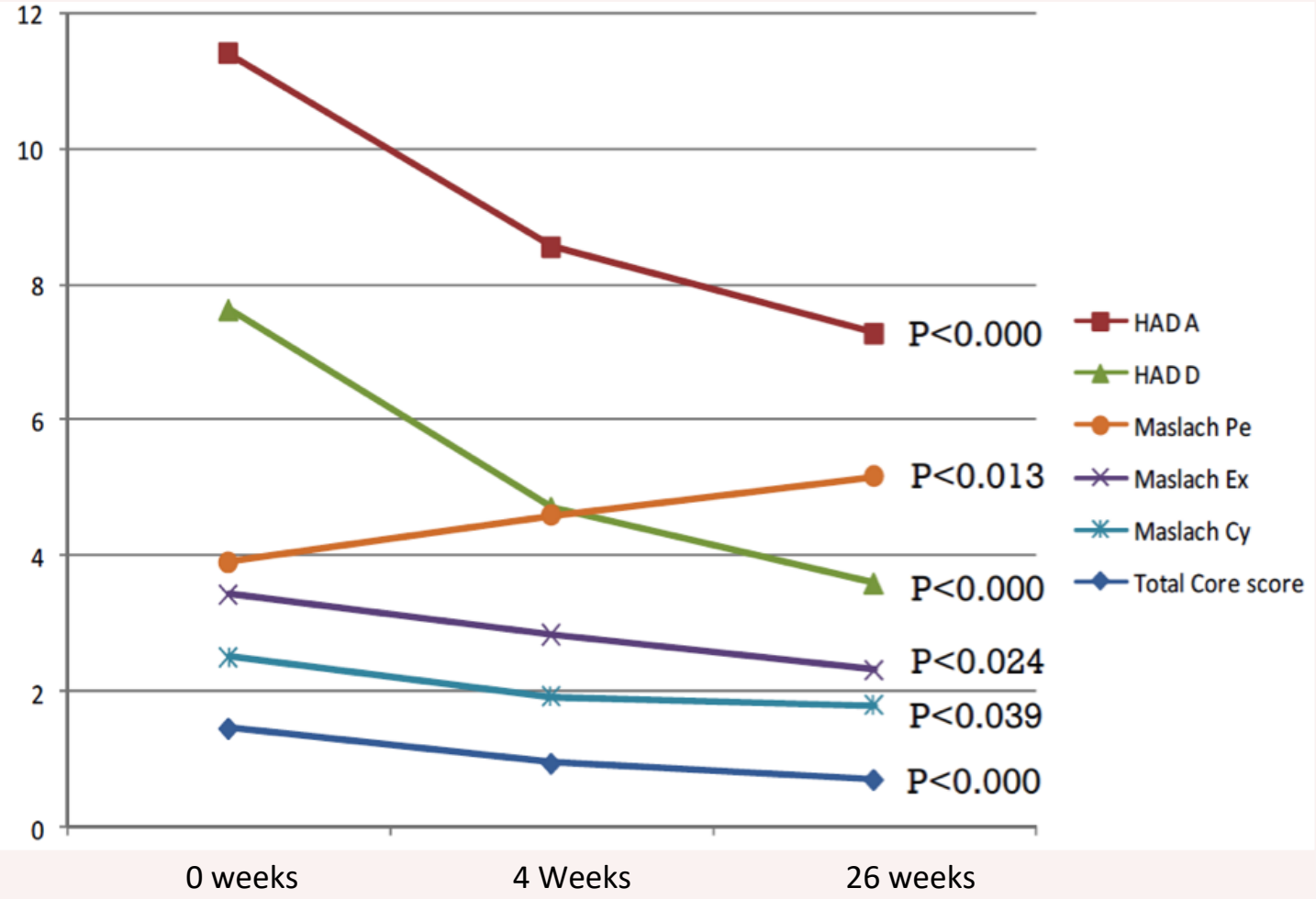
- Initially patient focussed – increasing use by professionals

- Uses: Primary Care Mental Health: Staff H&SC + Carers: Universities (Staff & Students)
- 1000 users a day, 55,000 P/A, 14,000 referred

NHS Digital

70 YEARS OF THE NHS 1948 - 2018

2010 OHSS study with NHSS Scotland



https://www.foundationforpositivementalhealth.com/wp-content/uploads/2011/10/study_v7.pdf

National Wellbeing Hub: Scottish Government

- Covid -19 April 2020
- We started to run PosMT webinars with free app access for staff and patients
- Approached Scottish Government for funding support and to aid national roll-out
- October 2020: SG Wellbeing Hub to support Health and Social Care Workers and unpaid carers (pop 800,000 +) goes live.
- Resources: Wellbeing Helpline: Webinars & Podcasts: free apps: Feeling Good: Sleepio: SilverCloud

Our Webinars

- **45 min webinars:**

  - **Increasing Resilience:**
  - **Helping with Low Mood:**
  - **Care for Carers**

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Psychoeducation: built around learnings from crises 9.11

- ✓ **Resilience = Positive Emotions [1]= increased resources & protecti**
- ✓ **How to increase positive emotions: our research [2]: memory structures**
- ✓ **Animation of our research findings : Relaxation: Qs & A's**
- ✓ **Username & Password for 'Feeling Good' app given**

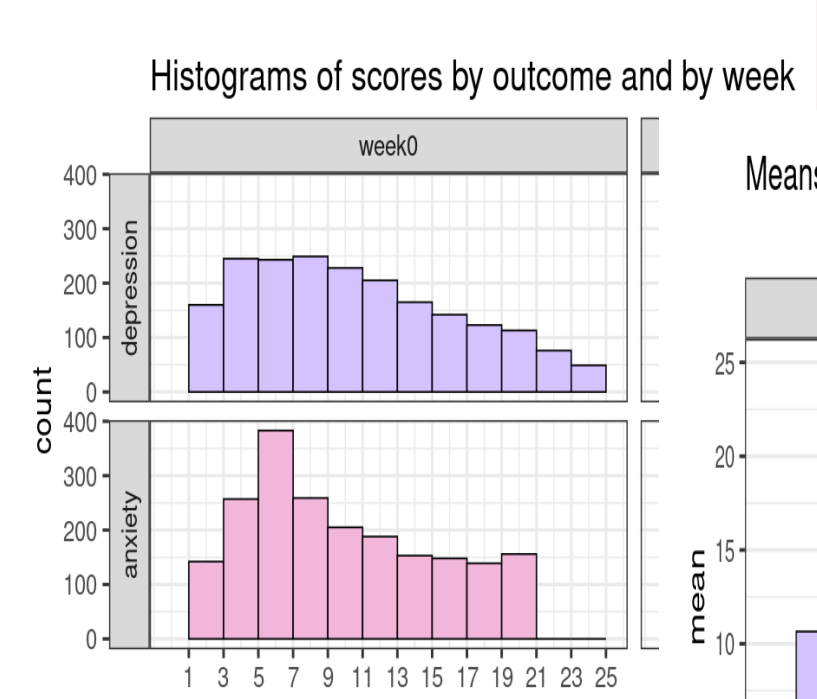
1. Fredrickson et al 2002 *J Pers Soc Psychol*. 2003 February ; 84(2): 365–376 10.1037//0022-3514.84.2.365
2. How Memory Structures influence distress and Recovery Frontiers in Psychiatry (open access) .

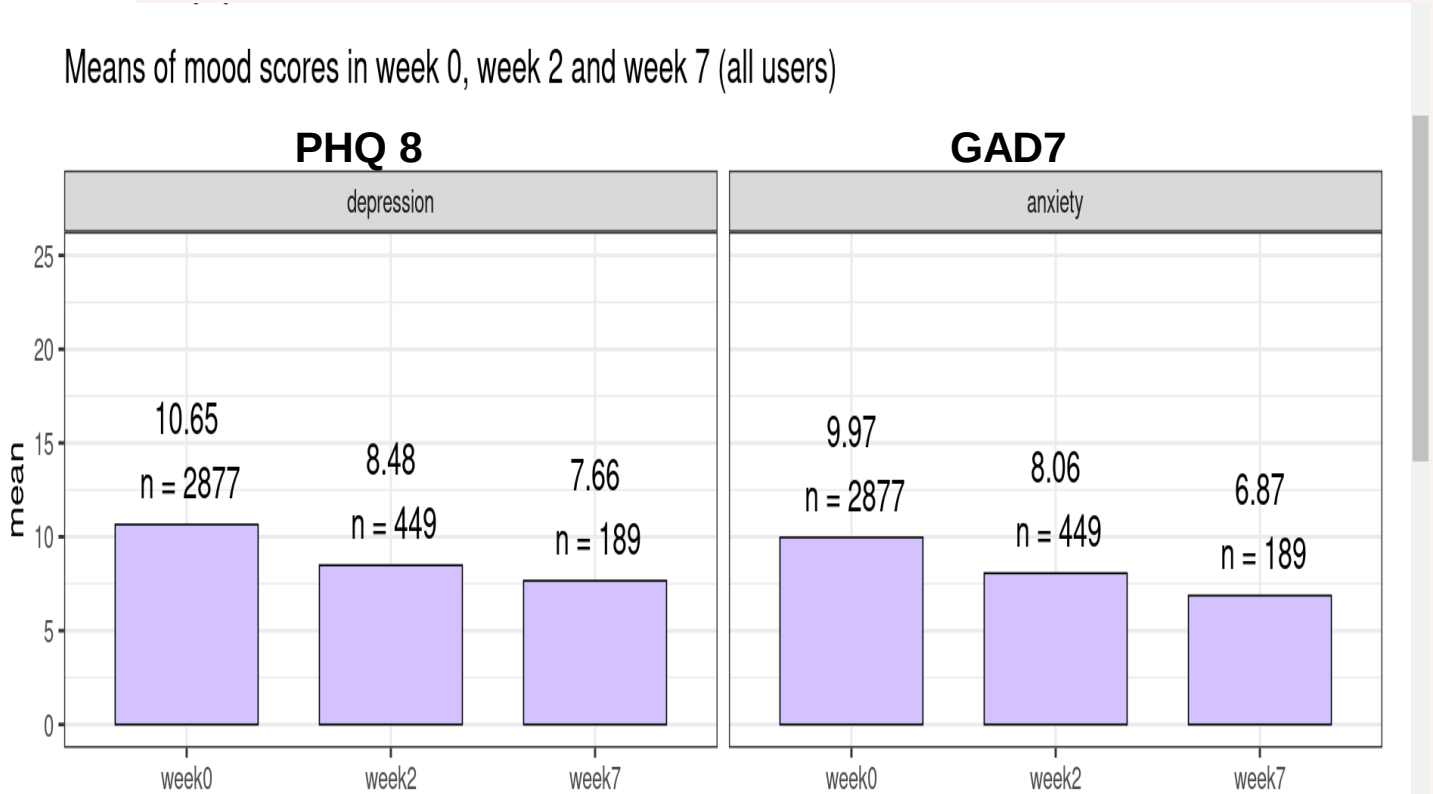
Tracking Outcomes

Scottish Government H&SC staff & Carers:

October 2020 - November 2021

3,434 used the app code: approx. 10,000 attended webinars





98% easy to use

97% would use again

Benefits to Staff

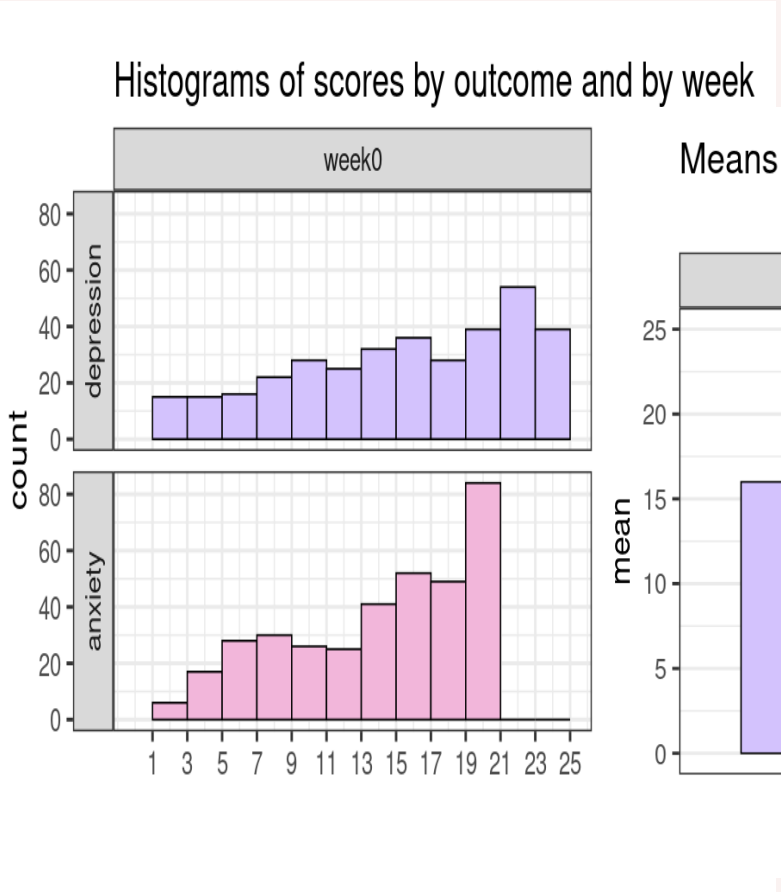
- ✓ **Stress, anxiety and depression**
- ✓ **Job satisfaction**
- ✓ **Sleep, rapid relaxation**
- ✓ **Focus and concentration**
- ✓ **Chronic pain and MUS**
- ✓ **Resilience and wellbeing**

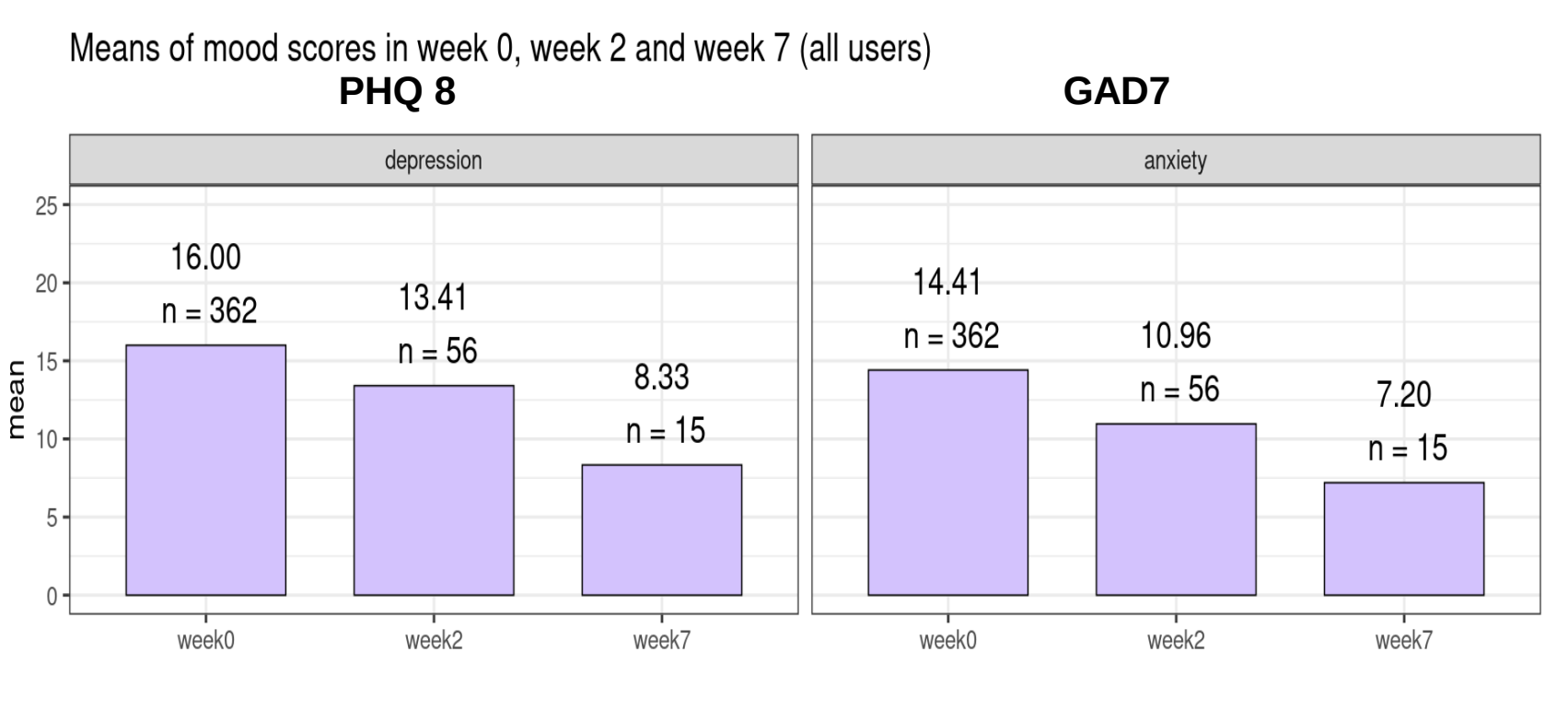
*Grateful it is being **made available in this way.** Am thinking of others who could benefit besides myself.*

*The webinar was **excellent,** the research behind the app was put across in a simplified way which was **helpful.***

*Will help me personally with my (**undiagnosed)** mild depression. Will build up the **mental resilience that** I'm currently lacking.*

Psychiatric Hospital (ARU)
456 users
October 2020 – November 2021

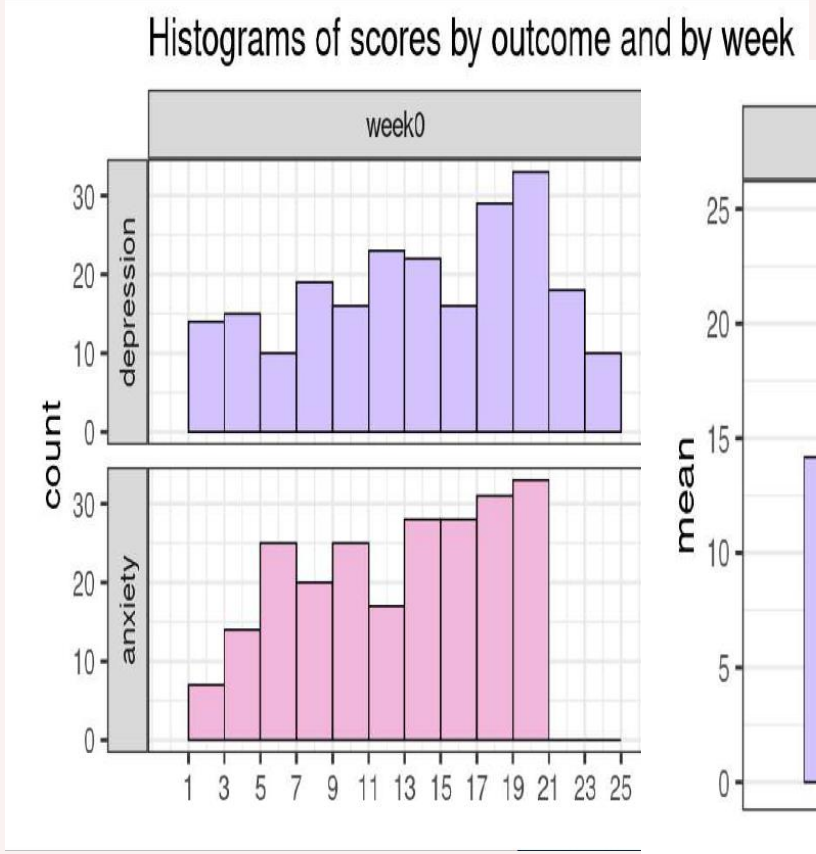


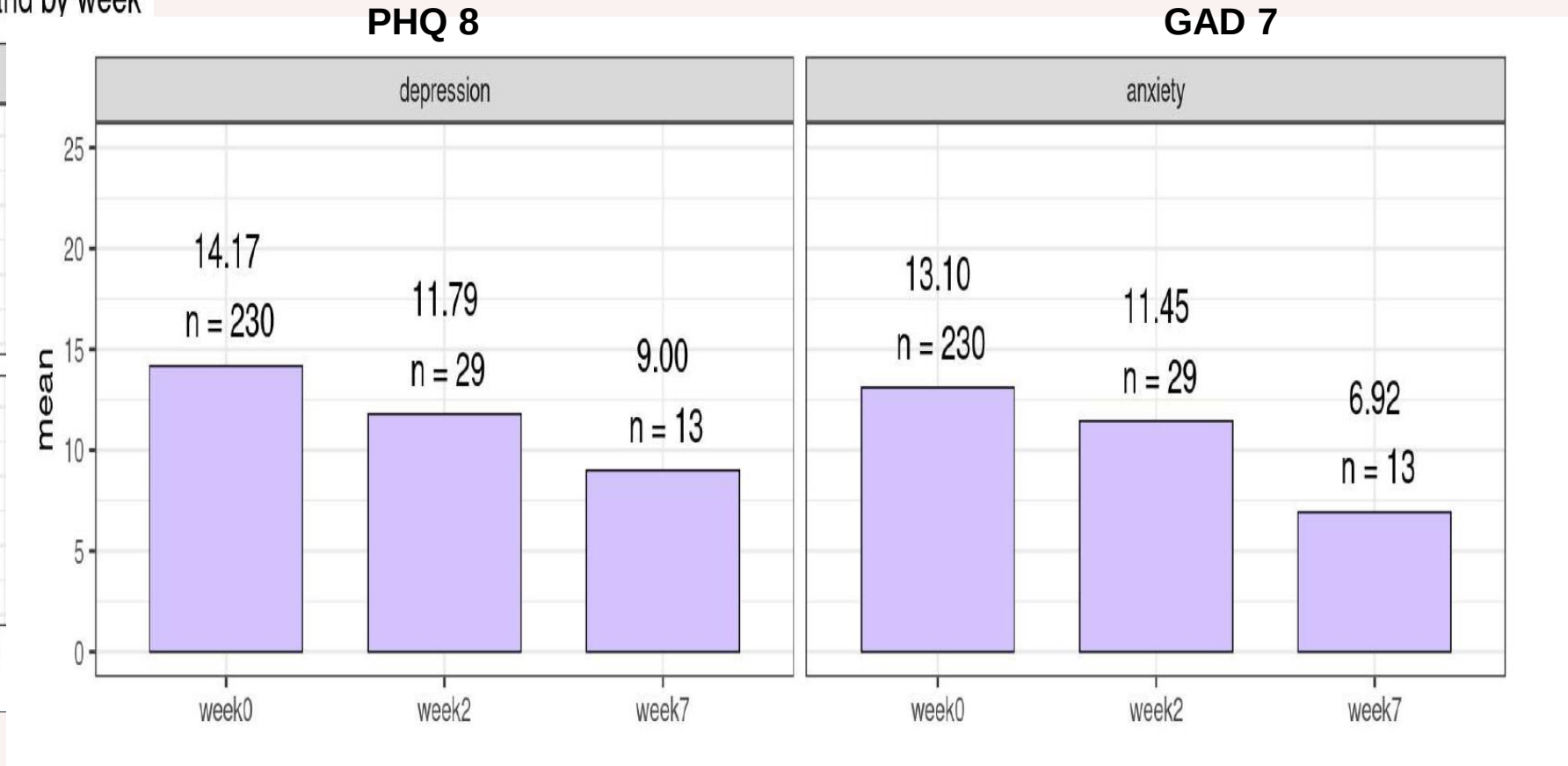


Manchester following workshop of 30 GPST

October 2020 - November 2021

284 patients used the code





How can Sports Skills build Recovery *and* Resilience?

- Link is **visualization:** goal visualisation of success increases positive emotions
- Premotor cortex (F5) creates movement visualisation drawing on memory – executed through motor cortex (M1) when activated
- Mental distress from life events: e.g ACES not personality or genetics [1, 2]
- Research in Mental Distress shows **most important factor in recovery is 'expectation' : see TDCRP** [3, 4]

1 https://www.newscientist.com/article/mg24532660-500-a-radical-idea-suggests-mental-health-conditions-have-a-single-cause/

2 Philippe F, Koestner R, Beaulieu-Pelletier G, Lecours S, Lekes N. The role of episodic memories in current and future well-being. *Pers Soc Psychol Bull* (2012) 38(4):505–19. doi: 10.1177/0146167211429805

3 Meyer et al 10.1037//0022-006X.70.4.1051

4 Rutherford et al 10.2174/1573400107905965 71

Memory Research with Canada Uni: Rule of 3: each situation triggers 3 network memories outside awareness

The Foundation for Positive Mental Health

Outcome: Simple mathematics 2/3 creates successful parallel processing : deep mind

Animation

Feeling Good: Mental Health App

Proven to positively improve long-term wellbeing & resilience, recovery from stress, depression & anxiety, burn-out and more...

GET IT ON Google Play

Download on the App Store

NHS EVERY MIND MATTERS

National Wellbeing Hub

The Herald HIGHER EDUCATION AWARDS 2019 WINNER

NHS Lothian

NHS Digital

DTAC

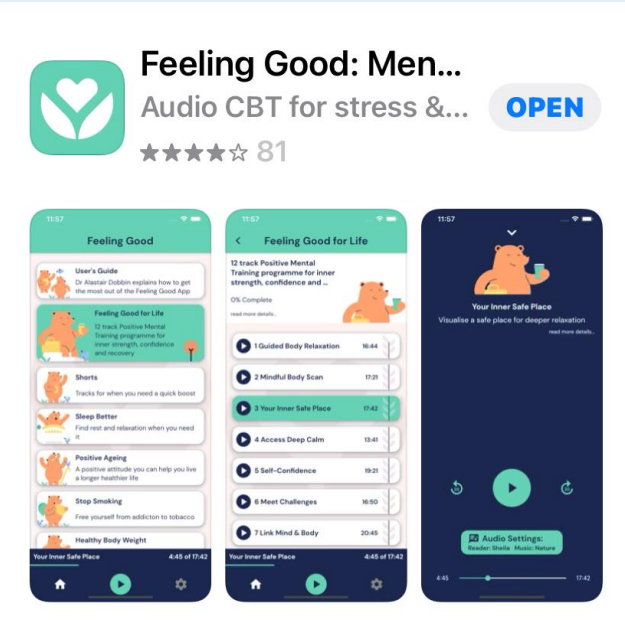
Feeling Good

Thanks!

Visit our Stall or contact me at Alastair.dobbin@ed.ac.uk

Website: www.feelinggood.app

App: username **mancon** password **positive**



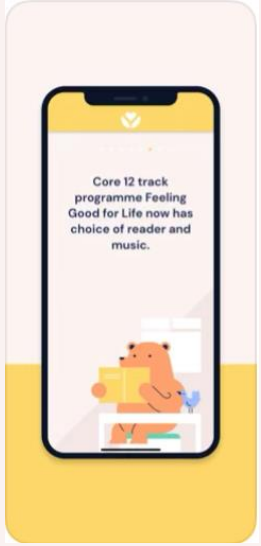
Our research:

https://www.foundationforpositivementalhealth.com/research/papers/

Evidence Base

Feeling Good

- **Depression, anxiety : all levels including severe + low mood**
- **Rehabilitation: Stroke and MS carers and cared for**
- Also **increased energy/vitality**, concentration & focus, **sleep better**, helps MUS, back pain, fibromyalgia, headache, IBS, chronic pain
- **Increased access to positive memories**
- **Burnout NHSS study by OHSS**



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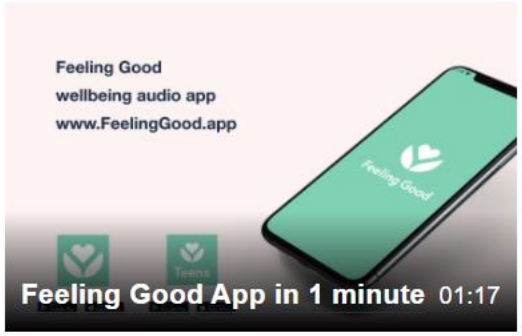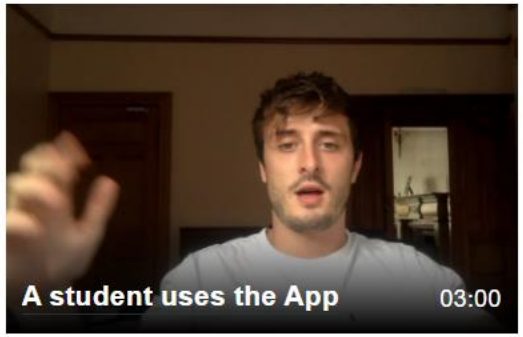
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