

INTRODUCTION & PURPOSE

Meditative Exercise Intervention to bridge the gap between physical & mental wellness in a psychiatric inpatient setting

Lack of integration between physical and mental wellness in our mental health treatment model

Those with mental illness...

- Have increased risk for impaired physical well-being
- Have Increased morbidity and mortality rates

Qigong is a meditative exercise that consists of coordinated body posture, movement, breathing, and meditation

- Promotes relaxation
- Decreases sympathetic output
- Reduces clinical somatic symptoms

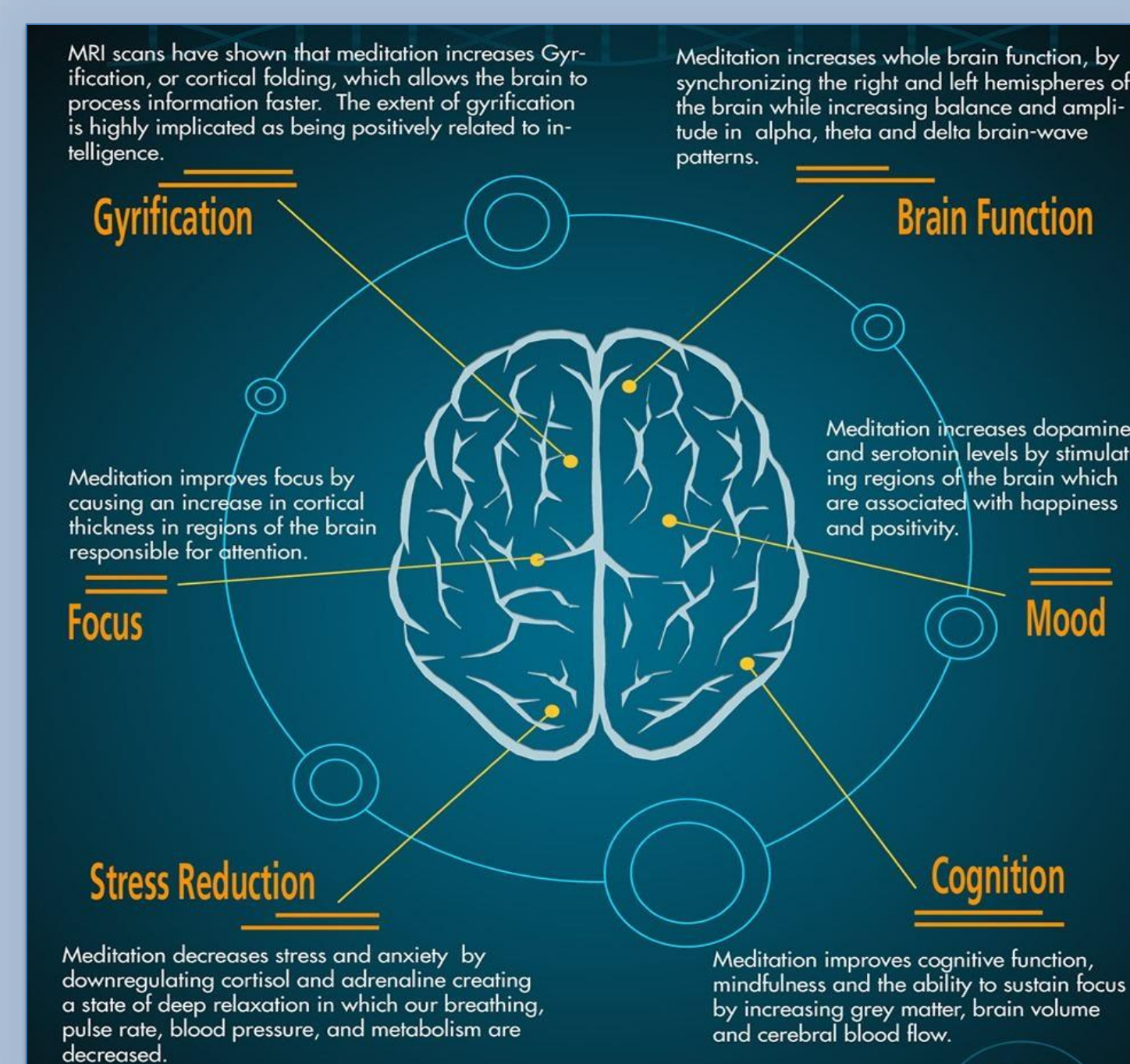
Purpose: implementation of meditative exercise activity

- Reinforce interconnectedness of mental & physical well-being
- Empower patients and encourage self-management

OBJECTIVES

- Provide alternative coping mechanism
- Incorporate physical activity, meditative breathing, and body movement
- Reinforce holistic wellness: total wellness is achieved when physical and mental health are in harmony
- Assess the perceived benefit of meditative exercise
- Evaluate the impact of meditative exercise on mood and well-being

EFFECTS OF MEDITATION ON THE BRAIN



BACKGROUND & SIGNIFICANCE

Qigong, developed by Eastern cultures, has been shown to

- Optimize energy
- Sustain positive emotional states
- Attenuate the body's stress reactivity response to acute mental stress
- Reduce distress rates through down-regulation of HPA axis (Ponzio et al., 2015)
- Minimize sympathetic activation, providing positive changes in the central nervous system and neurochemical systems (Yost & Taylor, 2013)



METHODOLOGY

DESIGN A quality improvement project; pre-test, post-test design.

SETTING 30-bed, short-term, voluntary, inpatient psychiatric setting at a medical center in Central, NJ.

SAMPLE (n=20) included male and female inpatients, >18 years of age, admitted with an acute psychiatric diagnosis for inpatient treatment

INTERVENTION Meditative exercise group activity two times per week over 4-weeks. Two 25 minute sessions. All patients were encouraged to attend.

Video-streaming: Yoqi, guided by Marisa Cranfill, certified Qigong instructor.

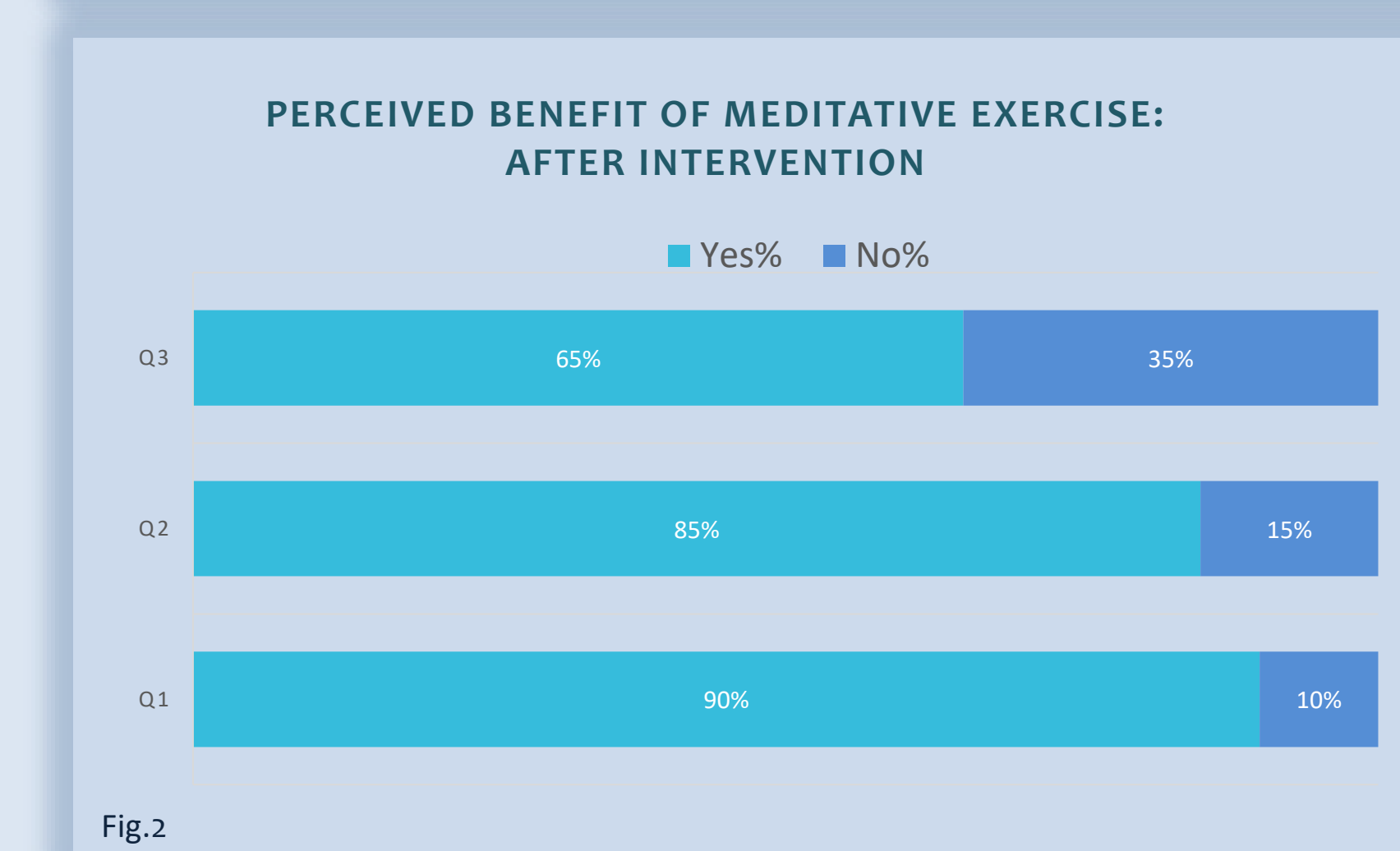
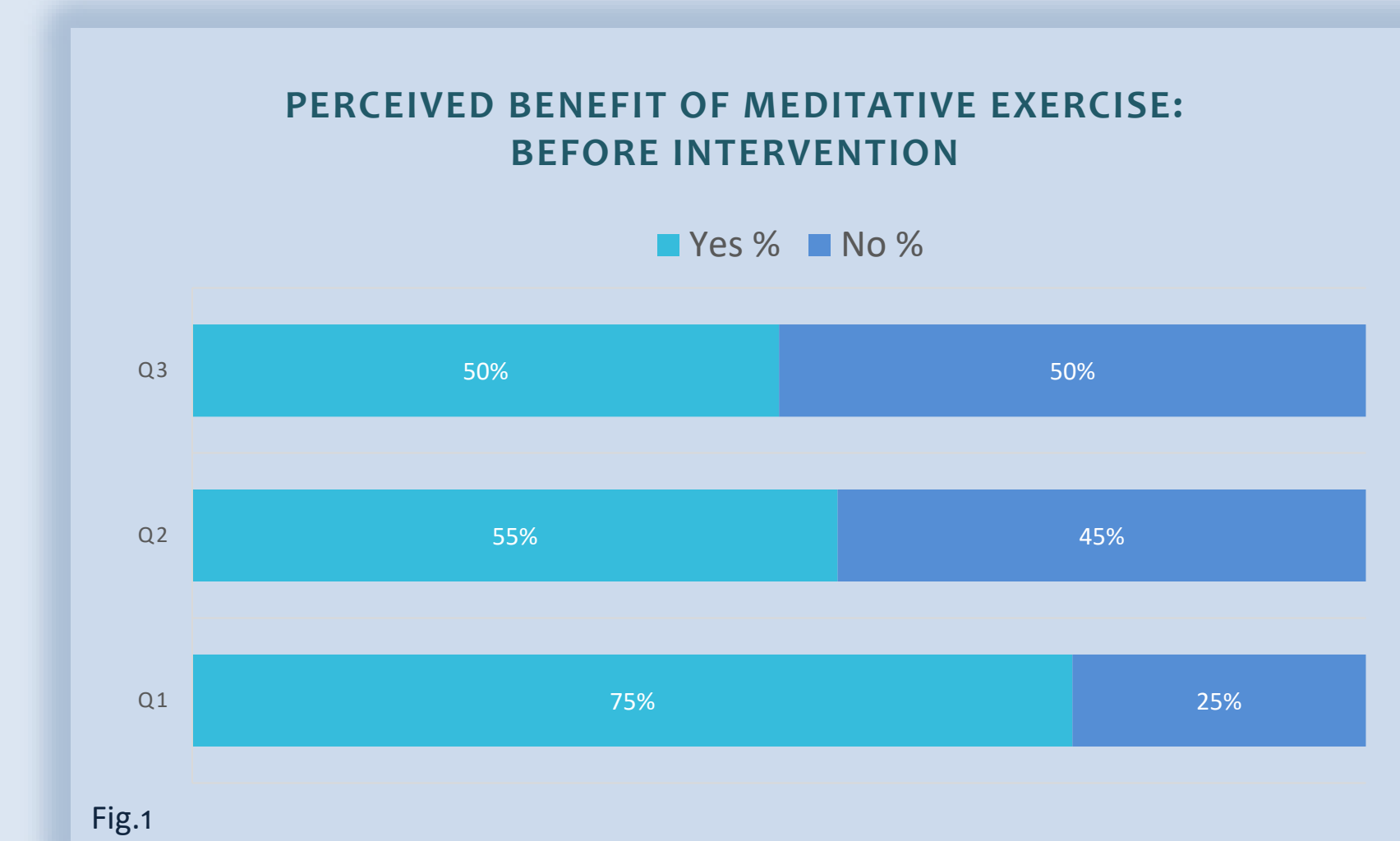
SRVES

- Three dichotomous questions assess perceived benefit
- **The Mood & Feelings Questionnaire (MFQ)** to evaluate mood
- **The Short Warwick Edinburgh Mood & Well-being Scale (SWEMWBS):** to evaluate mood & overall well-being

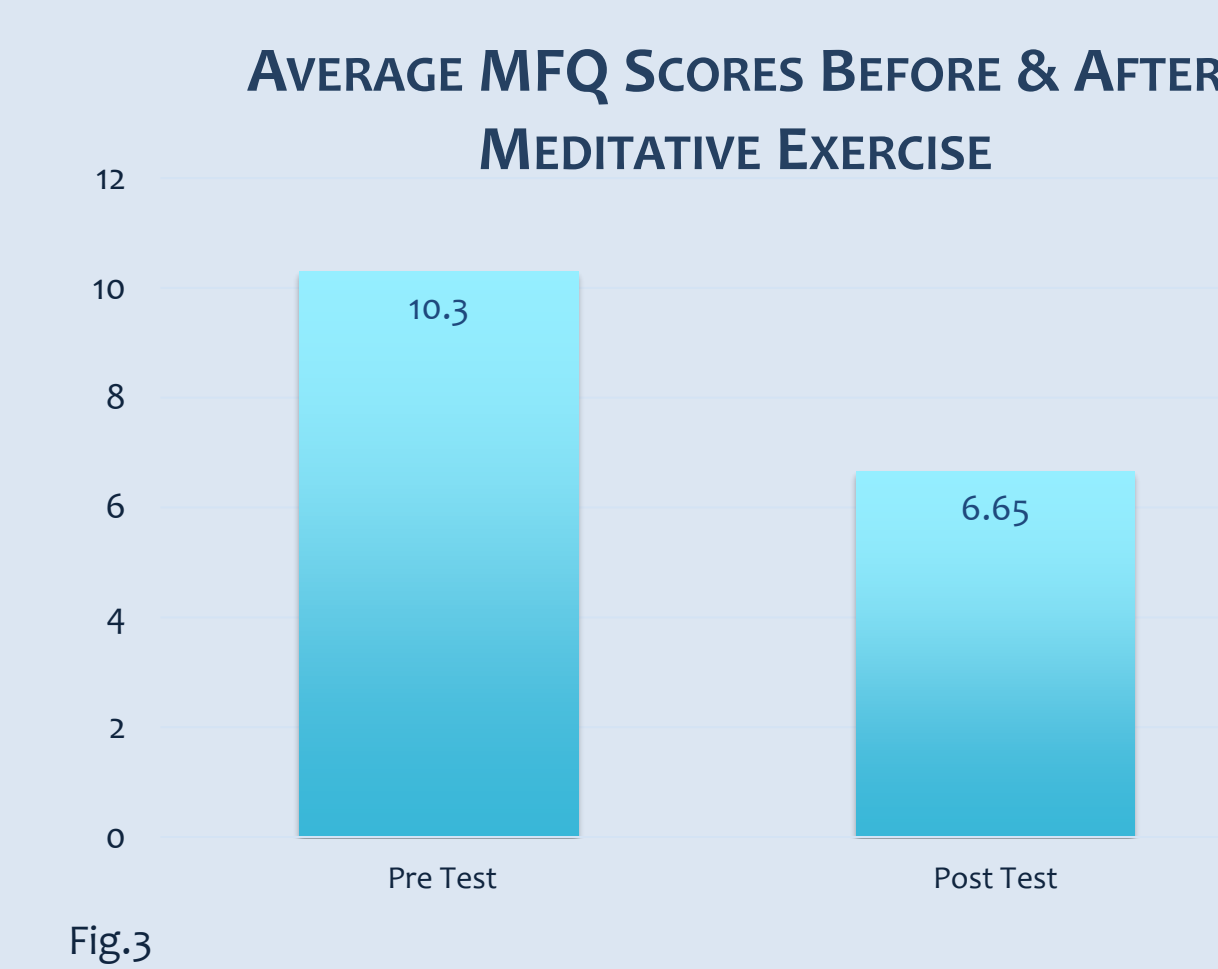
RESULTS

Increase seen in the perceived benefit of intervention

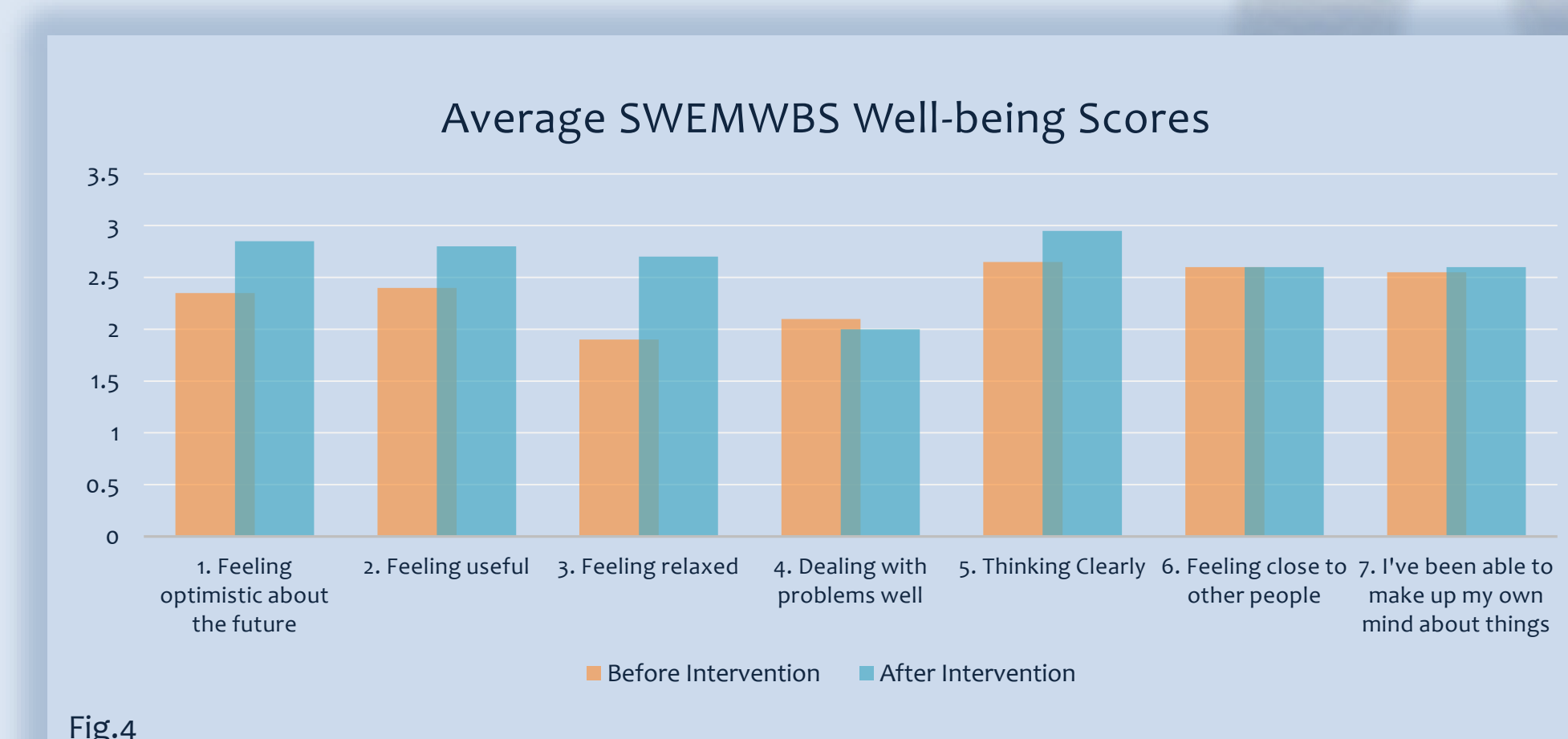
- The greatest increase in positive "yes" responses was seen for
- Question 2: Did you find meditative exercise to be beneficial in managing your mood, anxiety, and stress?



- An average decrease in MFQ scores seen in Fig 3. indicative of an improvement in mood following the intervention.



- An increase in SWEMWBS scores (Fig 4.) was seen for the following items: **optimism, usefulness, and relaxation**



RESULTS CONTINUED

Paired samples t-test used to compare pre & post mean scores

MFQ:

- ✓ Statistical significance was demonstrated in the scores of the pre-MFQ tool (M=10.3, SD=4.35) and post-MFQ tool (M=6.65, SD=4.27); t(19)=3.41 p=0.003.

SWEMWBS:

- ✓ Statistical significance was demonstrated in the score of the pre SWEMWBS tool (M=16.6, SD=2.9) and post SWEMWBS tool (17.9, SD=2.9); t(19)= -3.4, p=0.003.

Results indicate an increase in mood and well-being following two meditative exercise sessions

DISCUSSION & IMPLICATIONS

Implementation of meditative exercise can provide an alternative form of adaptive coping

Exercise as an effective non-pharmacological alternative to manage and reduce symptomologies associated with mental illness

Integration of meditative exercise into a mental health inpatient environment:

- An inexpensive, holistic, and underused intervention that can assist in the management of mental health symptoms
- Provides patient empowerment in the self-management of their mental and physical health

Changes in Policy and Current Treatment Model:

- Increased access to exercise-based interventions
- Emphasis on prevention & integrative wellness
- Improved understanding, monitoring, and self-control on psychosocial well-being

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