



7 week program initiated in 2010 by Red Deer PCN and designed to improve mood, energy, mental and physical health

In June 2016, a 4 week version of the program was created in response to patient and PCN feedback, making the program available to larger demographics

## INTRODUCTION

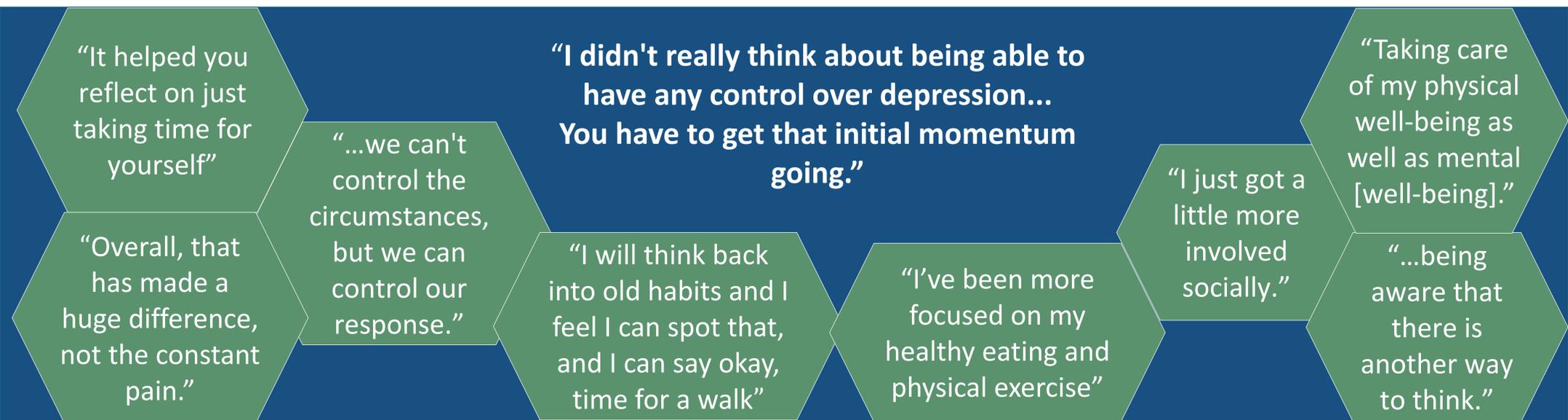
- Red Deer PCN has shared Alberta Happiness Basics™ with other PCNs and health organizations through both face-to-face and online training.
- Approximately 2100 Albertans have participated in a Alberta Happiness Basics™ program, across all 5 health zones
- The present study examined this program by:
  - (1) addressing the effectiveness of a 4 week program
  - (2) comparing a 4-week program to a 7 week program

## RESULTS

A sample of 53 participants between 20 and 79 years of age ( $M = 50$ ;  $Mdn = 53$ ) was examined from 3 PCNs. The response rate was 66% at 3 months, 56% at 6 months, and 50% at 9 months.

The programs showed improvements in domains of mental and physical functioning.

Qualitative interviews found both programs were equally effective at enhancing post-program quality of life and creating sustainable behavior changes.



## METHODS

### **PARTICIPANTS**

- Red Deer PCN, Mosaic PCN, South Calgary PCN graduates
- 18 years of age and doctor or self-referral
- Clinical diagnosis mild depression/ depression-like symptoms
- Severe depression or suicidal excluded

### **DESIGN & PROCEDURE**

- Telephone interview: 3, 6, and 9 months post-program
- Qualitative theme analysis using NVIVO 10
- Health Quality of Life scores analyzed using SPSS

### **MEASURES**

- *Health Quality of Life (HQoL) SF-12v2 (RDPCN only)*
- *The Happiness Scale thermometer*

**Mental and Physical Domains on Quality of Life (RDPCN only)**

Domain	Pre	Post	<i>p</i>
	<i>M</i>	<i>M</i>	
Role Emotional	37.63	44.62	<.001
Mental Health	39.67	47.28	<.001
Social Functioning	40.16	47.48	<.001
Vitality	43.36	49.04	<.001
Role Physical	45.66	48.42	.015
Physical Functioning	47.24	49.09	.192
Bodily Pain	47.00	50.31	.014
General Health	44.47	48.24	<.001

## LIMITATIONS

- Research to date is on those that completed program and there may be additional barriers to program entry and completion

## CONCLUSION

- Both programs were equally effective, showing sustainable behavior changes after a 9-month period of program completion providing evidence that short duration community-based programs can promote self-management of depression in primary care.
- Patient voice key to ongoing program effectiveness.