

15 Minutes of daily Mental Training

- reduces **Stress** with 56% in 21 days
- increases **Life Satisfaction** with 40%

creating *lasting results*, measured over 6 years

A longitudinal analysis of 6,000 participants up to 6 years later

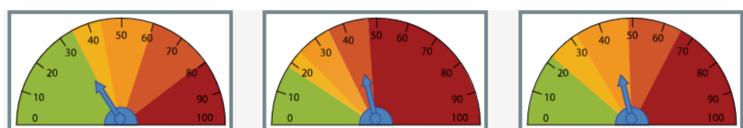
Objective

Observe the evolution of participants' stress, anxiety, depression and life-satisfaction rates - who do 15 minutes of mental training daily - during and after the online mental training program

Methodology

A self-test every 7 days during the program, followed by a retest 3 months to 6 years after the end of the program:

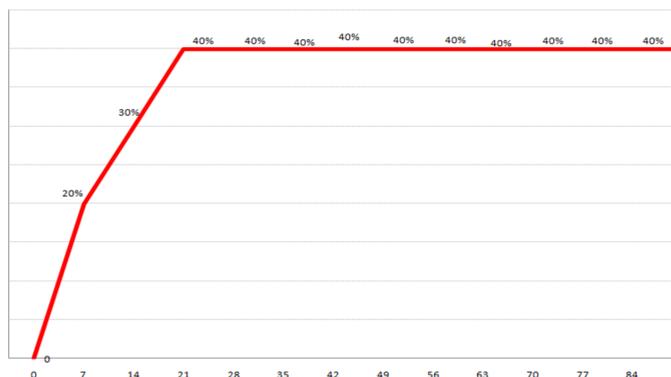
- A subjective scale of self-satisfaction (0-10)
- Self-test with the DASS-21, visualized for them as well:



Research Question:

- In how many days do they get 'normal' scores?
- How does the program affect their life satisfaction?
- Do participants keep their results after the program?

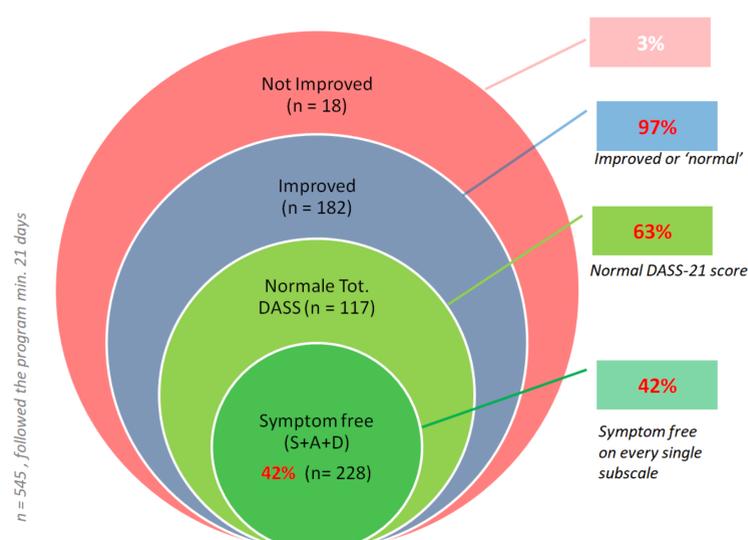
Evolution of life satisfaction



Results

The subjective self-score (0-10) of Life Satisfaction (*median*) increases by 20% after 7 days, 30% after 14 days and 40% after 21 days is maintained during and after the program during the 6 years of follow-up.

When do participants 'exit'?



Results

- 42% of the participants leave the program with normal scores on each individual sub-scale (S+A+D).
- 63% leaves the program with normal scores on the DASS
- 97% leaves the program with either normal scores or improved scores since the start

Stress reduction during the program

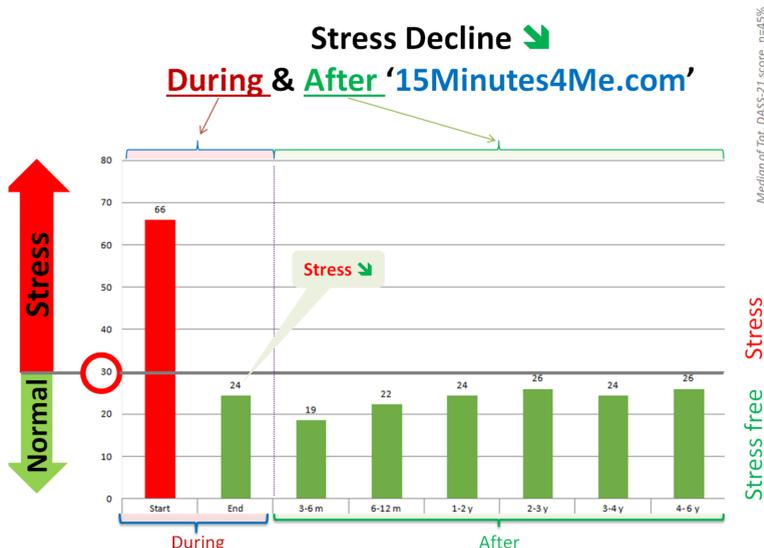
Total Stress Decline



Results

- The median of the total DASS-21 reaches normal values (0-30) within 21 days of participation.
- The reduction of stress scores by half in 21 days (-56%).

Stress reduction after the program



Results

- 45% of participants, or 2,504 out of 5,006 invited by e-mail, responded to the follow-up study
- The median normalizes its scores at the time of leaving the program freely (each patient freely chooses his participation time)
- The median keeps 'normal' scores on the DASS-21 for the 6 years of follow-up

Conclusion

Daily Mental Training clearly improves mental health and life satisfaction, while decreasing median Stress levels with 56% in 21 days and life satisfaction with 40% in 21 days.

Follow-up shows stable median results over at least 6 years after ending the daily online Mental Training.

Discussion

The next step is to set up a study with control groups.