Patient Perspectives and Outcomes of a Long and Shorter Community Mental Health Program
Danielle Klassen, BA; Reiko Yeap, PhD; Margo Schmitt-Bosnick, M. Ed; Scott Oddie, PhD

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 an 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.

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.

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)

<table>
<thead>
<tr>
<th>SF-12v2 Domain</th>
<th>Pre M</th>
<th>Post M</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Role Emotional</td>
<td>37.63</td>
<td>44.62</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Mental Health</td>
<td>39.67</td>
<td>47.28</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Social Functioning</td>
<td>40.16</td>
<td>47.48</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Vitality</td>
<td>43.36</td>
<td>49.04</td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Role Physical</td>
<td>45.66</td>
<td>48.42</td>
<td>.015</td>
</tr>
<tr>
<td>Physical Functioning</td>
<td>47.24</td>
<td>49.09</td>
<td>.192</td>
</tr>
<tr>
<td>Bodily Pain</td>
<td>47.00</td>
<td>50.31</td>
<td>.014</td>
</tr>
<tr>
<td>General Health</td>
<td>44.47</td>
<td>48.24</td>
<td>&lt;.001</td>
</tr>
</tbody>
</table>

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

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

“I didn’t really think about being able to have any control over depression... You have to get that initial momentum going.”

“It helped you reflect on just taking time for yourself”

“It just got a little more involved socially.”

“I’ve been more focused on my healthy eating and physical exercise.”

“Taking care of my physical well-being as well as mental [well-being],”

“...being aware that there is another way to think.”

“Overall, that has made a huge difference, not the constant pain.”

“…we can’t control the circumstances, but we can control our response.”

“I will think back into old habits and I feel I can spot that, and I can say okay, time for a walk”

“I didn’t really think about being able to have any control over depression... You have to get that initial momentum going.”