

# Internet Interventions for the Workplace: Results of Randomized Trials of Three Web-Based Multimedia Health Programs

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# About the Programs

## ❖ Media-rich

- Built for the broadband environment – fully audio-narrated, with video and dynamic graphics throughout

## ❖ Science-based

- Constructed by ISA health scientists and consultants to assure that content is accurate and scientifically sound

## ❖ Empirically tested

- Tested in rigorous National Institutes of Health supported studies that provide evidence of effectiveness

## ❖ Empower the user by:

- Providing skills and tools applicable to the demands of the situation
- Infusing the user with the confidence to utilize those skills

# About the Programs

## *Health Connection*

Addresses the three areas of health behavior that can have the greatest impact on disease prevention: **stress, physical activity, and nutrition/weight management**

## *Stress and Mood Management*

Focuses on stress and **stress management** as well as the prevention and early intervention of **depression** and **anxiety**

## *Smart Rx*

Provides guidance on the **safe use of psychotropic medications** for working women

# *Health Connection*

## ❖ Includes three programs

- Stress Management
- Food Smart
- Active Lifestyle

# *Health Connection - Stress Management*

- ❖ Multi-media program designed to help users recognize the symptoms and sources of stress in their life, and to provide a wide variety of powerful tools for managing stress.
- ❖ Fully narrated and includes self assessments, video testimonials, animation, and multimedia graphics. The program is designed to help users build resiliency and develop techniques to address the strains and stresses of everyday life.
- ❖ Program components:
  - Understanding the nature of stress and the stress response
  - Assess your stress and learn to pinpoint your sources of stress
  - Learn to avoid negative choices and use positive coping strategies – your personal “Toolbox” for managing stress.
  - See and hear from people who have successfully managed stress – and changed their lives for the better

# Health Connection

## Stress Management – Screen Shots

**Stress Management** Log Out · Contact Us

### Self Assessment

**About the Program**  
**Assess Your Stress**  
✓ Introduction  
✓ Self Assessment  
**The Stress Response**  
**Identify Stressors**  
**Negative Coping**  
**Positive Choices**  
**Resources**

#### Your General Stress Profile

Regardless of your stress level and coping skills, this program provides useful information and skill building exercises that can help you reduce your negative responses to stress and move you toward the adoption of healthful stress reduction strategies to improve your overall health and well-being.

**Stress Thermometer:**  
**Medium**

**Symptoms of Stress**

**Coping Behaviors and Attitudes**

Back ◀ ▶ Next

Toolbox: 2 Tools

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### Take Charge!

Mental Lens Optimism Avoid Negative Thinking Positive Thinking Finding Humor Stress Hardiness

Back ◀ ▶ Next

Go For It!  
**Resources**

Toolbox: 4 Tools

Loading

# *Health Connection – Food Smart*

- ❖ Designed to enable users to analyze their eating habits, formulate an improved dietary plan, and engage in effective strategies for healthy weight management.
- ❖ Purpose of this program is to assist the user to achieve optimal weight and nutrition, thereby managing weight -- and *reducing the risk of major disease, including cancer, cardiovascular disease, and diabetes.*
- ❖ Program components:
  - Interactive exercises to help analyze current eating practices and choose new, more healthful practices
  - Learn about the Harvard Healthy Eating Pyramid – a new guide to making smart food choices
  - See and hear though video testimonials from people who have successfully lost weight – and maintained a healthy weight
  - Strategies for food shopping, meal planning, and overcoming challenges



# Health Connection

## Food Smart – Screen Shots

### FoodSmart

Introduction

What You Eat

- Are You Eating FoodSmart?
- Daily Calorie & Fat Calculator**
- Your Food Categories

FoodSmart Facts & Guidelines

Strategies for Success

Resources

#### Daily Calorie & Fat Calculator

**Extra Active**  
(Very hard exercise/sports daily & physical job)

**Very Active**  
(Hard exercise/sports 6-7 days/week)

**Moderately Active**  
(Moderate exercise/sports 3-5 days/week)

**Lightly Active**  
(Light exercise/sports 1-3 days/week)

**Sedentary**  
(Little or no exercise)

**Gender**

Male ☐ Female ☒

**Age** 44 yrs.

**Gain**

BMI	Fat (g)	SatFat (g)	Calories
19	64	21	1026

**Calculate**

**Height** 5 ft. 4 in.

**Weight**

15	16	17	18	19	20	21	22	23	24	25
Underweight					Healthy Range					

Your data indicate that your BMI may be in the **Healthy Range** for your height and weight.

**PAUSE** **REPLAY**

**LOG OUT** **CONTACT US**

### FoodSmart

Introduction

What You Eat

FoodSmart Facts & Guidelines

Strategies for Success

- Introduction
- Set FoodSmart Goals
- Daily Meal Planning
- Secrets of Satiation
- Smart Shopping
- Challenges on the Path**
- Eating FoodSmart on the Go
- Tracking Strategies & Obstacles

Resources

#### Challenges on the Path

##### So Rich, So Fudgy



"No thanks, I limit my fat to 30 grams a day; and I bet that's just full of saturated fats!"

"Absolutely, I'd die for chocolate! Give me Mary's share too!"

"Sure, I'll have some. Give me that smaller piece on the end, please."

Click to download tips

**LOG OUT** **CONTACT US**

**PAUSE** **REPLAY** **So Rich, So Fudgy** 00:27 / 02:03 **BACK** **NEXT**

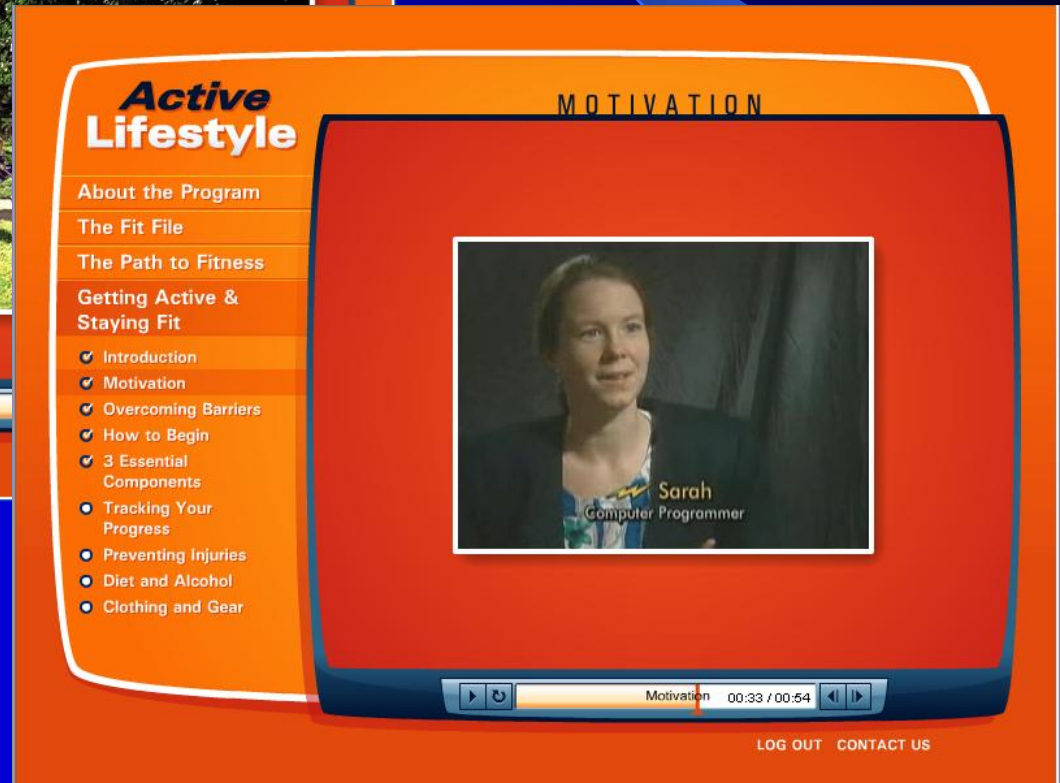
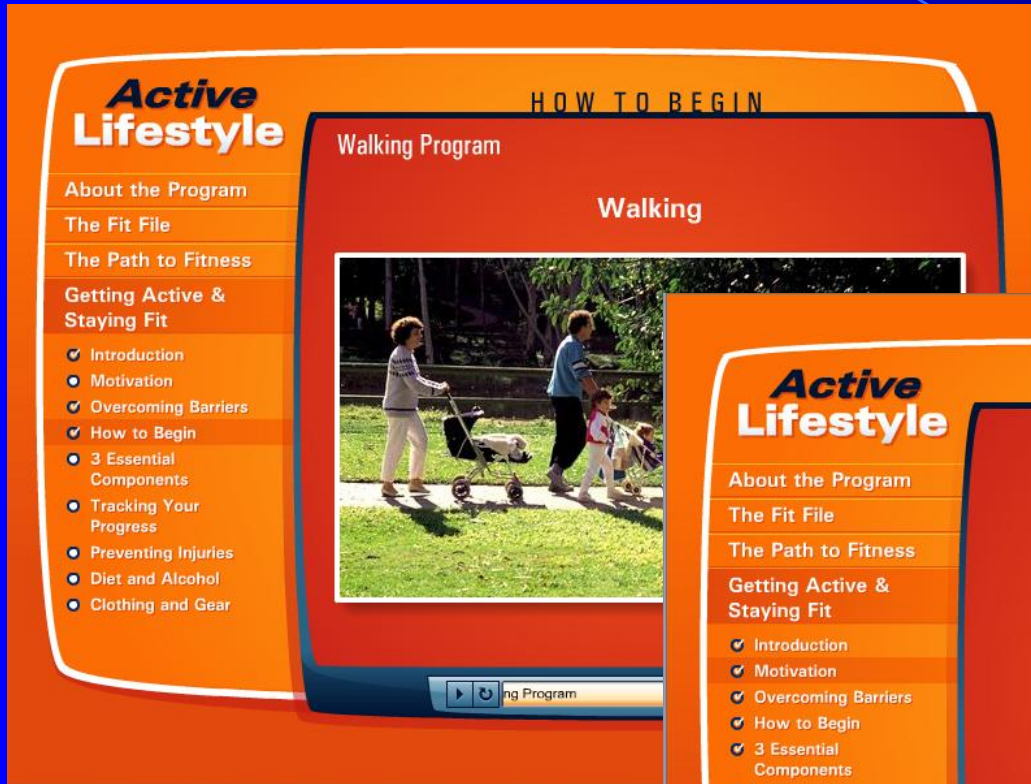


## *Health Connection – Active Lifestyle*

- ❖ Contains comprehensive information on the benefits of physical activity, and provides realistic strategies for achieving lasting improvements in physical activity, with special strategies for those who are currently inactive.
- ❖ Designed to help users get on the path toward increased activity and better health.
- ❖ Uses video testimonials from people who have made positive changes and interactive tools on energy expenditure, calories and weight to provide an enjoyable and meaningful experience.
- ❖ Program components:
  - Information on the relationship between fitness and disease prevention
  - Motivational segments with "real people" discussing the rewards of regular exercise and offering tips for overcoming obstacles
  - An interactive exercise showing the relationship between calories expended, calories consumed and weight
  - Guidelines for staged goal-setting and selecting appropriate activities

# Health Connection

## Active Lifestyle - Screen Shots



## *Health Connection*

# **Results of a Randomized Trial**

- ❖ 419 employees, randomly assigned to Print or Web conditions, assessed on self-reports at pretest and posttest
- ❖ Web group improved significantly more than Print group on several dietary measures
- ❖ No significant differences between Web and Print on measures of stress or physical activity – both groups showed significant improvements

# ***Stress and Mood Management***

- ❖ Designed to help build resiliency and skills to tackle the strains and stresses of everyday life.
- ❖ Provides self-assessment tools to gauge levels of stress, anxiety or depression, and includes information on the body's response to stress and the physiology associated with depression and anxiety.
- ❖ Addresses the dangers of self-medication through alcohol and drugs and provides information on treatments that work
- ❖ Program components:
  - Assessments of stress, depression and anxiety
  - Tools and strategies for managing stress
  - Real people describing their stresses and coping strategies

# Stress and Mood Management – Screen Shots

**Stress & Mood Management - Microsoft Internet Explorer**

## Are You Feeling Depressed?

**Stress & Mood MANAGEMENT**

**ASSESS YOURSELF**

**How is Your Mood?**

Yes No

1. Felt sad, blue, or depressed most of the day nearly every day? ☐ Yes ☒ No
2. Lost all interest or pleasure in things usually cared about or enjoyed? ☐ Yes ☒ No
3. a. Lost or increased your appetite nearly every day?  
b. Lost weight without trying to? (More than 10% per week)  
c. Gained weight without trying to? (More than 10% per week)

**Stress & Mood MANAGEMENT**

**What is Anxiety?**

**INTRODUCTION**

Listen to what others have to say.

Physiological

Cognitive

Behavioral

**Anxiety**

**Stress & Mood MANAGEMENT**

**Overview**

**Stress Management**

**Managing Depression**

**Managing Anxiety**

- Introduction
- What is Anxiety?
- Types of Anxiety Disorders
- Strategies that Work

**Treatments that Work**

**Resources**

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# ***Stress and Mood Management***

## **Results from a Randomized Trial**

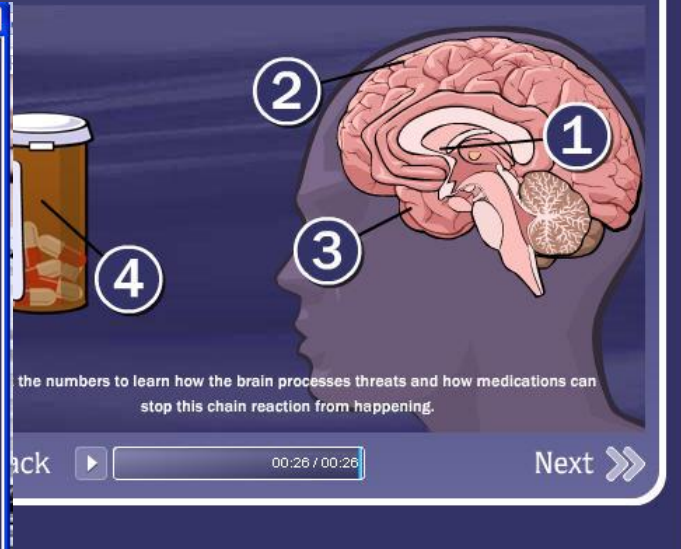
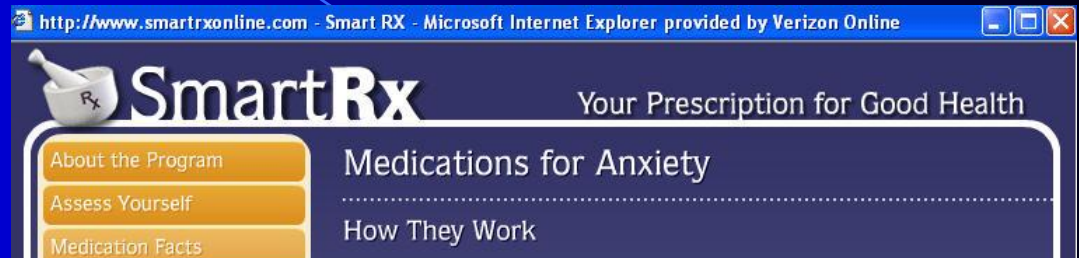
- ❖ 309 working adults randomly assigned to Web condition or a wait-list control, assessed on self-reports at pretest and posttest
- ❖ Relative to controls, Web group:
  - ❖ Reduced their stress
  - ❖ Increased knowledge of depression and anxiety
  - ❖ Improved on binge drinking stage of change
  - ❖ Improved attitude toward seeking professional help

## *Smart Rx*

- ❖ Designed to provide working women with guidance on psychotropic medications
- ❖ Contains self assessments of drug use
- ❖ Presents facts about major types of psychotropic medications
- ❖ Provides guidance on how to manage the medications
- ❖ Presents alternative strategies to medications



# Smart Rx – Screen Shots



## *Smart Rx*

# Results of a Randomized Trial

- ❖ 346 working women randomly assigned to Web condition or wait-list control, assessed on self-reports at pretest and posttest
- ❖ Relative to controls, Web group:
  - ❖ Increased their confidence to manage use and adhere to use as prescribed
  - ❖ Reported lower levels of drug problems (CAGE score)
  - ❖ Increased their knowledge of proper use of psychotropic prescription drugs

# Summary & Implications

- Multi-media web-based programs can achieve improvements in worker diet, stress, and substance use
- Web-based programs addressing these health topics show considerable promise for improving the physical and mental health of the workforce
- Many important questions remain:
  - How can utilization be increased?
  - Are program effects lasting?
  - What is the role of personal contact (email, phone)?
  - What is the role of specific program characteristics – tailoring, media (audio/video), interactive devices, etc.?

***For more information on the programs and  
the studies:***

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