



**Online health coaching:
Can EMH prevent employees from
getting ill?
What interventions are effective?**



Mark Willems, m.willems@minddistrict.nl, 06 - 11355544

Key risk factors (hypothesis)

- Stress
- Work-life balance
- (Lack of) attention
- Conflicts
- Partner relationship
- Lifestyle
- (Lack of) sleep



Online health coaching modules

- Stress management
- Time management
- Balance using RET
- Power of attention
- Conflict management
- Work-life balance
- Relationship coaching
- Healthy living
- Better sleeping

Intervention steps

- 1 Education
- 2 Assignment(s)
- 3 Feedback



Online coaching portal

The screenshot shows a web browser window displaying the Minddistrict online coaching portal. The browser title is "Internet Coaching - Windows Internet Explorer" and the address bar shows a URL starting with "http://89.171.186.66:10102/Client/Treatment.aspx?Intervention=19&step=Assignments&substep=1". The page header includes the Minddistrict logo with the tagline "Open your mind" and a user profile for "ACCEPTANCE 2.05" with the name "Testclient Jeannette 2".

The main content area is titled "Oefening Introductie" and features a progress bar with three steps: "De intake", "Coach traject", and "De evaluatie". The "Oefening" step is currently active. Below the progress bar, there are sections for "1. Instructie" and "2. Oefening". Under "2. Oefening", there is an "Inventarisatie" section with a question: "Wat is de aanleiding geweest om je aan te melden?". The question is followed by a text input field for the answer. Below the input field, there are two radio button options: "Het initiatief lag voornamelijk bij mij" (selected) and "Het initiatief lag voornamelijk bij iemand anders, namelijk:". There are also two text input fields for the name of the other person.

On the right side of the page, there is a sidebar with several sections: "Coach" (showing a profile for "The FirstName LastName" with "Taken", "Bericht", "Gesprek", and "Informatie" buttons), "Mijn programma" (showing "Coaching" with "De intake" and "Het traject" items), "Berichten" (showing "Inbox | Outbox | Nieuw" and "Geen berichten"), "Gesprek" (showing "Actief | Afgerond | Nieuw" and "Er is geen actief gesprek."), "Extra functies", and "Agenda".



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Coaching project

- 3 coaches (psychologists)
- intervision by experienced coach
- 70 coachees
- 60% female, 70% 20-35 years
- different branches
- 4 months



Conclusions

- Effectiveness (80%) and usability (85%) good
 - Health coaching issues are generally less complex than in therapy
- Health coaching often relates to clinical problems (30%)
 - Module Dysfunctional cognitions or referral to therapy
- Face-to-face sessions are required/requested (85%)
- Most popular modules
 - Stress management
 - Time management
 - Work-life balance

