

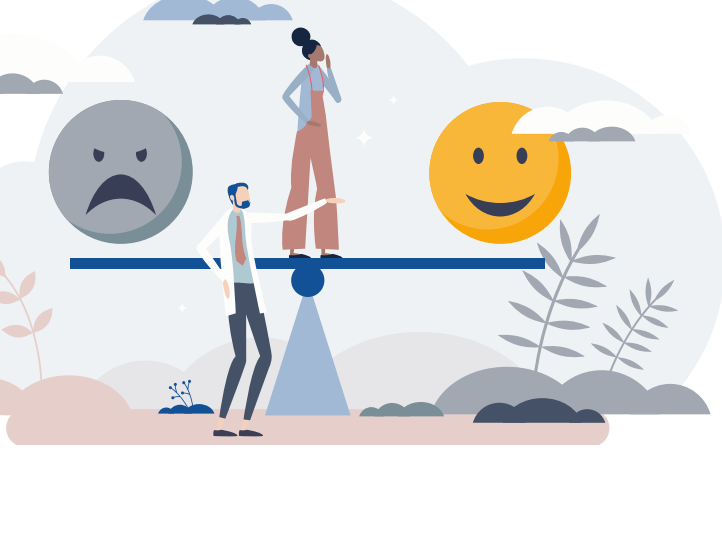


NEDLEY HEALTH™

Community Nedley Depression and Anxiety Recovery Program™ Results

Depression and anxiety affect people worldwide, no matter what their social, cultural, or socioeconomic status is. Anxiety and depression treatment programs can go a long way toward helping people overcome feelings of depression and anxiety. These programs also have additional benefits for the whole person and can help participants achieve optimal mental and physical health.

For example, the eight-week community [Nedley Depression and Anxiety Recovery Program™](#) (NDARP™) focuses on the underlying causes of depression and anxiety by taking a holistic approach of connecting the mind and body. The NDARP addresses physical and mental well-being by focusing on nutrition, exercise, and principles for improving anxiety and depression. The results speak for themselves.



WHO HAS PARTICIPATED?

NDARP has helped numerous participants improve their mental health through a multifaceted approach including presentations, educational program materials, and social support. Many of the participants in this community mental health program were able to reduce or eliminate their symptoms of depression and anxiety. More than 10,000 participants have started and finished the NDARP to date.



51.3

Average age of participants



28.2%

Number of participants who identified as male

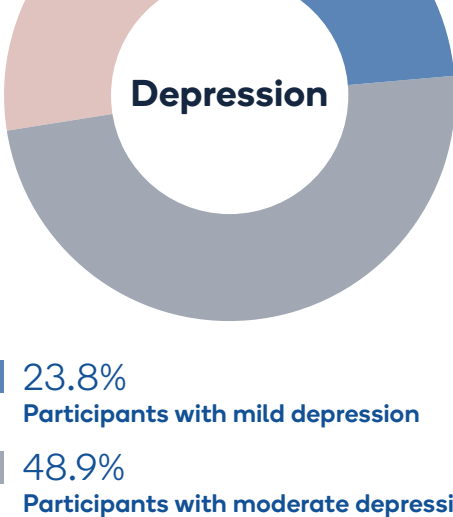


71.3%

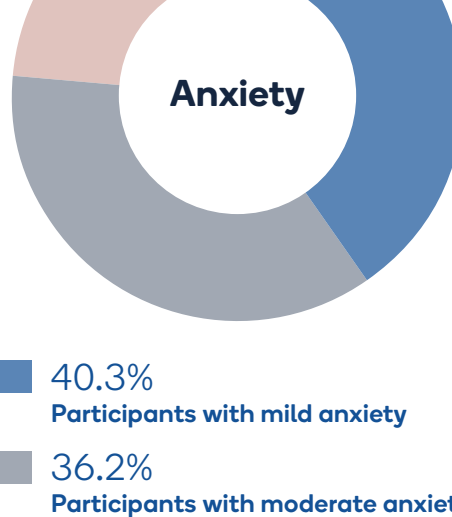
Number of participants who identified as female

BEFORE NDARP

Throughout the community mental health program, every participant takes part in intake and exit testing to evaluate changes in thinking, behaviors, and function. These assessments include depression and anxiety level assessments, emotional intelligence assessments, and risk factor analysis in the Depression and Anxiety Assessment Test™. Of over 10,000 participants, 7,085 participants identified themselves as having depression and 6,386 identified themselves as having anxiety at the start of the program.



- 23.8% Participants with mild depression
- 48.9% Participants with moderate depression
- 27.3% Participants with severe depression

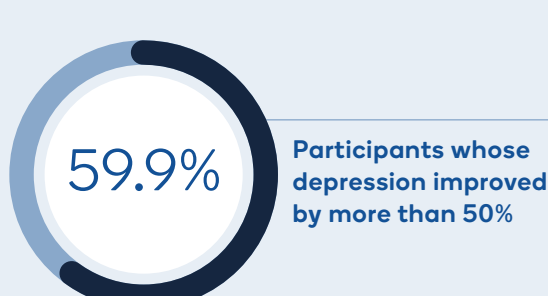


- 40.3% Participants with mild anxiety
- 36.2% Participants with moderate anxiety
- 27.3% Participants with severe anxiety

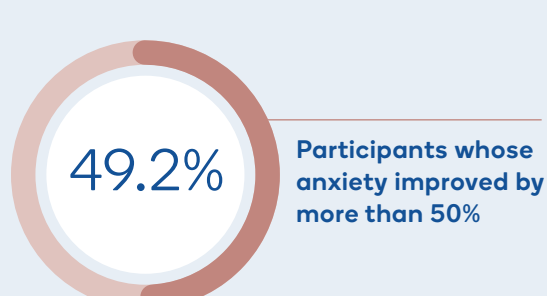
AFTER NDARP: DEPRESSION & ANXIETY PROGRAM RESULTS

Our mental health education community program is scientifically based and well-researched to comprehensively treat the whole person. The results have shown that community-based mental health programs are effective for treating depression by teaching principles that participants can use daily.

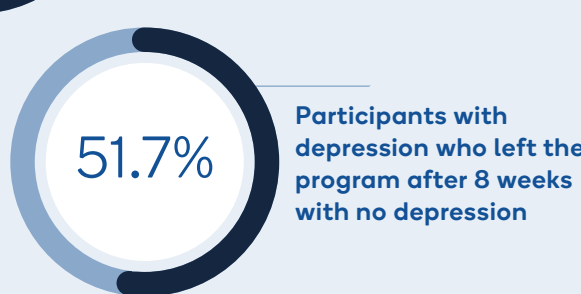
Community mental health programs are also effective for helping those with anxiety by teaching beneficial principles that participants can implement in their daily lives. Those principles include identifying anxiety and its causes, implementing [cognitive behavioral therapy](#), practicing positive thinking, and making lifestyle choices.



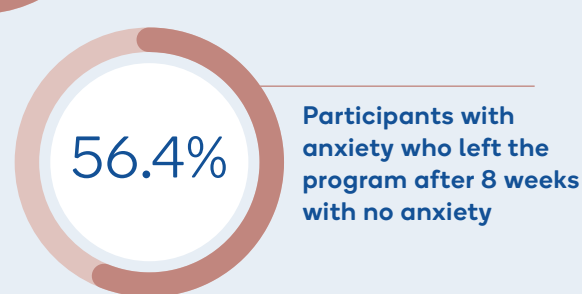
Participants whose depression improved by more than 50%



Participants whose anxiety improved by more than 50%



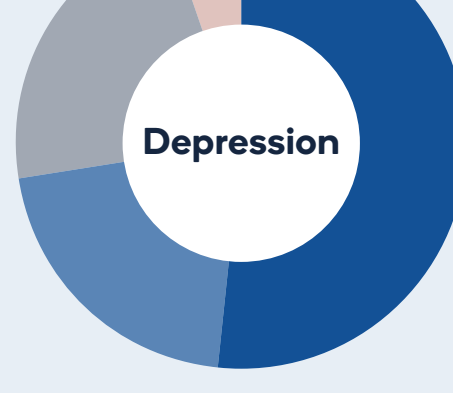
Participants with depression who left the program after 8 weeks with no depression



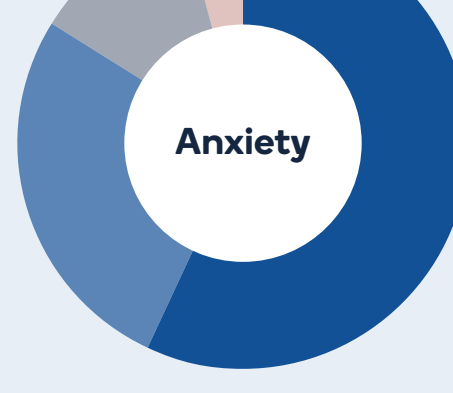
Participants with anxiety who left the program after 8 weeks with no anxiety

94%

Over 94% of participants who came to the program with severe depression and anxiety experienced an improvement to at least a moderate rating after concluding the program.



- 51.7% Participants with no depression
- 20.9% Participants with mild depression
- 22.3% Participants with moderate depression
- 5.1% Participants with severe depression



- 57.1% Participants with no anxiety
- 27% Participants with mild anxiety
- 12% Participants with moderate anxiety
- 3.9% Participants with severe anxiety



OTHER PROGRAM RESULTS

NDARP takes a comprehensive look at the individual as a whole. Through nutrition, exercise, and other principles taught in the program, participants have experienced improvements in such areas as:



Unhealthy diet



Lack of regular exercise



Sleep disturbances



Social support

Participants have also experienced improvements in [emotional intelligence](#), which is the ability to manage and identify one's own emotions and the emotions of others. Emotional intelligence can be influenced by various factors, including current level of emotional support, nutrition, exercise, and family.



102

(Average EQ)

Emotional intelligence average before the NDARP



112

(Above Average EQ)

Emotional intelligence average after the NDARP



BRING THE NDARP TO YOUR COMMUNITY

Community mental health programs aren't only beneficial for those with anxiety and depression; those without depression and anxiety can also benefit from the principles taught throughout the program. The NDARP is a great avenue for strengthening your community and implementing lasting change around mental health awareness.

Interested in strengthening your community?
Find out how to bring the NDARP to your community.

[Learn More](#)

NEDLEY HEALTH™

