

Freedom from the Real Cause of Depression

Out of the Blue

Melbourne Workshop

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SUMMARY REPORT by

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To

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Freedom from the real cause depression - *Out of the Blue* workshop evaluation – Melbourne

1. Background

Around 359 million people worldwide (source: World Health Organization) suffer with depression and emotional shutdown.

Out of the Blue was designed to get to the root cause of any sign of shutdown and depression and set oneself free of limitation. In this workshop, the participant is guided to be open to the energy, passion, and joy of life.

This paper provides a *Summary* of the *Full Report* on the evaluation results of the *Out of the Blue* 2½-day Workshop held in Melbourne, Australia on the 21st to 23rd February 2014. The Full Report can be downloaded at - <https://emotional-wellbeing.com.au/resources.html>

2. Workshop designer and facilitator

Kevin Billett (CEO and co-founder of *The Journey Method*) is an inspiring model of the possibility of becoming totally free from the trap of depression. Having suffered from chronic depression for over 20 years, he used journeywork to get to the very root of it, and is now a living example of the liberation from the shackles of depression. Kevin has now taken this work further in his *Out of the Blue* 2½-day Workshop, in a very inspired way, to help others set themselves free.

Twenty-four delegates and 23 trainers attended the Melbourne workshop (n=47). Prior to commencing the workshop, 41 (87.2%) participants agreed to complete the 21-item self-report *Depression, Anxiety and Stress Scale (DASS₂₁)* questionnaire.

3. Aim of the workshop evaluation

To measure any changing levels of distress reported by participants before, and 4-weeks after attending the workshop.

4. The measurement tool: The Depression, Anxiety and Stress Scale (DASS₂₁)

It is important to know that this is not a diagnostic questionnaire; it is only a snapshot in time, of how distressed people may have been feeling at each time point.

In completing the questionnaire, the participant is asked to indicate the presence of a symptom over the previous week. Each item is scored from 0 (did not apply to me at all over the last week) to 3 (applied to me very much or most of the time over the past week). The *DASS₂₁* was used in this context to show any change that may have occurred following the workshop. For details, refer to the Full Report.

5. Method

Participants who attended the *Out of the Blue* 2½-day Workshop were invited to complete the *DASS₂₁* questionnaire. Verbal consent was given by those who volunteered to complete the questionnaires. Pre-workshop *DASS₂₁* questionnaires were completed in paper format just before commencement of the workshop. To ensure anonymity, participants chose their own identifying code. The post-workshop questionnaire was completed 4-weeks after the workshop, using the *SurveyMonkey* online software because participants were from all over Australia.

Analysis of data was conducted using descriptive analysis and a paired sample t-test. In the post-workshop questionnaire, space was provided for open-ended responses related to any comments, questions or concerns.

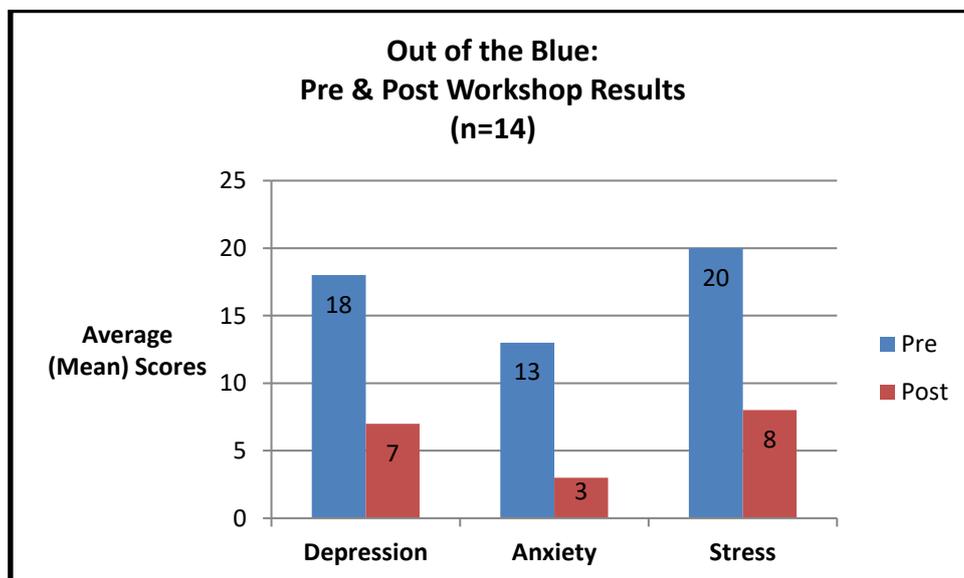
6. Results

Forty-one participants completed the pre-workshop questionnaire and 19 completed the post-workshop questionnaire. Following the workshop, some people had forgotten their identity code, resulting in only 14 participants with both pre and post responses (i.e. matched pairs) being available for analysis.

6.1 Results: Descriptive statistics

As shown in figure 1, the average (mean) scores for levels depression, anxiety and stress for the 14 matched pairs decreased following attendance at the workshop. For details, refer to the Full Report.

Figure 1: Average (mean) scores for levels of depression, anxiety and stress for the 14 matched pairs



N.B. These results are for those who completed both the pre and the post questionnaire. The figures presented in the graph were **multiplied by 2**, to enable comparisons with normative Australian data that used the *DASS* 42-item instrument.

6.2 Results: Statistical significance

To assess if there was a statistically significant difference in the pre- and post-workshop mean scores, a paired-samples *t*-test was conducted to evaluate the impact of attending the workshop on participants' DASS₂₁ depression, anxiety, and stress scores.

Following the *Out of the Blue* workshop, there was a statistically significant decrease in scores on all scales (depression, anxiety, stress) at 4 weeks, with a large effect size, indicating a significant improvement in stress levels of the participants.

For details, refer to the Full Report.

7. Participant post-workshop open-ended responses: Comments, questions or concerns

Overall, responses indicate that the majority of respondents experienced benefits such as an improvement in "state of mind", with increased "strength and courage to manage [stressful situations] in positive way". Some felt increasing "gratitude ...in life", and others felt "more at peace" with themselves, "more positive" relating to others, and "a sense of calm resonating underneath" the challenging situations around them.

Respondents were grateful for the tools and support during the workshop and "would recommend this course to everyone.... a must to set yourself free even more".

For details, refer to the Full Report.

8. Limitations

This was a small self-selecting sample, without a control group, therefore a larger randomised controlled trial, with an active control group, is recommended.

Further, it is well known that relapse in depression is common, consequently, a longitudinal study for example at 3, 6, and 12 months would be useful.

9. Conclusion

Following the *Out of the Blue* workshop, there was a statistically significant decrease in scores on all scales at 4 weeks, with a large effect size, indicating a significant improvement in stress levels of the participants.