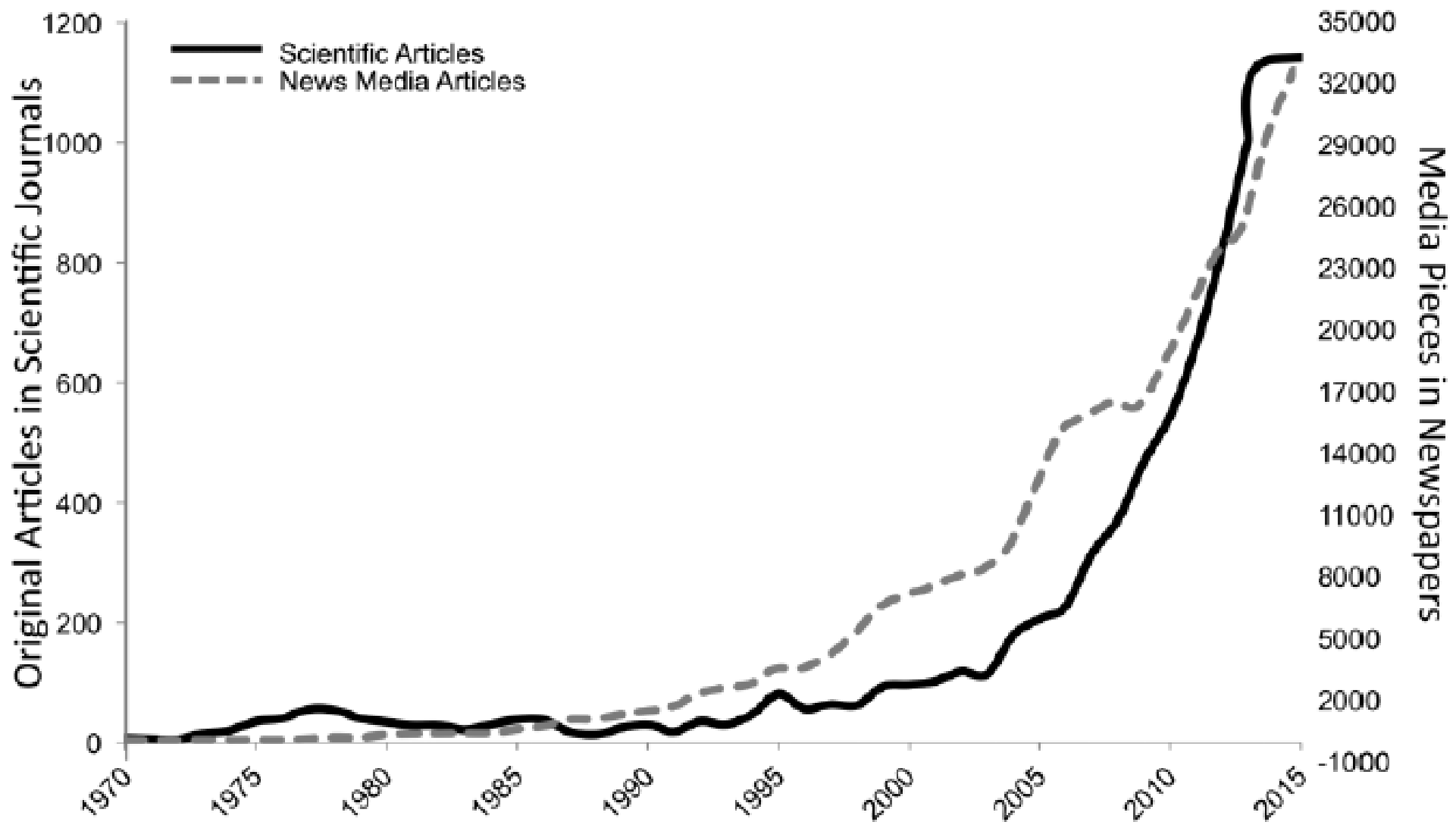


The Role of the Natural World and Mindfulness in the Treatment Outcomes of RedCliff Ascent

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Introduction

- Research outcomes are mixed but promising
 - Russell, Gillis, and Heppner (2015)
- 9% of mindfulness research includes a control group.
 - van Dam, van Vugt, Vago, Schmalzl, Saron, Olendzki, Fox, Field, Britton & Brefczynski-Lewis, (2018)
- Research on mindfulness and adolescents is limited but available.
 - Zoogman, Goldberg, Hoyt, & Miller, L. (2015)
- Most research on adolescent is with non clinical samples
 - Zoogman, Goldberg, Hoyt, & Miller, L. (2015)

Question

- What is the impact of a wilderness therapy experience on participant's mindfulness skills as measured by the Five Facets Mindfulness Questionnaire (FFMQ)?

Methods

- Adolescent client in an OBH program
- Clinical Sample
- Gathered data 2015 – 2017
- Admissions, Discharge, and 6 months
- 246 participants – 95 full datasets (39%)

Results

- The results of the ANOVA indicated a significant time effect, Wilks' Lambda = .724 $F(2, 93) = 17.745$, $p < .000$, $h^2 = .278$. Thus, there is significant evidence to suggest a change between time intervals for the full-scale score on the FFMQ.
- A follow-up pairwise comparison was also conducted on the data. There was a statistically significant increase in FFMQ score between admission and discharge, $p < .000$; and between admission and 6 months post treatment, $p < .000$. There not a significant difference between discharge and 6 months post treatment.

Results

Measure	Admission (SD)	Discharge (SD)	6 Months (SD)	F(p value)
Observe	23.37 (6.14)	24.35 (6.63)	24.87 (6.94)	2.584 (.081)
Describe	25.59 (7.38)	28.19 (5.72)	28.41 (5.25)	7.883 (.001)**
Act with				
Awareness	25.44 (6.32)	27.25 (5.56)	25.86 (6.03)	6.173 (.003)**
Nonjudge	27.40 (7.08)	30.22 (5.98)	29.47 (6.75)	9.004 (.000)**
Nonreact	19.35 (4.95)	22.06 (4.37)	23.04 (4.78)	15.571 (.000)**
Full Scale	121.15 (18.07)	132.07 (15.36)	131.66 (17.66)	17.745(.000)**

* Indicates significance to a .05 level

** Indicates significance to a .01 level

Discussion

- Results from this study indicate that mindfulness scores improve from admission to discharge and are maintained 6 months post treatment on the full-scale item.
- This same pattern was found for the Describe, Act of Awareness, Nonjudge, and Nonreact subscale.
- No significant difference was found for the Observe subscale.
 - (a) observing (when I am walking, I deliberately notice the sensations of my body moving)

Discussion

- Observing (when I am walking, I deliberately notice the sensations of my body moving)
- Describing (“I am good at finding words to describe my feelings”)
- Acting with Awareness (awareness) (“I am easily distracted”)
- Nonjudging (“I tell myself I shouldn’t feel the way I am feeling”)
- Nonreactivity (“I watch my feelings without getting lost in them”)