

Change Your Mind – Create New Results

*A proven formula to lower an individual's distress;
and improve mental health and wellbeing.*

Change Your Mind – Create New Results (CYM...CNR) is a two-day workshop based on the work of researcher and best-selling author, Dr Joe Dispenza, using models and tools based on the neuroscience and the biology of change.

The results reported in this study were gathered by the author from seven individual workshops delivered by two certified NeuroChangeSolutions (NCS) consultants. Six of the seven workshops were delivered in person, and one workshop was delivered online via Zoom. A total of 57 participants were trained and took part in the study. All participants granted their permission for their de-identified data to be included and shared in the study with full informed consent.

How the data was collected:

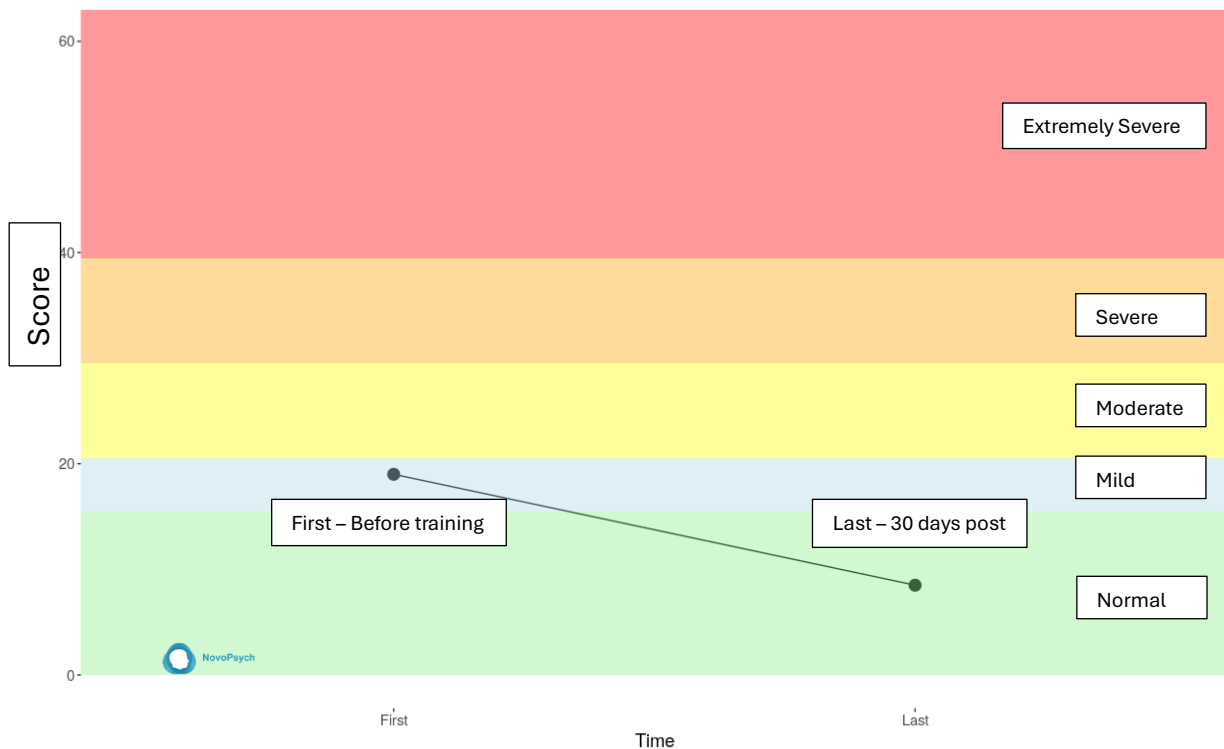
The Depression Anxiety and Stress Scale (DASS-21) self-report was administered three times to each participant.

- 1) Before the training (the week prior to training);
- 2) At the conclusion of the two-day training workshop; and
- 3) 30 days post training/intervention.

The DASS-21 measures severity of general psychological distress and symptoms related to depression, anxiety and stress in adults. Scores are categorised into five severity ranges: Normal, Mild, Moderate, Severe and Extremely Severe. High severity corresponds to high distress.

The Total Distress scores were used to report results in this study. Total Distress is the sum of total depression, total anxiety and total stress scores.

The results:

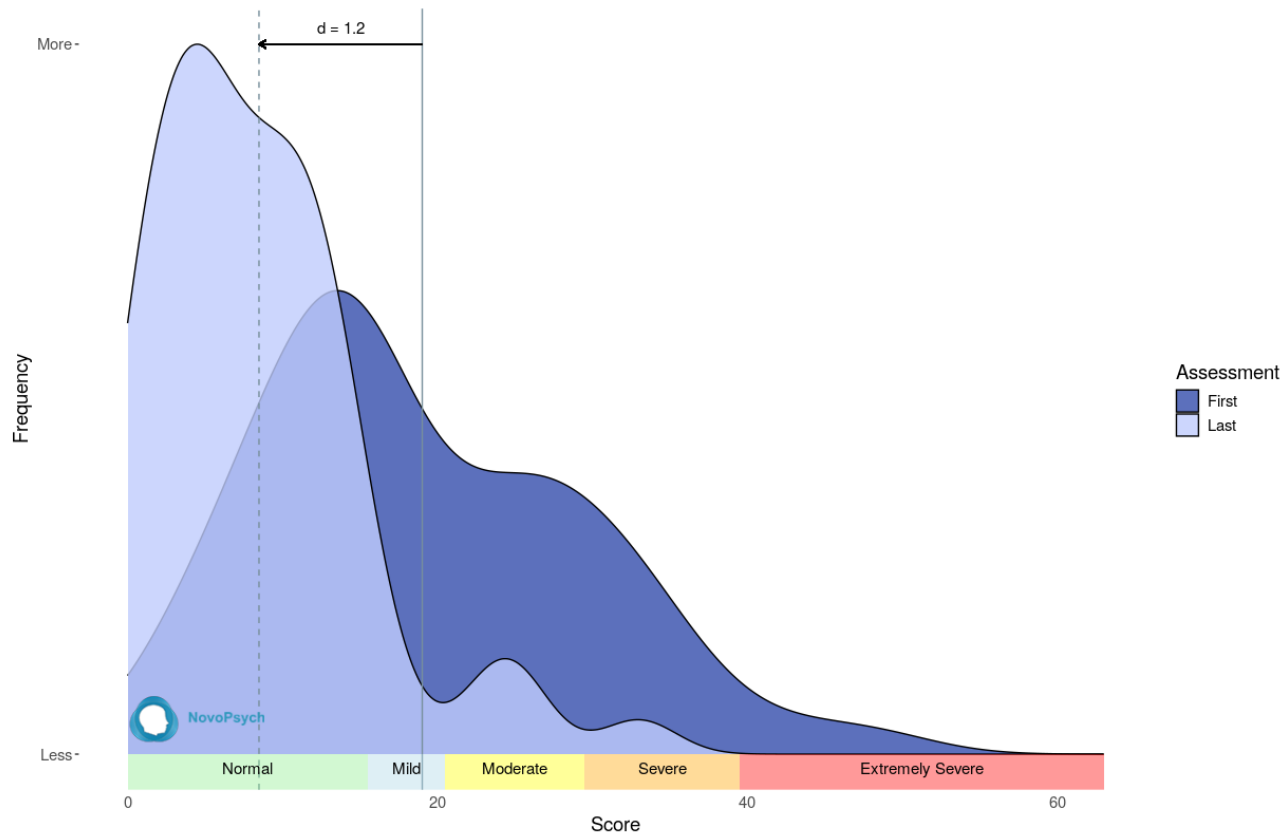


The Total Distress group average of the 57 participants prior to the training, was reported in the upper end of the DASS-21 Mild Range (Mean = 19). At the end of the program (30 days later), the average was reported in the Normal Range (Mean = 8.5).



DASS-21 results showed that 91.1% of participants made a measurable improvement on their DASS21 Total Distress scores at the 30 day post training data collection point.

Effect Size Plot



The plot above shows the scores for the participants on the first and last administrations of the DASS-21, and the effect size for the change in Total Distress scores. The vertical (unbroken) line shows the participants average score was in the upper end of the Mild Range on the first administration of the DASS-21 prior to the training and the vertical (broken) line shows the participants average score is now in the Normal Range at the final administration 30 days post training. The Cohen's D score, or the Effect Size for the CYM...CNR program is 1.2, which means that that the CYM...CNR program has caused a large effect on the participants Total Distress levels.

CYM...CNR – Better than any drug

Most modern antidepressants, particularly SSRIs and SNRIs, exhibit small to moderate effect sizes in treating depression compared to placebo, typically ranging from 0.30 to 0.55. In contrast, the CYM...CNR intervention demonstrates a large effect size of 1.2 in reducing Total Distress. Simply put, this intervention significantly impacts Total Distress scores. It's important to note that this trial did not specifically target participants with high depression scores or diagnoses of Depression; the comparison is made for illustrative purposes.

The Gallup State of the Global Workplace: 2024 Report states that 41% of employees worldwide say they are stressed – with stress levels being a known critical indicator of mental health. Gallup estimates that low employee engagement costs the global economy US\$8.9 trillion.

One month after the CYM...CNR program conclusion, DASS21 scores reported a measurable improvement to the Total Distress levels of 91% of the participants. Participants average scores started in the upper end of the Mild range of psychological distress. At the end of 30 days, average scores were reported to be in the Normal range. The assumption could be made that as this intervention lowers Total Distress (including Stress), this will improve mental health, and result in a rise of employee engagement and increased productivity.

The CYM...CNR program is a non-medical, non-invasive treatment. There are no known side effects. Significant results were reported quickly with the improvements being noted at the completion of the two-day training workshop. These results were proven to be sustained at the 30-day mark. These results prove that the CYM...CNR program helps individuals change their mind to create new results in their lives.

Nicole Chilcott: Registered Psychologist (B.Ed/B.Psych) &
NeuroChangeSolutions Consultant/Trainer