

## Background

Comprehensive mental health treatment is progressively incorporating a diversified set of modalities to optimize overall health and wellbeing. Increasingly, healthy lifestyle interventions (HLI) are coming to be viewed as augmentation and even potential first line strategies to the previously validated approaches of psychotherapy and antidepressants. However, analysis of the perceived and actual efficacy of these interventions is ongoing. This project aims to evaluate the rated effectiveness of HLIs from the standpoint of the Air Force Aviator.

## Methods

**N=98**  
Aviators including  
Enlisted members  
and Officers

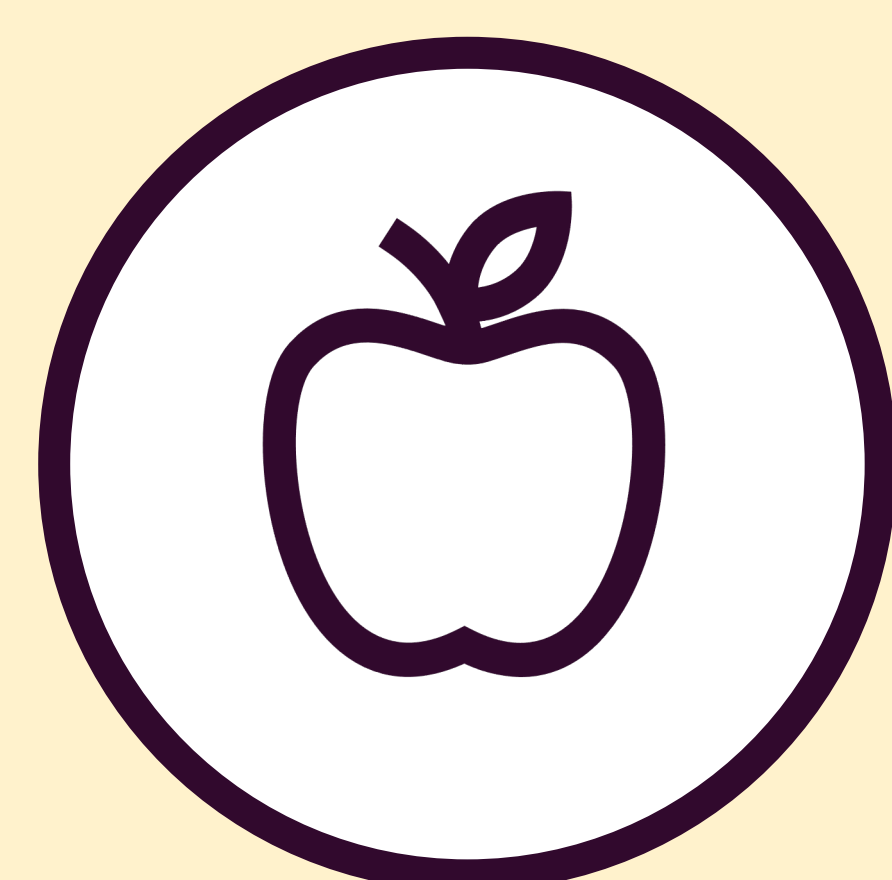
**All individuals** were  
being treated with  
aeromedically-approved  
antidepressant  
medications

**Participants**  
were invited to  
participate in a  
USAFSAM survey

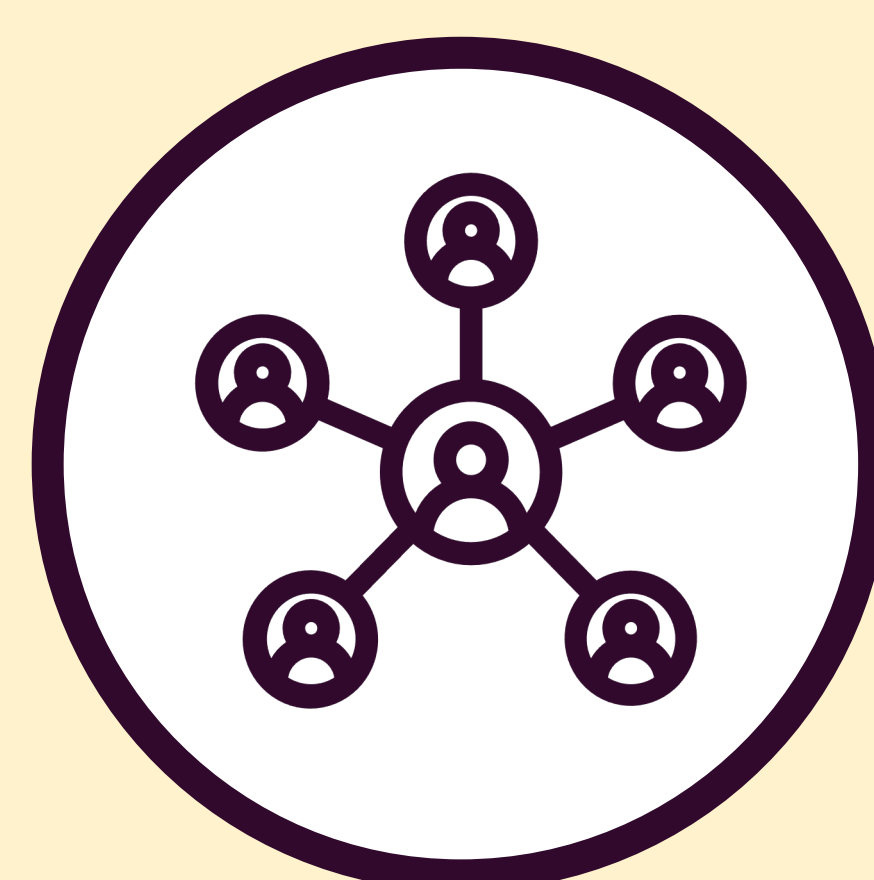
**Treatment Survey**  
Post treatment 0-to-10  
Likert Scale survey  
used to compare the  
rated efficacy of  
Psychotherapy, HLIs,  
and Antidepressants in  
treating their MH  
condition.

**Statistical Analysis** was used to compare  
score results for HLI, antidepressants, and  
psychotherapy.

# Healthy Lifestyle Interventions are rated as effective as psychotherapy and only slightly less effective than antidepressants in treating mental health conditions in Air Force aviators.



Nutrition



Healthy Relationships



Stress Management



Exercise



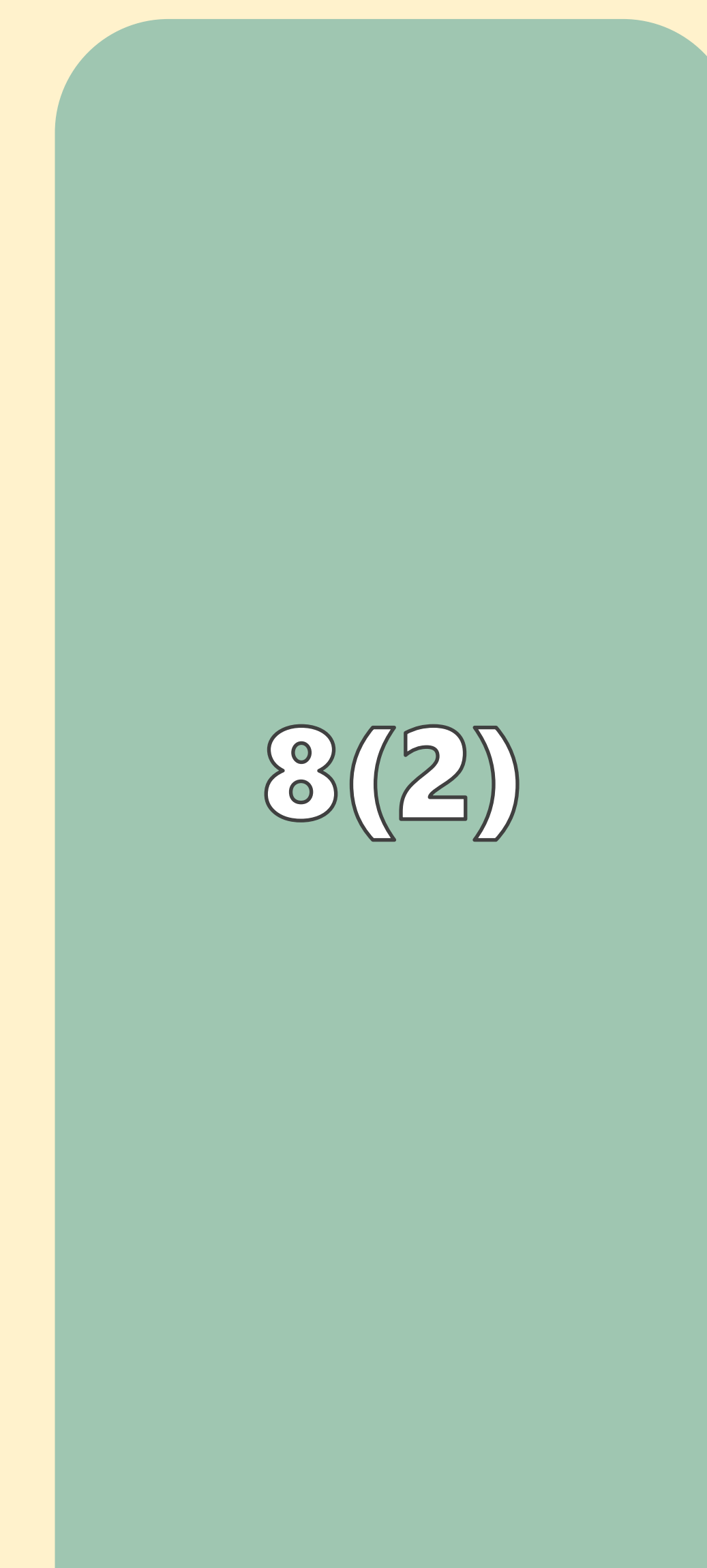
Sleep



Avoiding Substance Use



Psychotherapy



Healthy Lifestyle Interventions



Antidepressants

Median (Interquartile Range)

\*p<0.01



Scan to learn more!

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### PRESENTERS

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