

**Impact of Integrative Restoration (iRest) on College Students**  
**University of Missouri - Columbia, Missouri**  
**Terry Wilson, M.Ed., R.N., CHES**  
**Heather Eastman-Mueller, PhD, CHES**

**Research Summary**

The University of Missouri Student Health Center conducted a pilot study investigating the impact of Integrative Restoration – iRest with college students during the fall semester 2007. Fifteen students enrolled in the course with seven participants completing the pre and the post tests (46% response rate). As a portion of the study, a qualitative assessment was conducted after class four and after completion of the last class.

Study Findings:

Results showed a decline in the following scales:

- The *Perceived Stress Scale* (measures the degree one's life situations are perceived as stressful) showed reduction from pre to post test,  $t(6)=4.61$ ,  $p<.01$ ,  $M=19.14$  to  $M=12.00$ .
- The *Penn State Worry Questionnaire* (measures the tendency, intensity, and uncontrollability of worry) showed a significant reduction of worry from pre to post test,  $t(6)=2.67$ ,  $p<.05$ ,  $M=53.29$  to  $M=42.42$ .
- The *Beck Depression Inventory (BDI)* (measures the presence and degree of depression) showed a significant reduction in depression from pre to post,  $t(6)=2.80$ ,  $p<.05$ ,  $M=10.29$  to  $M=2.00$ .

Results showed an increase in the following scale:

- *The Five-Factor M Questionnaire* (measures the following five factors: non-reactivity to inner experience, observing, acting with awareness, describing/labeling with words, and non judging of experience). Results showed an increase from pre to post in the five factor scale,  $t(6)=3.43$ ,  $p<.05$ ,  $M=114.57$  to  $M=133.57$ .

The qualitative data supported the quantitative results with students expressing (in general terms) a sense of being less anxious, sleeping better, increase in awareness of body sensations and using these signals to sense the mouth, relax and put things in perspective.

January 15, 2008