

## **You may be able to recover from anxiety or depression in a sustainable way, in FOUR weeks.**

### **What if.....**

**You** could choose to take a program, or not.

**You** would get immediate help WHEN you need it.

**You** could have this support COME TO YOU at your home.

**You** actually LEARN what is the cause of your condition.

**You** do NOT need to talk about any of your concerns.

IT DOESN'T MATTER if you are on medication or not.

If the help doesn't work for **you, you** SIMPLY STOP when you want.

It was completely FREE.

It was completely CONFIDENTIAL - no need to tell anyone - family, doctor, employer.

### **...and a program like this is already available**

A program which is already delivering all of the above and is providing sustainable quick relief to many people (without selective screening), virtually regardless of how severe the symptoms appear to be or how long they may have been suffered. This will not be so for everyone, but it has already helped many.

A program which has been running since **2012** and has already been accessed by **765** people suffering from anxiety and **560** from depression - thats **1325 people**.

Obviously, there are some people who really need a more specialised level of professional care, and perhaps medication.

Having said that, the program has been completely open to everyone and although **1325** people signed up to the program, **only 97** dropped out or did not benefit at all.

The remaining **1228** people undertook a program of four sessions over four weeks.

Not everyone completed the program, some dropping out after one, two or three sessions.

## Are these people like you?

Age Range	
18 - 30	313
31 - 40	336
41 - 50	293
50 +	286
	1228

Ages more or less evenly spread

Gender	
Female	770
Male	458
	1228

60% female, 40% male

## These people had suffered for varying lengths of time

Time suffered			
0 -6 months	6 - 12 months	1 - 5 years	5 + years
107	124	329	668
8%	9%	27%	56%

56% of people had suffered from anxiety or depression for greater than 5 years

Although 1228 started the program, some only completed one, two, or three parts of the full program. This is fairly consistent with any form of treatment, however, the results achieved by these people are perhaps not.

No of sessions completed	
One	1228
Two	823
Three	564
Four	360

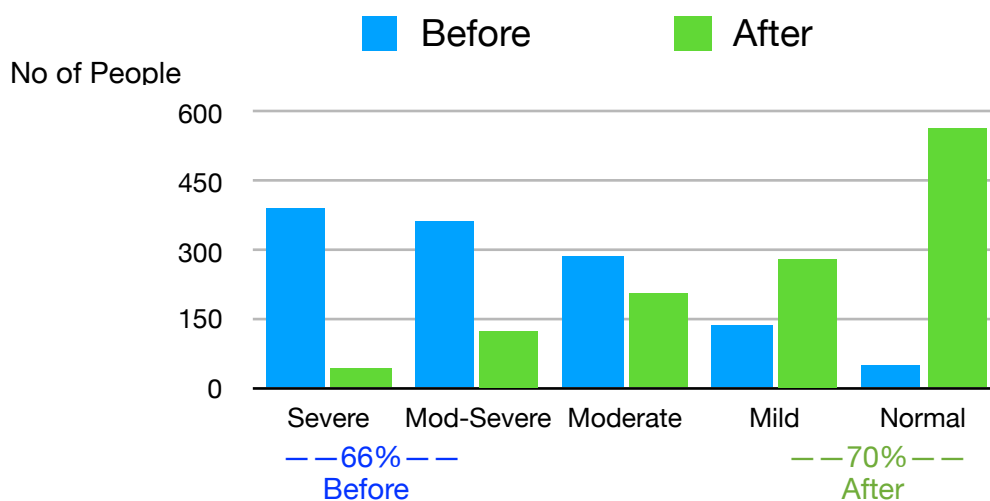
### Measuring success

There are many ways to measure performance in trials such as these, but this trial uses standard methodology and the results are **recorded by the people themselves** rather than the therapist.

This review uses the five standard categories in Mental Health assessments - Severe, Moderately-severe, Moderate, Mild and Normal

### So, how did the 1228 people fair overall?

(regardless of failure to complete the full program)



## Conclusions

Even although people were **not screened** for the trial - it was freely available to everyone.

and

Even although **54%** of people had suffered their symptoms for **greater than 5 years**

and

Even although the majority of people **did not complete** the recommended four sessions

and

**66%** of people rated their condition as either **Severe or Moderately-Severe** before the program

still

**70%** of people finished with symptoms they described as **mild or normal.**

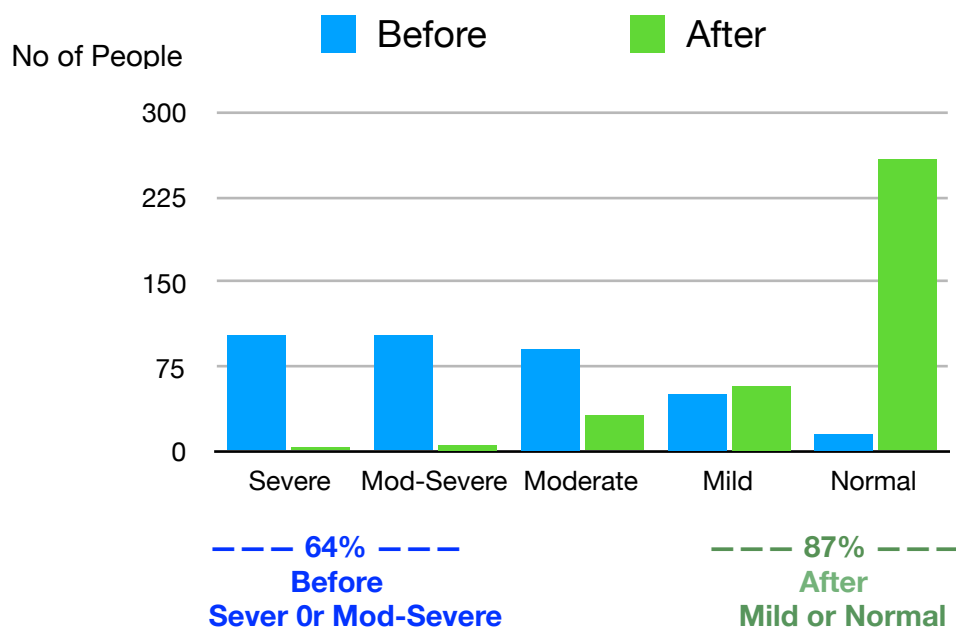
### Was the number of sessions important?

	% of people Mild or Normal after sessions
1 Session only	52%
2 Sessions	61%
3 Sessions	81%
4 Sessions	87%
Overall average	70%

**Yes.** More sessions delivered better results.

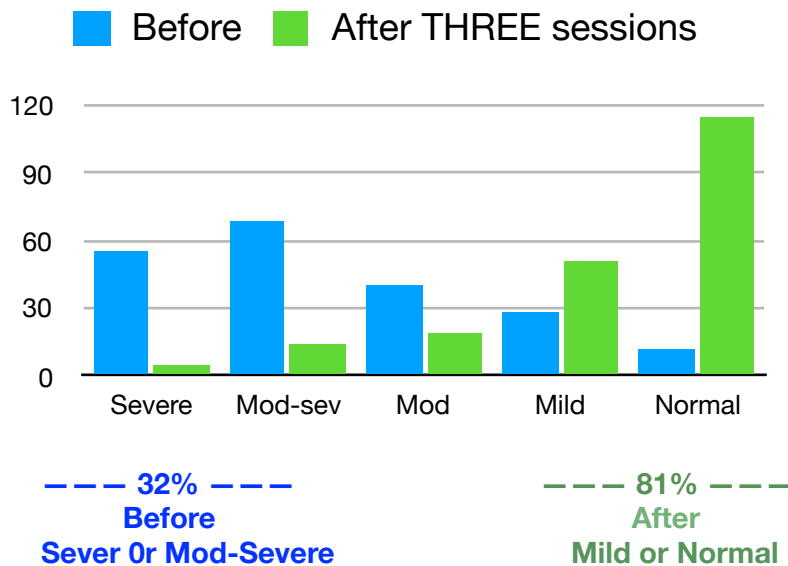
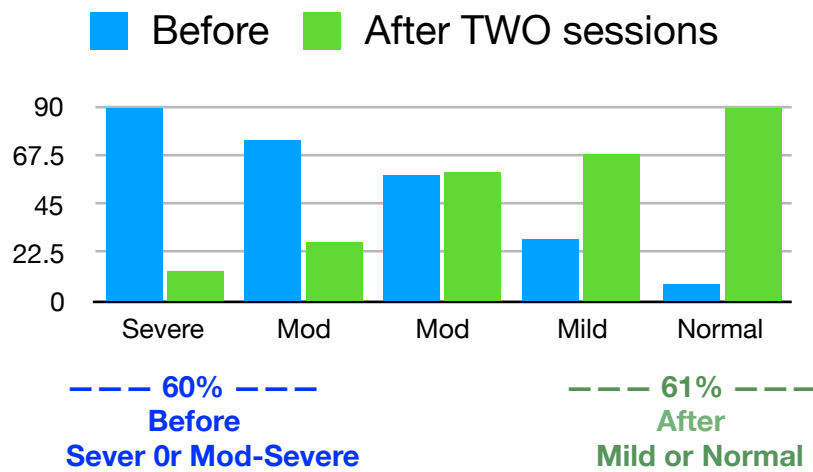
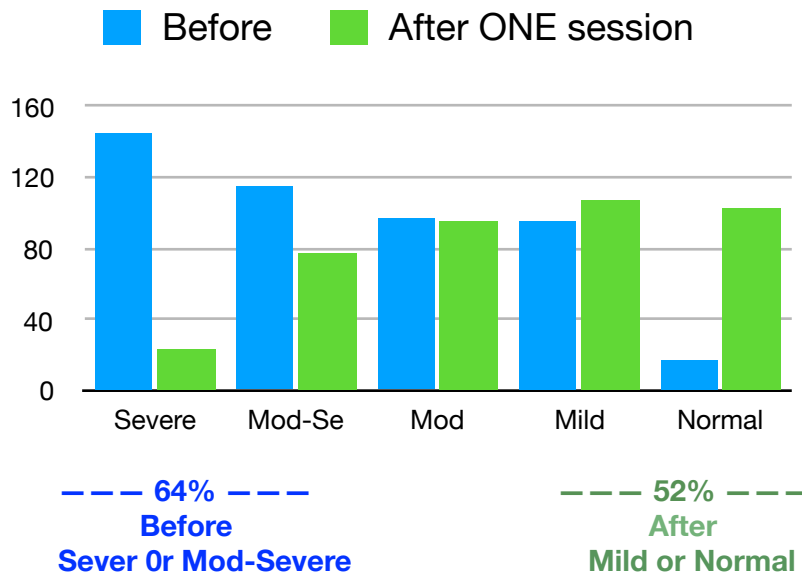
## What about those who completed the full program over four weeks?

Results for **360** people who **completed the full four sessions**



## What about those people who did not follow the complete program?

# Better results were achieved as more sessions were taken



## Were the same results achieved for both the Anxiety and Depression programs?

### Results for people who completed all four sessions

	Before ( severe & Mod-Severe)		After (Mild & Normal)	
	Number	%	Number	%
Anxiety	138	64%	187	87%
Depression	66	46%	129	89%

Broadly, yes they were.

### What do I need to do to join this program?

You will need access to a computer/tablet/ipad/mobile phone, and email account - and a broadband connection.

Simply go to [www.thehumanapproach.com](http://www.thehumanapproach.com)

You will watch a brief introductory video which will explain the program to you, and ask you if you want to sign up to the program.

If you sign up, you will be asked to fill out a simple form which you will use each time to monitor your improvements week by week.

This form has provided the results you have just reviewed for 1325 people.

Once you are registered, you will be sent an invitation to the program by email..

The email will contain a link to the program. Click this link and start part one that day. You will need to have ONE HOUR of time available and be able to sit quietly where you can watch and listen without interruptions.

Choose either the Anxiety or Depression program, Don't worry too much which one, many people have symptoms of both. Just choose and get started.

In each of the four sessions, you will be asked to watch a half-hour video which will provide you with knowledge you will need in order to understand your condition and overcome your symptoms.

After this you will be asked in each session to listen to a second 'treatment' video which is easy to understand and to follow.

After each session is finished, you will click a link which will trigger the next part of the program to be delivered to you in a weeks time.

The whole program takes four weeks.

Throughout the program, after each session, there will be an opportunity to send questions or comments. You can use this or not, as you wish.

After the program is complete you will receive a final email with a summary of your achievements and some further suggestions for how you may continue to improve even further.