

# STUDY FINDINGS

Determining the acceptability, safety, and feasibility of a self-management memory reconsolidation program in the Zealand context.

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## THANK YOU!

*As a participant in the study, you have helped researchers to learn more about how to study an online program called 'Your Hidden Mind', a potential alternative way to help people support their well-being following a past emotional event/s.*

*By sharing your experiences, you have helped to find out whether the online program might help to improve people's general well-being and if it is feasible for people to complete the program and study questionnaires. Some of you have also helped us to learn more about your impressions of the program and suggestions to support its use in New Zealand.*

*The research team thank you for your time and willingness to share your experiences with us. This research would not have been possible without your support. We have prepared this summary of the results for you. We hope it helps you to understand and feel proud of your key role in this research.*

## CAN YOU REMIND ME ABOUT THE PURPOSE OF THE STUDY?



This study aimed to find out about to what extent is conducting future research of the 'Your Hidden Mind' program feasible and culturally safe in the New Zealand context. We were also interested in people's impressions of the acceptability of the 'Your Hidden Mind' program.

## WHAT'S HAPPENED SINCE I WAS IN THE STUDY?



In total, nine adults agreed to take part in the study and completed both study questionnaires about their health and well-being. Four participants agreed to be interviewed and shared their impressions of the benefits and barriers to using the program. Since then, researchers have reviewed all the information collected and have created a report of the results. This is a summary of that report.

## WHAT WERE THE STUDY RESULTS?



Most participants were aged 18-39 years (44%), female (66%) and NZ European (56%). Most participants reported using other activities to help manage past emotional events (89%), including exercise (67%), followed by mindfulness (44%) and support from others (e.g., friends, family) (44%). Most participants reported less anxiety (75%) and depression (75%) and more intense positive emotions (86%) near the end of their involvement in the study.

# WHAT WERE BENEFITS AND BARRIERS?



Participant comments about the perceived benefits and barriers to accessing the intervention were mixed. Participants found the intervention easy to use and reported benefits including improved well-being, unexpected insights, and self-reflection gained from using a daily diary. Barriers to accessing the program included a lack of relevant content in RAPs, limited engagement, technological difficulties (e.g., unreliable Wi-Fi), and time constraints. In terms of cultural safety, participants generally described the intervention as 'not unsafe' but acknowledged limitations in terms of cultural engagement.



## WHAT IMPROVEMENTS WERE SUGGESTED?

Suggested improvements related to making the intervention more accessible, engaging and including greater diversity, such as including RAPs being read aloud by speakers from a range of ethnic groups and including males and females. Participants also welcomed the inclusion of different languages, particularly the use of Te Reo. Offering the intervention in the form of an App may also address some of the technological difficulties and time constraints reported by participants.

## WHAT HAPPENS NOW?


Researchers are now working to share study findings with the study funder. Findings will help them and the creators of 'Your Hidden Mind' to make decisions about the future development and delivery of the program. Findings will also be useful for helping to design and plan further research examining the program and its effectiveness.

This study was approved by the Auckland University of Technology Ethics Committee on 08/04/2024 (AUTEC Reference 23/344).

## CONTACT

If you have any questions about the study, please feel free to contact the lead researcher Kelly Jones –

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