Impact of Integrative Restoration (iRest) on College Students
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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.

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