

An Evaluation and Validation of the Discover Wellness Worksite Health
Promotion Program Across Three Locations

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Web Appendix

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Table 1. Stress, Nutrition, Physical Activity, and Sleep Pre and Post Test
Cronbach Alphas, Means, Standard Deviations, and *T*-Tests (*N* = 26)

Scale	Pre-Test			Post Test			
	Cronbach Alpha	Mean	SD	Cronbach Alpha	Mean	SD	<i>t</i>
Stress	.80	3.77	.62	.77	4.28	.49	4.46*
Nutrition	.94	3.07	.90	.92	4.12	.71	7.65*
Physical Activity	.87	3.74	.94	.74	4.31	.57	4.11*
Sleep	.80	3.25	.81	.76	3.94	.69	5.53*

**p* ≤ .001

Table 2. Connections Between Themes and PERMA Domains of Positive Psychology

Category	Themes	PERMA Positive Psychology Domains
Learned Behavior Change Strategies	Journaling Meditation Portion Control Use of Resistance Bands Earlier Bedtime Routine	Accomplishment Meaning
Additional Tools Needed for Success	Time Take Home Curriculum Resources	Engagement
Perspectives on Wellness Coaching	Application of Learning Inviting Reflective Listener Community	Positive Emotions Engagement Positive Relationships

Appendix A: Discover Wellness health promotion program

Session	Objectives	Activity
Writing Away Stress	Describe the impacts of eustress and distress on the eight dimensions of wellness. Identify strategies to manage current stress and future stress. Demonstrate the ability to participate in stress reduction activities.	Reflective journaling
Decoding Nutrition Labels	Demonstrate how to read the nutrition facts label. Identify how much of each major nutrient is appropriate for wellness. Apply skills to determine quality of food from labels and misconceptions.	Nutrition labels reading exercises
Move Well	Demonstrate movement for training the body for activities performed in daily life. Practice how the body moves to prevent injury. Practice proper movements to enhance daily activities.	Functional movement exercises
Don't Stress About Stress	Demonstrate techniques to reduce stress levels through yoga. Demonstrate techniques to improve relaxation through meditation and breathing. Practice performance in taught yoga poses and meditative practices.	Yoga and meditation
Portion Distortion	Describe the importance of portion control to improve their overall health. Identify the proper portion sizes for commonly eaten foods. Demonstrate how they can make small changes to improve their portion control.	Portion control
Beginner Resistance Training	Demonstrate ability to perform movement to gain strength. Identify the importance of resistance training in overall wellness.	Resistance band movements exercises

Sleep Well	Identify the difference between sleep quality and sleep quantity, Discuss the importance of a sleep schedule in improving sleep quality. Identify if they are sleep deficient. Discuss sleep importance for mental and physical health, quality of life, safety.	Sleep routine and technique exercises
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