



**Online health coaching:
Can EMH prevent employees from
getting ill?
What interventions are effective?**



Mark Willems, m.willems@minddistrict.nl, 06 - 11355544

Key risk factors (hypothesis)

- Stress
- Work-life balance
- (Lack of) attention
- Conflicts
- Partner relationship
- Lifestyle
- (Lack of) sleep



Online health coaching modules

- Stress management
- Time management
- Balance using RET
- Power of attention
- Conflict management
- Work-life balance
- Relationship coaching
- Healthy living
- Better sleeping

Intervention steps

- 1 Education
- 2 Assignment(s)
- 3 Feedback



Online coaching portal

The screenshot shows a web browser window displaying the Minddistrict online coaching portal. The browser title is "Internet Coaching - Windows Internet Explorer" and the address bar shows the URL: <http://89.171.186.66:10102/Client/Treatment.aspx?Intervention=19&step=Assignments&substep=1>. The page header includes the Minddistrict logo with the tagline "Open your mind" and a user profile for "ACCEPTANCE 2.05" with the name "Testclient Jeannette 2".

The main content area is titled "Oefening Introductie" and features a progress bar with three steps: "De intake", "Coach traject", and "De evaluatie". The current step is "Oefening", which is highlighted in pink. Below the progress bar, there are three sections for the exercise:

- 1. Instructie**
Inventarisatie
Er zijn geen goede of foute antwoorden. Antwoord zo duidelijk mogelijk.
Vraag
1. Wat is de aanleiding geweest om je aan te melden?
Antwoord
- 2. Oefening**
1. Lag het initiatief voor de aanmelding bij jou of bij iemand anders?
 Het initiatief lag voornamelijk bij mij
 Het initiatief lag voornamelijk bij iemand anders, namelijk:
2. Hoe ziet jouw functie eruit? Geef een korte beschrijving.

The right sidebar contains several sections: "Coach" (with a profile picture and name "The FirstName LastName"), "Mijn programma" (listing "Coaching", "De intake", and "Het traject"), "Berichten" (with "Inbox" and "Outbox" links), "Gesprek" (with "Actief", "Afgerond", and "Nieuw" links), "Extra functies", and "Agenda".



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Coaching project

- 3 coaches (psychologists)
- intervision by experienced coach
- 70 coachees
- 60% female, 70% 20-35 years
- different branches
- 4 months



Conclusions

- Effectiveness (80%) and usability (85%) good
 - Health coaching issues are generally less complex than in therapy
- Health coaching often relates to clinical problems (30%)
 - Module Dysfunctional cognitions or referral to therapy
- Face-to-face sessions are required/requested (85%)
- Most popular modules
 - Stress management
 - Time management
 - Work-life balance

