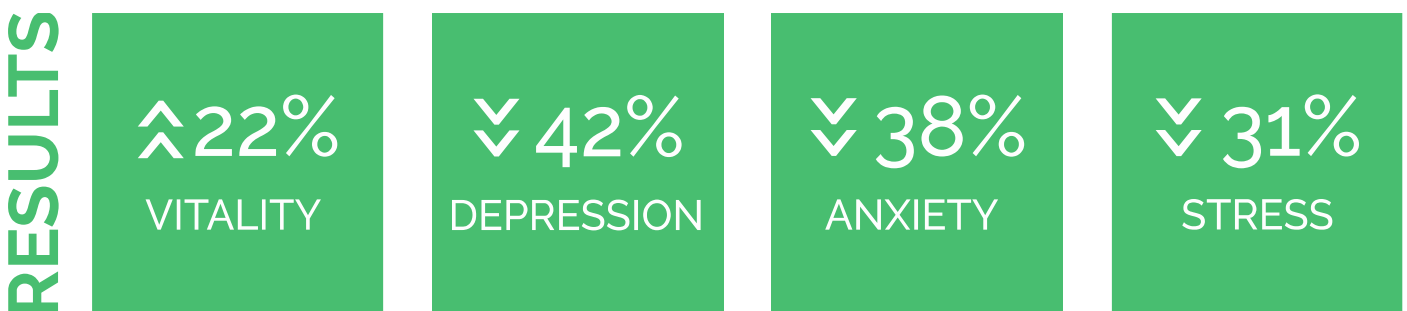




The Lift Project is a premier, evidence-based wellbeing program. It uniquely brings together scientifically-proven strategies drawn from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology.

Developed by internationally recognised wellbeing expert, Dr Darren Morton, The Lift Project experientially explores 10 wellbeing-enhancing topics over 10 weeks (with an emphasis on mental wellbeing) that are designed to increase the resilience and happiness of participants. The course is delivered through our online learning portal.

Through evidence-based strategies, The Lift Project will help your team to feel good and function effectively. Prioritising mental health and wellbeing will not only improve your bottom line, it will also help you to attract (and keep) top talent.



The Lift Project draws together the findings from over 300 studies in an easily understandable way. Its effectiveness has been investigated in several studies with the findings presented at academic conferences and published in peer-reviewed journals. A randomised controlled trial involving approximately 400 participants has shown significant reductions in depression, anxiety and stress, and significant improvements in vitality and life satisfaction.

Return on Investment (ROI)

Studies show that, on average, every dollar invested in a mentally healthy workplace can result in a positive ROI of 2.3 dollars.¹ Untreated mental health conditions cost Australian businesses close to \$11 billion per year – which isn't surprising when one in five workers have taken time off due to a mental health condition², and only 50% of employees believe their workplace is mentally healthy.

Create a Great Place to Work

Studies show that when looking for a job, three-quarters of employees in Australia consider the mental health of a workplace to be important.³ In addition, organisations are better at recruiting and retaining top talent when they value mental wellbeing and safety. Prioritising mental health increases productivity, morale, and engagement; and reduces absenteeism, grievances, and turnover.⁴

¹ Pricewaterhouse Coopers (PWC) (2014) *Creating a mentally healthy workplace: Return on investment analysis*. Melbourne: Beyond Blue.

² TNS (2014). *State of Workplace Mental Health in Australia*. Melbourne: Beyond Blue.

³ Instinct and Reason (2014) *Heads up Initiative: Employer of Choice Study*. Melbourne: Beyond Blue.

⁴ Standards Council of Canada (2013). *Psychological health and safety in the workplace — Prevention, promotion, and guidance to staged implementation*. CAN/CSA-Z1003-13/BNQ 9700-803/2013.

The effectiveness of The Lift Project intervention (which has also been referred to as the *Live More Project*) has been investigated in two cohort studies (N=67 & N=103), a randomised controlled trial (N=425), and a randomised comparative study (N=458). The two randomised trials won the best student research poster prizes at the 2018 and 2019 American College of Lifestyle Medicine conferences:

2018: Przybylko, G., Morton, D., Kent, L., Hinze, J., Beamish, P., Renfrew, M., Morton, J. (2018, October). The effect of an online multimodal lifestyle intervention on mental health and emotional wellness: A randomised control trial. Abstract presented at the American College of Lifestyle Medicine Conference, Indianapolis, Indiana.

2019: Renfrew, M., Morton, D., Morton, J., Hinze, J., Beamish, P., Przybylko, G., & Craig, B. (2019, October). The influence of human support on the effectiveness of an online mental wellbeing intervention. Abstract presented at the American College of Lifestyle Medicine Conference, Orlando, Florida.

Arising from these studies are several publications in peer-reviewed academic journals, with more in the process:

Morton, D. P., Hinze, J., Craig, B., Herman, W., Kent, L., Beamish, P., ... Przybylko, G. (2020). A multi-modal intervention for improving the mental health and emotional well-being of college students. *American Journal of Lifestyle Medicine*, 14(2), 216-224. [doi:10.1177/1559827617733941](https://doi.org/10.1177/1559827617733941)

Hinze, J., & Morton, D. (2017). Wellbeing education for educators. *TEACH Journal of Christian Education*, 11(2), 50-57. Retrieved from <https://research.avondale.edu.au/teach/vol11/iss2/9>

Renfrew, M. E., Morton, D. P., Morton, J. K., Hinze, J. S., Beamish, P. J., Przybylko, G., & Craig B. A. (2020). A web- and mobile app-based mental health promotion intervention comparing email, short message service, and videoconferencing support for a healthy cohort: Randomized comparative study. *Journal of Medical Internet Research*, 22(1), e15592. [doi:10.2196/15592](https://doi.org/10.2196/15592)

Renfrew, M. E., Morton, D. P., Morton, J. K., Hinze, J. S., Przybylko, G., & Craig, B. A. (2020). The influence of three modes of human support on attrition and adherence to a web- and mobile app-based mental health promotion intervention in a nonclinical cohort: Randomized comparative study. *Journal of Medical Internet Research*, 22(9), e19945. [doi:10.2196/19945](https://doi.org/10.2196/19945)

As can be seen in these published papers, participants in The Lift Project typically experience a 20-40% reduction in depressive symptoms, anxiety and stress and significant improvements in positive aspects of wellbeing such as vitality and satisfaction with life. Furthermore, participants with lower levels of mental health and wellbeing at baseline tend to experience the greatest improvements.

For the most recent publications, [visit our website](https://www.theliftproject.global), which is regularly updated. Recent papers have been published in BMC Psychology, The Journal of Medical Internet Research, the Journal of Positive Psychology, and Frontiers in Psychology; and more studies are in process.

The evidence-base supporting The Lift Project has resulted in it being officially endorsed by the Australasian Society of Lifestyle Medicine and certified by the American College of Lifestyle Medicine, and credited as Continuing Medical Education (CME) points for Physicians in the United States through the Rochester Lifestyle Medicine Institute.

*The Lift Project is certified by the American College of Lifestyle Medicine,
and endorsed by the Australasian Society of Lifestyle Medicine.*

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