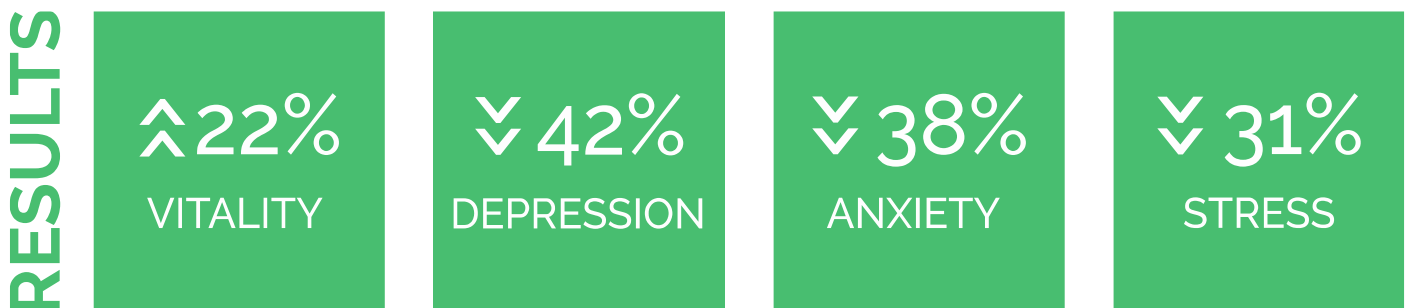




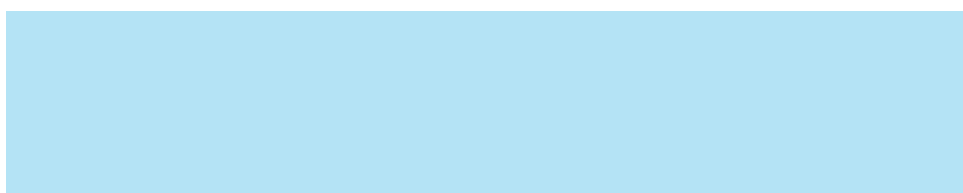
[The Lift Project](#) is a lifestyle-based wellbeing program that uniquely brings together science-based strategies from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology. It is lifting lives around the globe by equipping individuals to take charge of their own wellbeing, build resilience, and live a happier life.

Developed and presented by internationally recognised wellbeing expert, [Dr Darren Morton](#), The Lift Project explores 10 wellbeing-enhancing topics over 10 weeks (with an emphasis on mental wellbeing) that are designed to lift individuals, groups, organisations, and entire communities!



The effectiveness of The Lift Project has been investigated in several studies, with the [findings](#) showing significant reductions in depression, anxiety and stress, and significant improvements in vitality and life satisfaction.

The goal of The Lift Project is to lift 10 million lives. As a profit for purpose company, The Lift Project donates profits to initiatives that support human health, happiness, and hope around the globe.



*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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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](#), 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.

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