

## Wellness Profiling

Adapted on 26Sep10 from: <http://www.brianmac.co.uk/perprofile.htm>

If a 1500 meter runner appeared to lack speed towards the end of a race, an effective coach would observe this and design a training program to address that specific weakness. Similarly, if a person is having problems in life (e.g. thinking, environment, behavior, physical condition), then the specific life factors require attention. However, whereas speed, or lack of it, can be directly observed, life factors may not be as easily seen.

A key problem for veterans seeking to address such issues is how to work out what the problem is when they do not clearly understand what is going on in their mind. A direct question does not always provide the full facts since thoughts and feelings are often outside of our conscious awareness. Wellness Profiling is an approach that is effective in improving quality of life and reducing symptoms of depression by aiding in the identification of areas to target for improvement.

### Process

Wellness Profiling comprises of three steps:

- Step 1 - Vet identifies the characteristics of “Healthy Individual”
- Step 2 - Vet rates each in terms of level of importance and self assessment
- Step 3 - Vet analyzes the results and decides on appropriate actions.

### Step 1

Veteran answers the following question:

**What in your opinion are the fundamental qualities or characteristics of a “healthy person?”**

Spend five to ten minutes listing the qualities or characteristics that you feel are important. If you find this difficult, refer to the Qualities of Emotionally Healthy People handout for ideas, but remember that it is important for you to list qualities that are personally meaningful. In this step, you should try to identify at least 5 to 10 characteristics.

### Step 2

The next step is for you to rate each of the identified characteristics.

- On a scale of zero (not at all important) to 10 (extremely important), rate the importance of each characteristic for a healthy person.
- Use the same zero to 10 scale to rate the degree to which you currently possess each characteristic, in relation to an ideal state of 10.

- A calculation is then carried out to determine the 'Discrepancy' value. The higher discrepancies indicate areas that may need to be addressed through training or other intervention.

### Step 3

The table below provides an example of these calculations for part of an athlete's performance profile.

Characteristics of Wellness	Veteran's perceived level of importance (VPI)	Veteran's self assessment (VSA)	Discrepancy $(10-VSA) \times VPI$
Confidence	10	8	20
Concentration	9	6	36
Control	10	7	30
Commitment	9	8	18
Refocusing after errors	9	5	45
Enjoyment	8	8	16

For this particular veteran refocusing after errors and concentration are key concerns that could be addressed. This can be via intervention strategies such as self-talk or meditation practice, depending on the preferences of the veteran.

Reassessment should always relate to the same characteristics identified in the initial profiling process and be conducted every four to eight weeks.