

THE EVIDENCE BASE FOR THE WELLCOACHES COACHING PROTOCOL

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Researching the Wellcoaches protocol

Today, more than 14,000 coaches in 50 countries have been trained in the Wellcoaches protocol, which was first designed and tested in 2000-2002 for the launch of the first Wellcoaches coach training program in September 2002. From 2009 to 2020, research teams completed and published 22 peer-reviewed studies of the Wellcoaches protocol in scientific journals. All 22 studies showed beneficial and statistically significant outcomes.

22

Outcome studies conducted

30,984

clients served

194

coaches involved

128,076

coaching sessions delivered

Weight Management

Weight loss was achieved in all four studies where it was a goal. The fifth study focused on disordered eating syndromes and showed diminished incidence of binge-eating in the 225 patients studied.

• 5 Outcome studies conducted • 616 clients served • 19 coaches • 6,612 coaching sessions delivered

Diabetes

Three of these studies measured A1C and all found a beneficial reduction in this primary diabetes outcome. The fourth study did not evaluate A1C; it found improved autonomy and self-efficacy, implying better diabetic self-care, after experiencing the coaching intervention.

• 4 Outcome studies conducted • 232 clients served • 8 coaches • 1,991 coaching sessions delivered

Risk Factors & Wellness

There are ten research papers studying the Wellcoaches protocol for improvements in wellness, lifestyle medicine, and cardiovascular disease risk factors. These studies are unanimous in finding health benefits such as reduced blood pressure, lower BMI, improved fitness, lower anxiety, smoking cessation, and improved physical functioning. There are also reports of enhanced exercise habits and improved nutrition behaviors after health and well-being coaching.

• 10 Outcome studies conducted • 30,047 clients served • 157 coaches • 118,759 coaching sessions delivered

Fibromyalgia, Cancer, & Physical Burnout

The beneficial results in studies of cancer and fibromyalgia include reduced anxiety and pain, reduced use of health care services, and improved quality of life. Wellcoaches coaches focused on mitigating the effects of burnout for primary care physicians. After six coaching sessions, reduced burnout, improved job satisfaction and psychological capital were reported.

• 3 Outcome studies conducted • 89 clients served • 10 coaches • 714 coaching sessions delivered