

The Bridge Study

Results of Program Effectiveness

Data gathered by Ryan Hughes Pre-Med student BYU / USU
 Statistics Prepared by Bart Poulson, Ph.D Statistics Dept. UVSC

Overview

51 Guests sampled by Ryan Hughes

35 Female & 11 Male (4 not coded from name)

Year attended: 8 in 2001, 18 in 2002, & 19 in 2003

Bart Poulson, Ph.D and Ran Hughes are not affiliated with the Bridge Recovery Program

Statistics included

N: Number of verifiable responses.

Median: The middle score. 50% are at or below this score. Good for skewed data.

Mean: The average. Good for symmetrical data.

Standard Deviation: How far the data are from the mean, on average.

Open-ended variables

Employment before

Employment now

Other treatments before The Bridge

1. Hours worked per week before

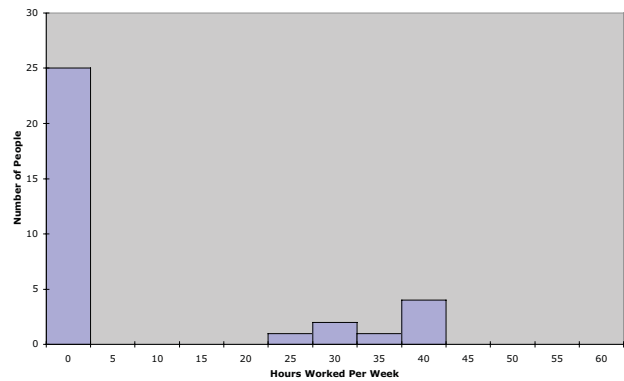
N: 33

Median: 0

Mean: 8.4

Standard Deviation: 15.5

Most of the people weren't working before coming to The Bridge.



2. Hours worked per week after

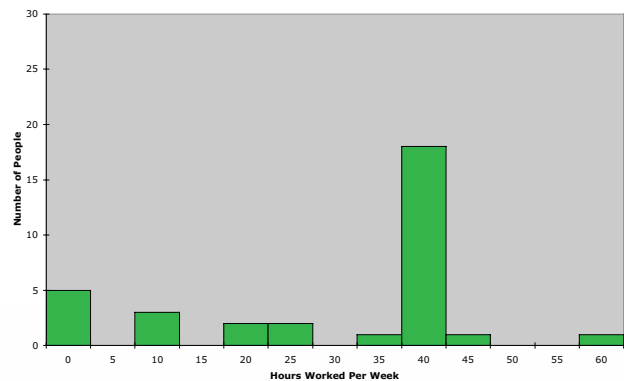
N: 33

Median: 40

Mean: 29.8

Standard Deviation: 16.6

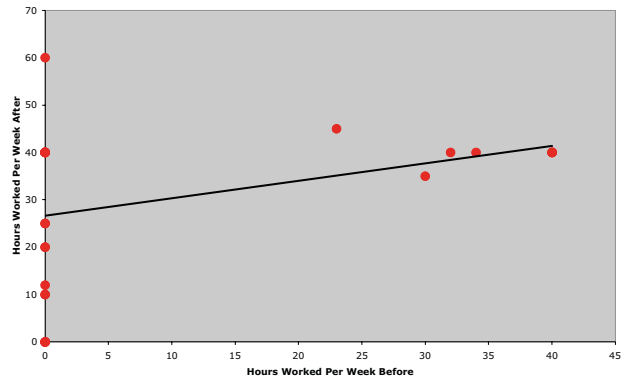
Most of the people are now working full-time after coming to The Bridge.



3. Hours worked before vs. hours worked after

$r = .34$

The most interesting part of this is the number of people stacked on the left side, who didn't work at all before. One of them is now working about 60 hours per week.



4. Change in physical effort

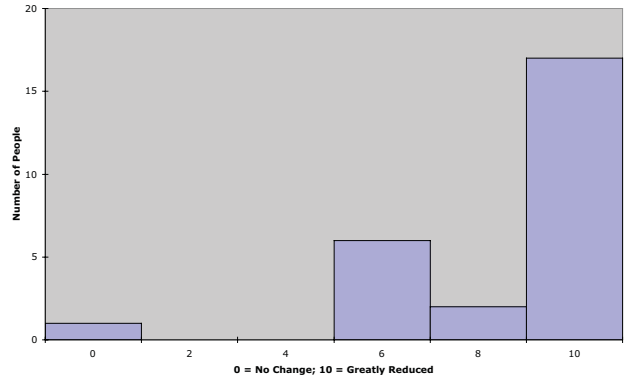
N: 26

Median: 10

Mean: 8.2

Standard Deviation: 2.7

I believe this question applies to effort in work before and after, so not every answered it. Nevertheless, over half the people report maximum improvement.



5. Pain before

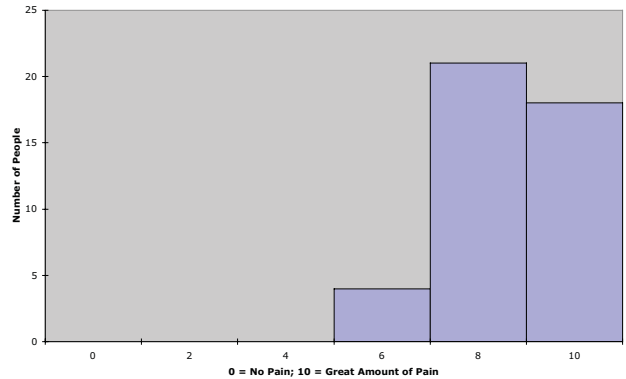
N: 43

Median: 8

Mean: 8.4

Standard Deviation: 1.3

Most of the people reported high levels of pain before coming to The Bridge, with over 50% reporting 8 or higher on a 10-point scale.



6. Pain now

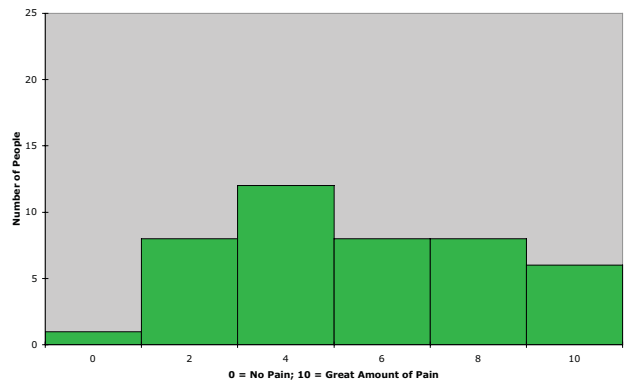
N: 43

Median: 5

Mean: 5

Standard Deviation: 2.6

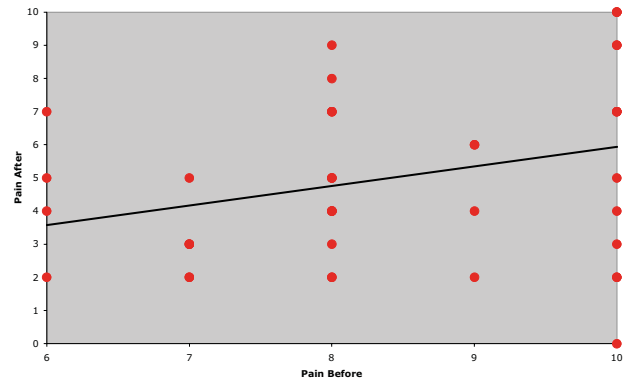
After coming to The Bridge, reported pain decreased substantially for most people, with 50% now reporting 5 or less on a 10 point scale.



7. Pain now vs. pain before

$r = .30$

This chart shows that for most people, reported pain was only about half as severe after coming to The Bridge.



8. Deal with pain before

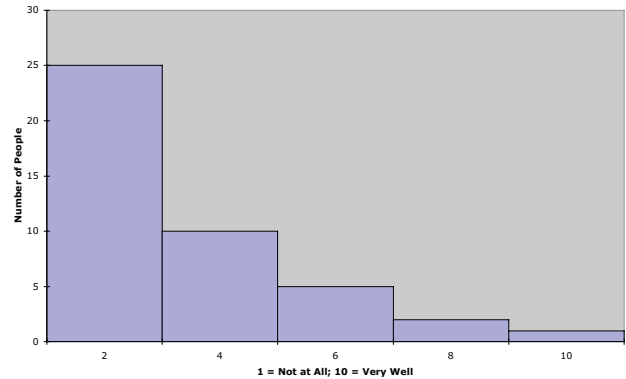
N: 43

Median: 2

Mean: 2.7

Standard Deviation: 2.1

Not many people dealt with pain effectively before coming to The Bridge.



9. Deal with pain now

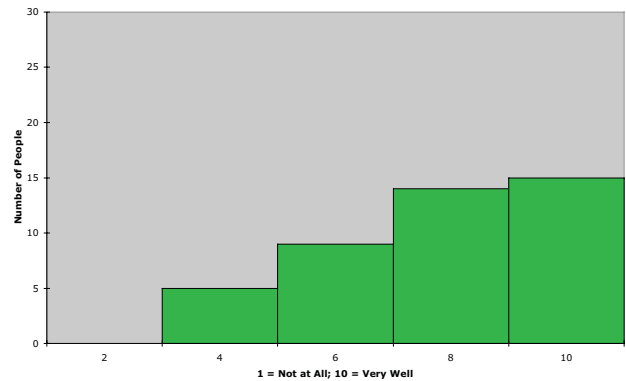
N: 43

Median: 8

Mean: 7.5

Standard Deviation: 2.0

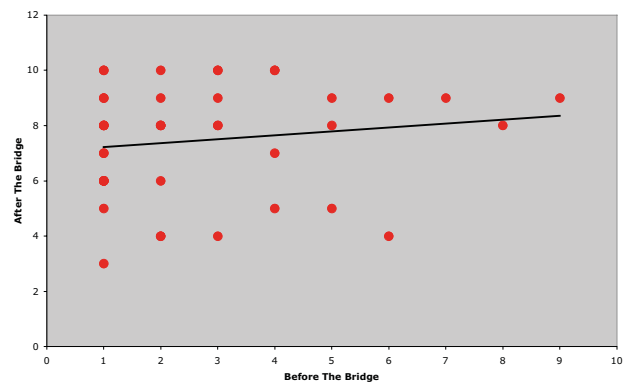
Ability to deal with pain increased substantially after coming



10. Deal with pain before vs. deal with pain now

$r = .15$

In general, people's scores went up (i.e., they have learned to deal more effectively with pain). The correlation isn't strong but this could be a good thing: after attending The Bridge, almost everybody was able to deal with pain well, regardless of previous ability.



11. Depression before

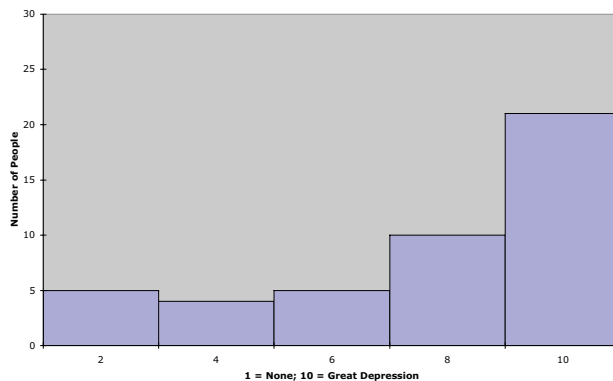
N: 45

Median: 8

Mean: 7.2

Standard Deviation: 3.0

Depression levels before coming to The Bridge were high (at least as reported in retrospect), with 50% at 8 or higher on a 10 point scale.



12. Depression now

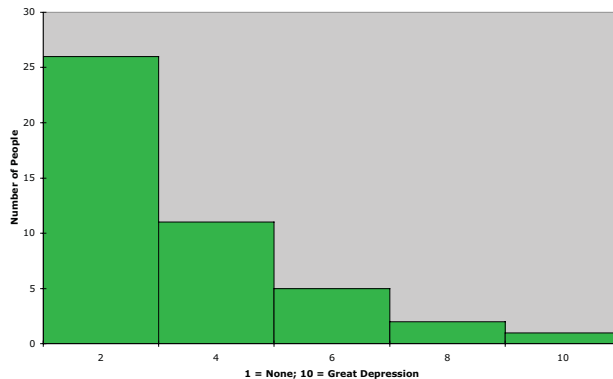
N: 45

Median: 2

Mean: 2.6

Standard Deviation: 2.0

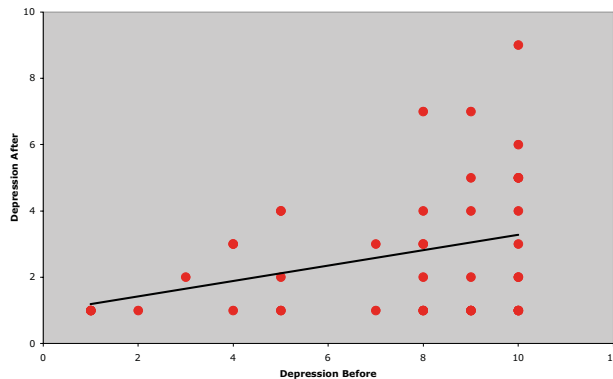
Depression levels were much lower overall, with 50% now reporting levels of 2 or lower on a scale of 10.



13. Depression before vs. depression now

$r = .34$

In no case did depression increase after attending The Bridge. In a small number of cases it remained relatively constant but in the great majority depression decreased substantially.



14. Change in doctor visits

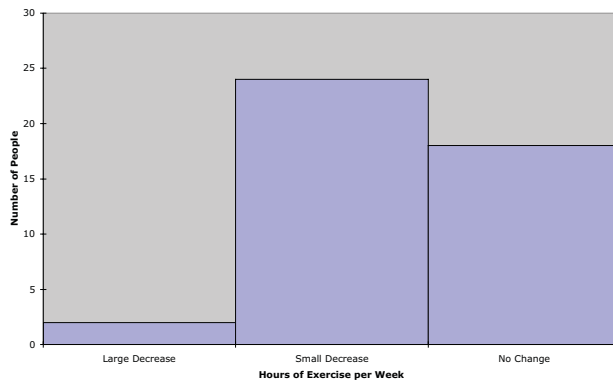
N: 44

Median: -1

Mean: -0.6

Standard Deviation: 0.6

The majority of participants reported some decrease in doctor visits after attending The Bridge.



15. Healthy living before

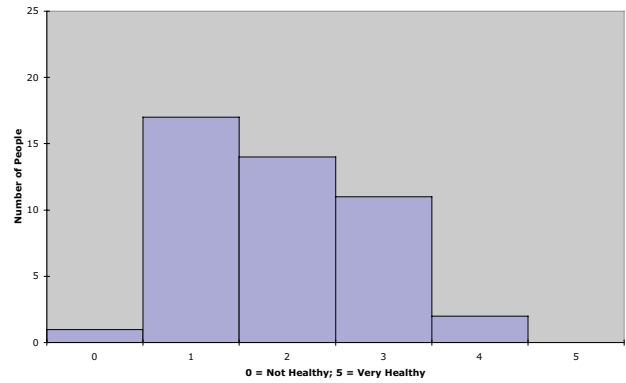
N: 45

Median: 2

Mean: 1.9

Standard Deviation: 0.9

Few participants were practicing healthy living before attending The Bridge.



16. Healthy living now

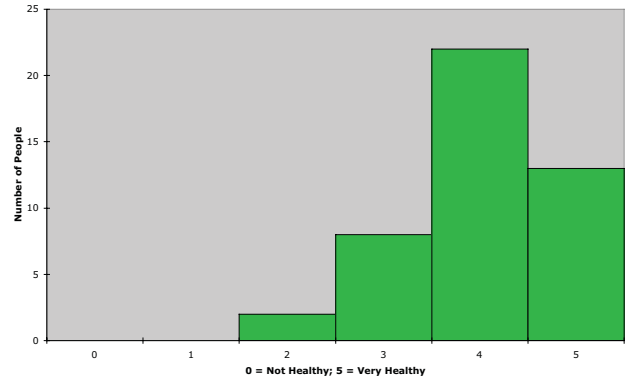
N: 45

Median: 4

Mean: 4.0

Standard Deviation: 0.8

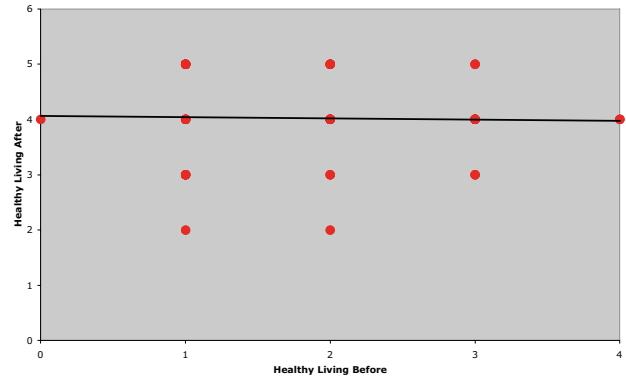
Although far from perfect, healthy living practices were noticeably more common after attending The Bridge.



17. Healthy living before vs. healthy living now

$r = -0.03$

Levels of healthy living increased substantially (about 2 points on a 5 point scale). The current level of healthy living is unrelated to previous levels.



18. Bridge's effectiveness in comparison to other programs

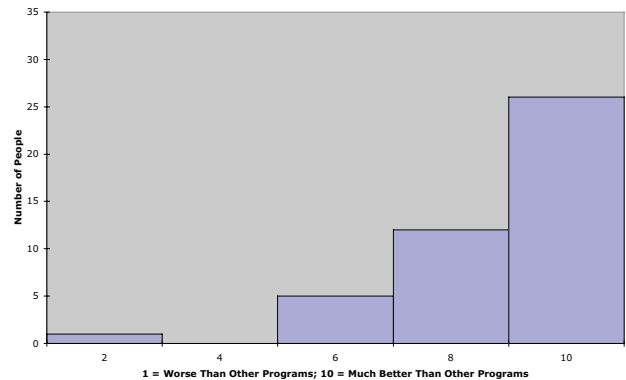
N: 44

Median: 9

Mean: 8.5

Standard Deviation: 2.0

The overwhelming majority of participants gave The Bridge stellar marks in comparison to other programs they have worked with.



22. Change in medication

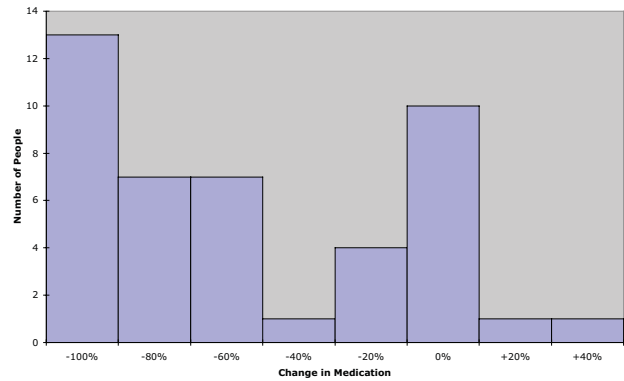
N: 44

Median: -0.6

Mean: -0.5

Standard Deviation: 0.4

The great majority of participants reported decreases in the required amount of medication following attendance at The Bridge.



23. Exercise per week before

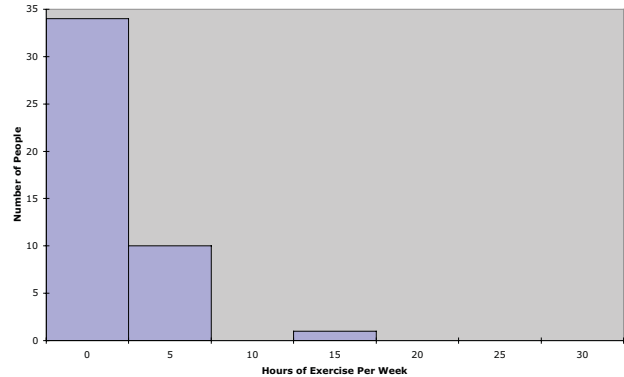
N: 45

Median: 0

Mean: 1.8

Standard Deviation: 2.9

[It looks like some people may have interpreted this as hours per week and others as minutes per day. As a result, the data are probably not useful.]



24. Exercise per week now

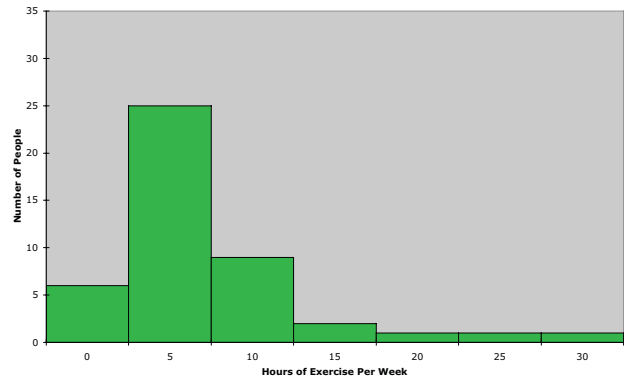
N: 44

Median: 6

Mean: 7.1

Standard Deviation: 5.9

[This variable may have the same difficulties as the previous.]



26. Recommend program

N: 45

Median: 10

Mean: 9.6

Standard Deviation: 1.5

Nearly 90% of participants gave The Bridge the most enthusiastic referral response possible. Overall, the participants seemed thrilled with their experience at The Bridge.

