

# Headspace & US Air Force

## THOSE WHO USED HEADSPACE

Slept an additional 16 minutes per night

Reported more energy throughout the day

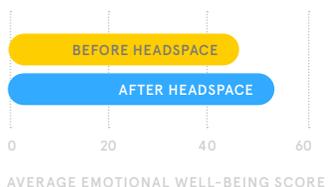
Enjoyed enhanced focus at work

Felt social interactions were less affected by stress & negative emotions

**28%**  
reduction in stress over 30 days



**15%**  
increase in emotional well-being over 30 days



## How training with Headspace improved the mental well-being of military personnel.

### BACKGROUND

Nearly 1 in 4 active duty military personnel in the US shows signs of a mental health condition.

A 1,500-person unit of United States Air Force (USAF) sought to help its members better manage the inevitable challenges of military service by providing them with access to mindfulness training via Headspace.

### PARTNER GOALS

USAF was looking for an innovative approach for supporting service members' overall well-being. They also wanted evidence to demonstrate any potential solution's impact.

### HEADSPACE APPROACH

Headspace and USAF collaborated to design and execute a study to assess the impact of Headspace within the special forces unit.

196 active duty service members were randomly assigned to a the Headspace intervention or to a "waitlist" control condition. Participants were asked to complete a baseline survey containing several scientific well-being assessments. At the conclusion of the 30-day intervention, both groups took the same assessment again as a follow-up.

### CONCLUSIONS

Service members in the Headspace intervention group enjoyed several positive changes to their mental health and wellbeing over the 30-day assessment period. In contrast, no changes in these outcomes were observed within the control group.