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Title: The acceptability of lifestyle medicine for treating mental illness in Australia.

Background: Lifestyle medicine has emerged as an empowering and effective approach to treating mental illness. Understanding community attitudes to this approach is a critical first step to its broad implementation.

Objectives: Investigate the acceptability of lifestyle medicine for the treatment of mental illness and compare the acceptability of this approach to pharmacotherapy and psychotherapy, in individuals with and without lived experience of mental illness.

Methods: Six hundred and forty-nine Australian adults (62.6% female; $M_{age} = 34.77$; 53% lived experience) completed an online survey assessing acceptability across the seven constructs of the Theoretical Framework of Acceptability (TFA).

Results: Acceptability of lifestyle medicine was high for the constructs of affective attitude (81.2%), ethicality (79.3%), intervention coherence (90.6%) and perceived effectiveness (75.5%). Lifestyle medicine was significantly more acceptable than pharmacotherapy across numerous TFA constructs. Participants who had experienced mental illness reported lower self-efficacy and indicated that engaging in lifestyle medicine would be more burdensome than those without lived experience.

Conclusion: The study showed strong acceptability of lifestyle medicine approaches to mental illness, and should encourage the government and other funding bodies to support the implementation of lifestyle medicine programs. Initiatives that address perceived burden and increase self-efficacy will be particularly important for the successful implementation of lifestyle medicine in mental health settings.