

Effectiveness of W.A.R.A for Enhancing Coping Skills among Patients with Severe Depressive Symptoms

Dr. Ramkumar Thirumal¹, Dr. Hiran Das K², Dr. Sajeesh Sudarsanan³, Dr. H Jyothikiran⁴, Sumedh Vithalrao Dhole⁵

Received: 24- June -2023
Revised: 27- July -2023
Accepted: 21- August -2023

¹ Assistant Professor, Department of Psychiatry, Sri Lakshmi Narayana Institute of Medical Sciences, Faculty of Psychiatry, Agaram Village, Kudapakkam Post, Villianur, Puducherry, India
rammbbs2007@gmail.com

² Assistant Professor, Department of Psychiatry, Sree Uthradom Thirunal Academy of Medical Sciences, Vencode, Vattappara, Thiruvananthapuram, Kerala, India
dr.hirandask@gmail.com

³ Assistant Professor, Department of Psychiatry, Sree Mookambika Institute of Medical Sciences, Faculty of Psychiatry, Padanilam, kulasekharam, Kanyakumari, Tamil Nadu, India
drsajee1434@gmail.com

⁴ Professor, Department of Orthodontics, JSS Dental College, JSSAHER University, Mysore, India
Drjyothikiran8874@gmail.com

⁵ Assistant Professor, Department of Electronics & Communication, Bharati Vidyapeeth (Deemed to be University), College of Engineering, Pune, Maharashtra, India
svdhole@bvucoep.edu.in

Abstract

The present research article has discussed the utilization of W.A.R.A. technology as determined as the regulation strategy. It has been estimated that this intervention strategy is particularly provided by the ReAttach psychologists in the matter of the availability of the patient. The interpretation of W.A.R.A. helps in providing useful strategies regarding self-ordinance during the pandemic condition of Covid-19 and the disastrous consequences with respect to cognitive health. Moreover, the process of W.A.R.A. facilitates the application of the pattern of possible thinking by consolidating practical thoughts with regard to adequate qualities. W.A.R.A. intervention encourages healthcare specialists to investigate and find out the significant advantages of physical and cognitive health. Furthermore, has been estimated that the application of this procedure helps in reconstructing the beneficial components with reference to mental health. W.A.R.A. encourages healthcare specialists to create a remote activity for their healthcare staff that seeks to supply adequate medical advantages to the patients.

Keywords: “Wiring Affect with ReAttach (W.A.R.A)”, “Post-Traumatic Stress Disorder (PTSD)”, “Cognitive Behavioral Therapy (CBT)”, “Cognitive Restructuring (CR)” and “Cognitive Processing Treatment (CPT)”

1. Introduction

The application of “*Wiring Affect with ReAttach (W.A.R.A)*” is determined as the regulation technique of ultrafast that is generally supplied by the ReAttach psychologists in addition to the accessibility of the patient. The advantages of W.A.R.A. helps in providing sufficient intervention strategies and those strategies are authorized, straightforward and simple that typically assists in eradicating the negative affect. The implementation of W.A.R.A. helps in providing useful strategies regarding self-regulation during the pandemic situation of Covid-19 and the destructive consequences with regard to mental health. Furthermore, the strategy of W.A.R.A enables in spreading of the practice of probable thinking by concentrating on effective thoughts with reference to the effective qualities. It can be said that this coping mechanism is able to modify the developmental aspects of cognitive health that also can upgrade the self-esteem of individuals, including a healthy balanced diet and regular exercise. Besides, it has been estimated that the utilization of this strategy helps in reframing the useful elements

of mental health. In this context, the present article aims to find out the efficacy of W.A.R.A. that helps in evolving coping strategies among patients with intense depressive symptoms.

2. Literature Review

Remote training provides the effectiveness of W.A.R.A. (Wiring Affect with Reattach) for psychological intervention

It has been proven that the utilization of the “*Wiring Affect with ReAttach (W.A.R.A.)*” is basically considered the accelerated, productive and regulating intervention. The application of W.A.R.A. is mainly utilized for the eradication of negative impacts with regard to various conditions of neuropsychiatric [1]. Therefore, it has been determined that W.A.R.A. is typically supplied by therapists that are primarily ReAttach and they use an additional instrument for increasing the safety measurements for patients. As a result, it has been proven that patients can decrease their chronic pain or dynamic deregulations. On the other hand, it has been stated that the W.A.R.A. has implemented many strategic physical activities that are completely accessible and simple for decreasing mental stress among patients [2]. Thus, it has been demonstrated that W.A.R.A. also helps in expanding the advantages of essential cognitive training with reference to self-regulation.

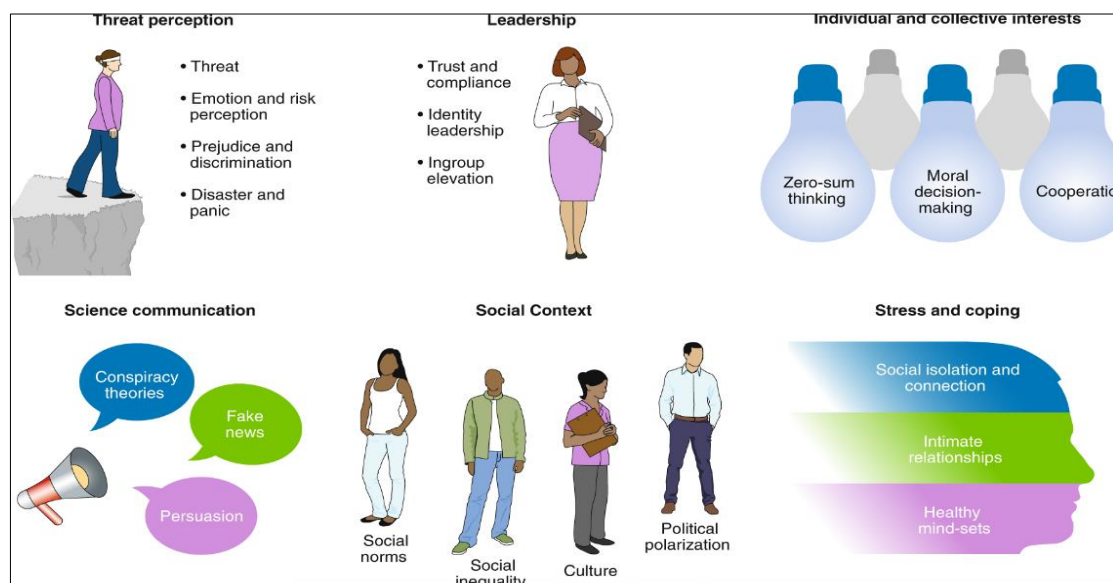


Figure 1: The application of the social science of W.A.R.A. that supports individuals in diminishing their depressive symptoms during Covid-19 [2]

Furthermore, it has been found that self-regulation serves a major role in re-estimating mental health in pandemic-stress societies. Moreover, it has been illustrated that the application of the W.A.R.A. technique helps in providing the correct accessibility for enhancing the strategies of self-regulation. Besides, it has been estimated that the W.A.R.A. correspondingly assist in enhancing mental relief among patients by eradicating severe depressive symptoms. W.A.R.A. generally provides remote training and enables the pathetic conditions of patients as they suffer from raised pressure to control their negative consequences. Therefore, it has been proven that the application of the W.A.R.A. helps in maintaining self-regulation and eradicating deterioration with regard to issues of the mental health of patients.

Comparison between W.A.R.A and distraction and addressing the effectiveness of an ultrafast Tran’s diagnostic intervention

Neuropsychiatric patients normally share their various signs across the categories of nosological, including psychological pressure, alterations of mood, depression and disturbances of self-regulation. It has been defined that ReAttach is considered a novel intervention with regard to psychology and illustrates its major components in addition to arousal regulation. Furthermore, the psychological intervention of ReAttach helps in enhancing numerous sensory clarifications, proper consideration and affective metallization for improving the cognitive

health among patients [3]. Hence, it has been understood that the implementation of the ReAttach intervention also assists in developing the aspects of associative memory. On the other hand, it has been demonstrated that this intervention strategy has been speculated to be practical in decreasing the severe symptoms in multiple psychiatric situations. It has been found that the W.A.R.A. is additionally effective in controlling the *“Negative Affect (NA)”* in comparison to distraction. Based on the view of the *“World Health Organization (WHO)”*, the affective states of the W.A.R.A. help in enhancing physical, mental, demonstrative and behavioral operations among patients [4]. Therefore, it has been identified that the *“Arousal regulation”*, *“conception”*, and *“sensory incorporation”* can be determined as the major provisions for controlling the N.A. On the other hand, it has been found that the W.A.R.A. is defined as the sub-component with regard to the ReAttach that accurately focuses on the sensations of wiring unpleasant. Moreover, it has been estimated that the technique of W.A.R.A. helps in expanding the confounding variables, including the *“Placebo effect”*. Thus, it has been understood that W.A.R.A. is a more accessible, practical and brief mediation that also helps in decreasing N.A.

The intervention of W.A.R.A in the deterrence of stress disorder of post-traumatic especially among adults, after the disclosure of Psychological Trauma

The application of the W.A.R.A. intervention helps in providing the major therapies with regard to *“Post-Traumatic Stress Disorder (PTSD)”*. The treatments of PTSD generally discuss with reference to the treatments and medications. The events of trauma are more problematic in confronting the sensations and obtaining occupational assistance that is frequently effective in treating PTSD. The application of *“Cognitive Behavioral Therapy (CBT)”* is determined as the prevention intervention that thoroughly helps in decreasing the severe symptoms of traumatic [5]. Thus, it has been proven that the utilization of CBT helps in evolving the pharmacological intervention strategies with reference to the stress hormone. Furthermore, it has been noted that W.A.R.A. intervention facilitates healthcare professionals to examine and find out the major benefits of physical and mental health. Psychotherapy is determined as *“talk therapy”* that enhances the importance of the major techniques in addition to the treatment [6]. Therefore, it has been proven that professionals in mental health apply to assist patients in recognizing and modifying the sensations and manners of trouble.

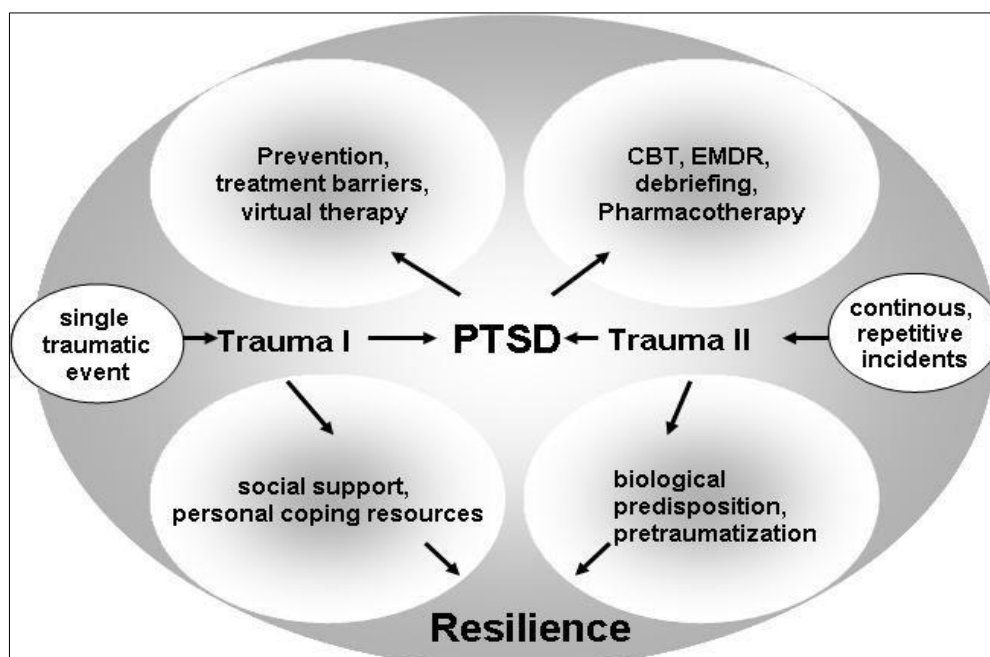


Figure 2: Psycho-trauma and the Application of practical treatment regarding the Disorder of Post-traumatic Stress [5]

On the other hand, it can be stated that psychotherapy can deliver essential support and facility with regard to education and proper guidelines to individuals with PTSD. It has been determined that *“Cognitive Restructuring (CR)”* and *“Cognitive Processing Treatment (CPT)”* are basically considered effective therapy that is entirely

based on proper exposure. Therefore, it has been stated that W.A.R.A. intervention helps in increasing PTSD therapy that also helps in improving self-esteem among patients. Furthermore, this intervention is able to build up a proactive technique for enhancing safety measurements. Furthermore, the intervention of W.A.R.A. generally provides the **“Exposure Therapy (ET)”** that is basically utilized to provide essential support to PTSD patients that effectively decrease their nightmares.

3. Methodology

It has been noted that the present research article has utilized the **“Interpretivism Research Philosophy”** to enhance the useful components. The application of the **“Interpretivism Research Philosophy”** is generally connected with the proper philosophical statements that particularly increase the importance of the subject matter [12]. Therefore, it has been proven that the enhancement of this research philosophy is entirely based on the major guidelines that typically demonstrate the specific function of the useful elements. On the other hand, it has been found that the utilization of this research philosophy helps in providing a practical contextual base in addition to the philosophical paradigms. Besides, this research philosophy is depending on the major guidelines that demonstrates the performance and particular function of the subject matter.

Besides, it has been illustrated that this research article has also applied the **“Inductive Research Approach”**. The utilization of the **“Inductive Research Approach”** allows the research to develop the useful aspect and investigate to find out positive outcomes [13]. Furthermore, it has been estimated that the utilization of this research approach also helps in estimating the effective theories that help in increasing the positive factors. Moreover, it has been illustrated that this research approach helps in developing flexibility that is completely appropriate to enhance the essential benefits. Besides, this research approach assists in providing the appropriate aspect and supports in developing the correct theory. This research approach generally begins with the particular observations and correct measurements that can determine the correct manners and regularities.

On the other hand, this research article has utilized the **“Descriptive Research Design”** to expand the scientific measurements. The application of the **“Descriptive Research Design”** helps in delivering a comprehensive picture with respect to the correct characteristics and manners of the research [14]. Thus, it has been understood that the utilization of this research design helps in developing the particular phenomena that thoroughly help in enhancing the importance of the research. Furthermore, the research design helps the investigators to find out the major understandings with respect to the topic. Furthermore, this is the correct strategy that also helps in improving the correct preferences. Besides, the application of this research design illustrates the correct connection and geometric model that demonstrates the special relationships. It has been found that this research design cannot assist to define the major reasons in addition to particular manners and inspiration.

4. Findings and Discussion

Findings

Depression and its Connection with coping techniques help in reducing the perceptions with regard to the illness at the time of lockdown due to the Covid-19 pandemic. It has been found that W.A.R.A. is extremely significant in addition to the cognitive health that correspondingly helps in enhancing the coping skills among patients. The perceptions of illness and reliable strategies can cope with the pressure in the matter of an epidemic. The symptoms of depression and stress were addressed and diminished with the application of effective scales such as **“PHQ-9”** and **“GAD-2”** [7]. Therefore, it has been recognized that W.A.R.A. intervention helps in enhancing many effective coping strategies that were considered as the proper components with regard to the questionnaire of Brief COPE. It has been found that coping strategies have provided a reliable response with regard to psychology. On the other hand, it has been found that the coping strategies of W.A.R.A. also diminished the severe or harmful factors. Furthermore, the meta-analyses help in indicating the proper arrangement with the effective set of productive coping strategies [8]. Hence, it has been found that the utilization of these coping strategies also assists in eradicating severe events of traumatic such as social pressures and bullying. Similarly, it has been portrayed that the intervention of W.A.R.A. helps in diminishing serious health issues such as **“HIV”**, **“Cancer”** and **“Diabetes”**. It has been found that the major intervention of W.A.R.A. is effectual and maintains the essential access that helps in decreasing the negative outcome.

On the other hand, it has been stated that the coping skills of W.A.R.A. help in tolerating, reducing and dealing with stressful conditions. W.A.R.A. enables in development of practical skills of cognitive for decreasing the negative condition of mental illness among patients, including “*Deep Breathing*” and “*mental reframing*” [9]. Therefore, it has been determined that deep breathing is defined as the annoying cliché that helps in decreasing the severe symptoms of anxiety. On the other hand, mental reframing generally involves in addition to the enhancement of mental ability among patients. Moreover, it has been portrayed that W.A.R.A. intervention assists in enhancing practical emotion and awareness that spiritually helps the patients to deal with severe mental struggles. It has been found that ReAttach is determined as the brief and proper intervention strategy that mainly aims to enable both children and adults with problems with mental health. Similarly, it has been said that ReAttach helps in upgrading the process of necessary treatment and fosters resilience. W.A.R.A. is considered a significant component, in addition to ReAttach, that generally helps to eradicate unnecessary sensations [10]. Thus, it has been demonstrated that therapists can utilize the intervention technique of W.A.R.A. that enhances remote therapy as an effective tool of self-regulation. Furthermore, ReAttach help in gathering the appropriate events, factors and impressions with respect to the cognitive health of patients. Besides, it has been found that psychotherapists particularly concentrate on the practical treatment procedures at the time of ReAttach. The intervention of ReAttach involves, in addition to the cognitive training of the patients with, the application of numerous elements [11]. Therefore, it has been illustrated that the application of ReAttach intervention specifically allows the development of effective treatments or therapeutic skills for decreasing complicated factors among patients. Furthermore, the tapping of ReAttach helps the patients to diminish their depressive symptoms and negative consequences. Therefore, it has been stated that joint attention plays an important role in enhancing the major outcomes with respect to cognitive training.

5. Discussion

According to the above findings, it has been discussed that W.A.R.A. is primarily regarded as the accelerated, abundant and regulating mediation. Besides, the utilization of W.A.R.A. is particularly operated for the elimination of negative influences with reference to multiple necessities of neuropsychiatric. On the other hand, it has also been discussed from the major findings that W.A.R.A. correspondingly assists in extending the major benefits of elementary training concerning cognitive with respect to self-management. Moreover, it has been discovered that self-regulation performs a significant role in re-assessing cognitive health in the matter of societies of pandemic stress. Furthermore, it has been characterized that the usage of the W.A.R.A. approach supports and delivers accurate availability for improving the procedures of self-management. Correspondingly, it has been discussed that Neuropsychiatric patients usually share their different indications across the types of nosological, including psychological force, alterations of attitude, despair and annoyances of self-regulation. W.A.R.A. is also effective in preventing the “*Negative Affect (NA)*” rather than the distraction. Similarly, it has been portrayed that regarding the overview of the “*World Health Organization (WHO)*”, the affective conditions of the W.A.R.A. assist in enhancing substantial cognitive, emotive and behavioral processes among patients. It has been discussed that adults generally suffers from the severe problems of mental health, particularly in the affective disorders. Therefore, it has been understood that this intervention thoroughly provide “*Arousal regulation*”, “*sensory integration*” and proper conceptualization that can significantly help in reducing the “*Negative Affect (N.A.)*”.

On the other hand, it has been examined that W.A.R.A. is described as the sub-component with respect to the ReAttach that precisely focus on the phenomena of wiring disagreeable. Moreover, it has been calculated that the strategy of W.A.R.A. assists in raising the confounding constants such as the “*Placebo effect*”. Therefore, it has been understood that W.A.R.A. is an additional convenient, available, practical and straightforward intervention that also assists in reducing N.A. Furthermore, the requisition of “*Cognitive Behavioral Therapy (CBT)*” is defined as the precluding intervention that absolutely helps in reducing the painful manifestations of trauma. An understanding of illness and dedicated strategies can manage the stress in the concern of an outbreak. Similarly, the major symptoms of recession and anxiety were managed and reduced with the utilization of the practical scales, including “*PHQ-9*” and “*GAD-2*”. W.A.R.A. encourages the enhancement of functional skills of mental for reducing the negative situation of mental conditions among patients, such as “*Deep Breathing*” and “*mental reframing*”. ReAttach provides sufficient support in collecting the appropriate circumstances, characteristics and

appearances with reference to the mental health of patients. Similarly, it has been discussed that psychotherapists especially consolidate on the applicable treatment methods during the therapy of ReAttach. On the other hand, it has also been discussed that the intervention skills of ReAttach implicate the matter of the mental training of the patients with the usage of numerous components. Besides, the utilization of the W.A.R.A. technique assists in delivering significant treatments with respect to *“Post-Traumatic Stress Disorder (PTSD)”*. Furthermore, the application of the proper remedies concerning PTSD usually consults with respect to antidotes and medicines. Therefore, it has been portrayed that the intervention of W.A.R.A. helps in improving valuable emotion and understanding that piously assists the patients in handling with serious mental troubles. It has been estimated that ReAttach is distinguished as the concise and appropriate intervention approach that specifically aims to facilitate both youths and adults with difficulties with mental fitness. Furthermore, it has been stated that ReAttach supports elevating the procedure of required therapy and fosters stability. W.A.R.A. is assessed as a substantial segment with regard to ReAttach that naturally allows the elimination of excessive sensations.

6. Conclusion

Based on the above discussion, it can be concluded that the implementation of the effective intervention strategy of W.A.R.A. helps in thoroughly maintaining the regulation technique. It has been found that this intervention technique helps youths, adults and old-age patients in diminishing their depressive symptoms during the devastating symptom of the pandemic situation. Furthermore, the application of CBT can help patients[15] to decrease their severe symptoms with respect to anxiety. On the other hand, it has been estimated that the application of useful technology concerning W.A.R.A. enables in delivering the beneficial therapy with regard to PTSD. Besides, it has been illustrated that the utilization of the W.A.R.A. technique facilitates the evolution of numerous cognitive skills and knowledge. It has been discovered that W.A.R.A. is generally delivered by ReAttach therapists, and it defines as the proper instrument for eradicating emotional deregulations. Furthermore, the W.A.R.A. helps in providing practical intervention strategies that reduce unnecessary situations. Besides, it has been concluded that W.A.R.A. enables healthcare professionals to expand remote training for their healthcare staff that aims to provide sufficient medical benefits to the patients.[16]

References

1. Ncbi.nlm.nih.gov (2020). *W.A.R.A. (Wiring Affect with Reattach) Provided by Remote Training: First-Aid Psychological Intervention?* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8629048/> [Accessed on: 22-05-2023]
2. Weerkamp-Bartholomeus, P., Marazziti, D. and van Amelsvoort, T., 2021. Remote WARA Compared with face-to-face WARA: a pilot study. *Frontiers in psychology*, 11, p.620027.
3. Weerkamp-Bartholomeus, P., Marazziti, D., Chan, E., Srivastava, A. and van Amelsvoort, T., 2020. Randomized comparison of WARA (Wiring Affect with ReAttach) versus distraction: A pilot study assessing the efficacy of an ultrafast transdiagnostic intervention. *Heliyon*, 6(8), p.e04660.
4. Cornelius Coli, C., Rizka Eka Prasetya, R., Gadis Meinar Sari, G. and Purwo Sri Rejeki, P., Effect of Moderate-Intensity Acute Physical Activity on Decreasing Cortisol Levels in Obese Female. *Indian Journal of Forensic Medicine & Toxicology*, 15(3).
5. Perangin-Angin, S., Wijono, S. and Hunga, A.I.R., 2021. Applying cognitive-behavioral therapy to help survivors of dating violence: a pilot Study. *Jurnal Psikologi*, 48(1), pp.41-61.
6. Ponomarenko, P., Seragnoli, F., Calder, A., Oehen, P. and Hasler, G., 2023. Can psychedelics enhance group psychotherapy? A discussion on the therapeutic factors. *Journal of psychopharmacology*, p.02698811231155117.
7. Teymoori, A., Gorbunova, A., Haghish, F.E., Real, R., Zeldovich, M., Wu, Y.J., Polinder, S., Asendorf, T., Menon, D., Center-Tbi Investigators And Participants and v. Steinbüchel, N., 2020. Factorial structure and validity of depression (PHQ-9) and anxiety (GAD-7) scales after traumatic brain injury. *Journal of clinical medicine*, 9(3), p.873.
8. Theobald, M., 2021. Self-regulated learning training programs enhance university students' academic performance, self-regulated learning strategies, and motivation: A meta-analysis. *Contemporary Educational Psychology*, 66, p.101976.
9. Scampoli, C., Cammelli, S., Galiotta, E., Siepe, G., Buwenge, M., Macchia, G., Deodato, F., Cilla, S., Strigari, L., Chiesa, S. and Morganti, A.G., 2022. Memantine in the Prevention of Radiation-Induced Brain Damage: A Narrative Review. *Cancers*, 14(11), p.2736.
10. Barakat, S., 2021. Necessary conditions for integrated approaches to the post-conflict recovery of cultural heritage in the Arab World. *International Journal of Heritage Studies*, 27(5), pp.433-448.
11. Scholz, M., Haase, R., Schriefer, D., Voigt, I. and Ziemssen, T., 2021. Electronic health interventions in the case of multiple sclerosis: From theory to practice. *Brain Sciences*, 11(2), p.180.

12. Van der Walt, J.L., 2020. Interpretivism-constructivism as a research method in the humanities and social sciences-more to it than meets the eye. *International Journal of Philosophy and Theology*, 8(1), pp.59-68.
13. Walter, D. and Ophir, Y., 2019. News frame analysis: An inductive mixed-method computational approach. *Communication Methods and Measures*, 13(4), pp.248-266.
14. Hunter, D., McCallum, J. and Howes, D., 2019. Defining exploratory-descriptive qualitative (EDQ) research and considering its application to healthcare. *Journal of Nursing and Health Care*, 4(1).
15. Upendra Kumar., Kamolika., Hifza Jamal., Prashansa Kapoor., Samyak Jain., Samad Khan., Abhinay Mishra., Pawan Rao., Dr. Gaurav Rajauria., & Dr. Jay Patel. (2022). Diabetic Complications among Adult Diabetic Patients. *Journal of Pharmaceutical Research and Innovation (JPRI)*, 2 (1), 8-12.
16. Sudipta Saha (2021). Role of Community Pharmacy in Helping Patients and Public in the Society. *Journal of Pharmaceutical Research and Innovation (JPRI)*, 1 (1), 11-18. doi: <https://doi.org/10.36647/JPRI/01.01.A003>