



Changes Associated with a Hekalogia-Based Intervention in Working Adults' Emotional Experience, Meaning of Work, and Psychological Well-Being: A Pre-Post Longitudinal Pilot Study

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Abstract

Background: Work constitutes a constant arena for identity formation, demands, and emotional learning. Although occupational health has assessed variables such as stress and engagement, there is less evidence on interventions focused on conscious emotional release in the workplace. Hekalogia proposes an approach based on pain management, emotional surrender, and mindful movement.

Objective: To evaluate the changes associated with a Hekalogia-based intervention on psychological well-being, meaning in work, engagement, and psychological flexibility/avoidance in working adults.

Materials and Methods: A single-group, pre-post longitudinal pilot study was conducted with 48 working adults (N = 48). Measurements were taken at T0 (pre-intervention), T1 (immediate post-intervention), and T2 (7-day follow-up). The DASS-21 and AAQ-II instruments were administered, and, exploratively (handwritten transcription), the WAMI, UWES-9, and WAAQ were also used. The analysis included descriptive statistics, paired tests (Wilcoxon signed-rank test), 95% confidence intervals, Cohen's d-z, and percentage change.

Results: The total DASS-21 score decreased significantly from pre-intervention to immediate post-intervention (29.54 ± 20.98 vs 24.83 ± 17.73 ; mean change -4.71; IC95% -8.50 a -0.92; $p = 0.016$; $dz = -0.36$), with the greatest effect on anxiety (9.79 ± 8.21 vs 7.17 ± 6.90 ; change cambio -2.63; $p = 0.002$; $dz = -0.46$; improvement 26.8%). At 7 days, the total DASS-21 score increased from baseline (38.58 ± 22.80 ; change +9.04; $p = 0.012$), with significant increases in depression and stress. The AAQ-II score increased at 7 days (10.21 ± 3.04 vs 14.83 ± 6.47 ; $p < 0.001$). WAMI showed a slight, non-significant upward trend, WAAQ a non-significant upward trend, and UWES-9 decreased significantly at 7 days.

Conclusions: The intervention was associated with an immediate reduction in psychological distress and anxiety, but the benefit was not sustained at 7 days, with a subsequent increase in distress and experiential avoidance. As this was an uncontrolled pilot study, the findings represent preliminary evidence. It is hypothesized that emotional release processes in the workplace may require subsequent integrative support, a claim that remains speculative and requires verification in future controlled trials.

Keywords: Hekalogia; Work; Stress; Anxiety; Depression; Meaning of Work

Introduction

It should be mentioned that work occupies a considerable proportion of adult life and is not merely a source of income. It also constitutes a space for identity, recognition, relationships, responsibility, conflict, learning, and meaning-making. Mental health at work is currently considered a central component of public health because it allows people to cope with daily stress, work productively, and contribute to their community [1,2]. Likewise, recent occupational health literature has studied variables such as job demands and resources, burnout, engagement, satisfaction, performance, well-being, and the meaning of work. These models have allowed for the understanding of psychosocial risks and the design of workplace interventions, although recent reviews indicate that the effects of wellness programs can be heterogeneous and depend on design, duration, context, and methodological quality [3-5].

It is worth noting that Hekalogia is presented as an emerging intervention aimed at deepening awareness through attention to pain, surrender to emotion, and conscious emotional movement. Instead of promoting rigid control of internal experience, the model proposes observing, feeling, and safely allowing emotional movement. Therefore, its evaluation requires careful language, longitudinal measurement, and comparison with accepted instruments in workplace well-being and mental health [3,4,16-18]. This manuscript presents the longitudinal quantitative analysis of the project entitled "Effect of a Hekalogia-based intervention on emotional experience, meaning of work, and psychological well-being in working adults." The analysis focuses on variables of psychological distress, work meaning, engagement, psychological flexibility, and experiential avoidance, consistent with recent research recommendations in workplace well-being and mixed methods [3,5,13,15].

Therefore, the overall objective of this research was to evaluate the effect of a Hekalogia-based intervention on emotional experience, the meaning of work, psychological well-being, and perceived personal transformation in working adults. The specific objectives included in this analysis were: to measure changes in depression, anxiety, and stress; to evaluate changes in the meaning of work; to evaluate changes in job engagement; to analyze work-related psychological flexibility and experiential avoidance; and to explore the direction of changes between T0, T1, and T2.

Materials and Methods

A single-group, repeated-measures, longitudinal pilot study was conducted. The original protocol was designed as a mixed-methods controlled study; however, the data analyzed for this manuscript correspond to the group with pre-intervention (T0), immediate post-intervention (T1), and 7-day follow-up (T2) measurements. Therefore, the findings are reported as preliminary pilot evidence and not as definitive proof of causal efficacy.

Participants: The analyzed sample consisted of 48 anonymously coded working adults. A total of 144 PDF forms were reviewed, corresponding to three measurement points: T0 (pre-intervention), T1 (immediate post-intervention), and T2 (7-day follow-up).

Recruitment was conducted through an open call. Inclusion criteria included: being 18 years of age or older, currently employed or actively engaged in work (full-time or part-time), having access to and the ability to complete the assessment instruments in print or digital format, and accepting and signing the informed consent form to participate voluntarily in the study and intervention. Participants were excluded if they had: untreated severe psychopathology, recent changes in psychopharmacological treatment, were on sick leave/disabled at the time of the study, or did not complete all the measurements in the protocol. A total of 144 PDF forms corresponding to the three assessment phases (T0, T1, and T2) were reviewed.

The study was conducted at a center for interventions based on Hekalogia and focused on emotional experience in the workplace, self-observation, body awareness, surrender to emotion, emotional release, and integration. Participants were invited to recognize work-related emotions without promoting impulsive work decisions or replacing medical, psychological, psychiatric, legal, or organizational care. This allowed for a standardized environment for the intervention and data collection.

The Hekalogia-based intervention consisted of a 180 minutes, a 20-minute qualitative interview, and a total intervention of 180 minutes prior and focused on work-related emotional experiences, self-observation, body awareness, emotional surrender/acceptance, release, and integration. Participants were invited to recognize emotions linked to their work environment without promoting impulsive decisions or replacing medical, psychological,

psychiatric, legal, or organizational care. The intervention was delivered by certified psychologists and facilitators trained in the Hekalogia methodology with 10 years of experience, ensuring protocol adherence and the ethical safety of the process.

Instruments: The DASS-21 was used to assess depression, anxiety, stress, and overall psychological distress; the AAQ-II for experiential avoidance/general psychological inflexibility; the WAMI for meaning in work; and the UWES-9 for work engagement. and WAAQ for specific work-related psychological flexibility. Instrument selection was based on recent psychometric and occupational literature, especially for DASS-21, UWES-9, meaning of work, and work-related psychological flexibility.

Data extraction and quality control: The DASS-21 and AAQ-II were processed as validated results through structured extraction from scanned forms. Because the WAMI, UWES-9, and WAAQ consisted of handwritten responses processed via interpretive visual transcription, their findings are strictly identified and analyzed as exploratory, in accordance with transparency guidelines for pilot studies. These metrics will remain classified as exploratory pending independent secondary verification by a blinded code review process.

Statistical analysis: Means, standard deviations, medians, interquartile ranges, minimums, and maximums were calculated. Longitudinal comparisons were performed between T0 vs. T1, T0 vs. T2, and T1 vs. T2 using paired tests, with the Wilcoxon signed-rank test as a non-parametric test when appropriate. Confidence intervals, p-values, Cohen dz effect sizes, and percentage of favorable change were reported, prioritizing magnitude, direction of effect, and interpretive caution typical of pilot studies.

Variable	Instrument	Favorable direction
Psychological distress	DASS-21 total	Decrease
Depression	DASS-21 Depression	Decrease
Anxiety	DASS-21 Anxiety	Decrease
Stress	DASS-21 Stress	Decrease
Experiential avoidance	AAQ-II	Decrease
Meaning of work	WAMI	Increase
Work engagement	UWES-9	Increase
Psychological flexibility at work	WAAQ	Increase

Table 1: Systematization of study variables.

Results and Discussion

The reconstructed database included 48 participants, 144 PDFs, and three assessment points. The DASS-21 was complete for all participants and at all points. The AAQ-II had 1,001 of the expected 1,008 items due to the actual absence of the source page in P004 T2. WAMI and UWES-9 were complete as interpretive exploratory outcomes for all expected items, and the WAAQ was complete except for the actual absence of P004 T2.

Element	Result
Participants analyzed	48
PDFs/sources reviewed	144
Moments	T0 pre-intervention; T1 immediate post-intervention; T2 7-day follow-up
Tools	DASS-21, AAQ-II, WAMI, UWES-9, WAAQ
Scope of the manuscript	pre-post analysis of the quantitative component; no control group data.

Table 2: Extraction metadata and data quality.

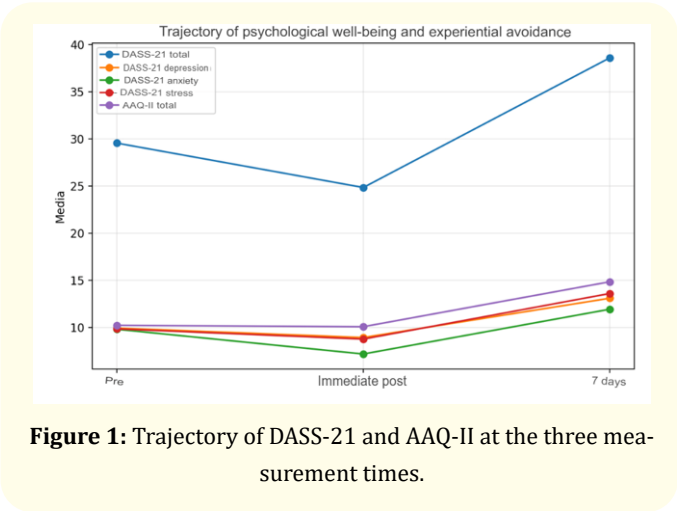


Figure 1: Trajectory of DASS-21 and AAQ-II at the three measurement times.

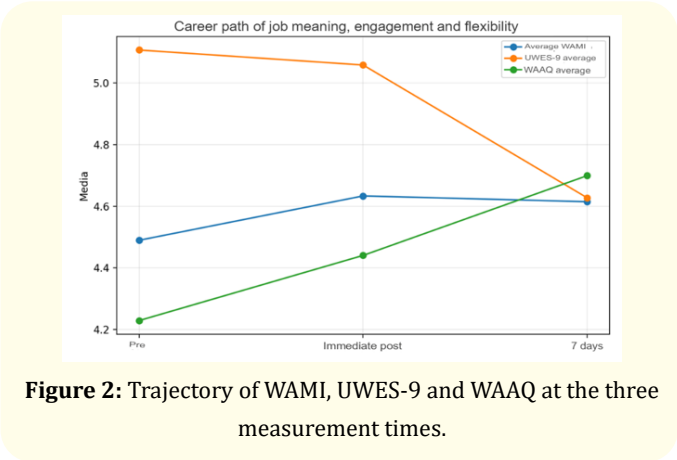


Figure 2: Trajectory of WAMI, UWES-9 and WAAQ at the three measurement times.

Variable	T0 mean $\pm$ SD	n	T1 mean $\pm$ SD	n	T2 mean $\pm$ SD	n
DASS-21 total	29.54 $\pm$ 20.98	48	24.83 $\pm$ 17.73	48	38.58 $\pm$ 22.80	48
DASS-21 depression	9.92 $\pm$ 7.86	48	8.92 $\pm$ 5.95	48	13.08 $\pm$ 7.92	48
DASS-21 anxiety	9.79 $\pm$ 8.21	48	7.17 $\pm$ 6.90	48	11.92 $\pm$ 8.51	48
DASS-21 stress	9.83 $\pm$ 6.88	48	8.75 $\pm$ 6.74	48	13.58 $\pm$ 7.45	48
AAQ-II total	10.21 $\pm$ 3.04	48	10.06 $\pm$ 4.08	48	14.83 $\pm$ 6.47	47
Average WAMI	4.49 $\pm$ 1.12	48	4.63 $\pm$ 0.93	48	4.61 $\pm$ 1.07	48
UWES-9 average	5.11 $\pm$ 1.00	48	5.06 $\pm$ 1.00	48	4.63 $\pm$ 1.47	48
WAAQ average	4.23 $\pm$ 1.82	48	4.44 $\pm$ 1.62	48	4.70 $\pm$ 1.47	47

Table 3: Descriptive statistics of main variables.

The most consistent immediate finding was a reduction in overall psychological distress and anxiety. The total DASS-21 score decreased by 4.71 points in the immediate post-intervention period, representing a 15.9% improvement. The anxiety subscale decreased by 2.63 points, representing a 26.8% improvement. Depression and stress decreased slightly in the immediate post-intervention period, but these changes did not reach statistical significance.

At the 7-day follow-up, the pattern reversed. The total DASS-21 score increased by 9.04 points from baseline, with significant

increases in depression and stress. The AAQ-II also increased significantly at 7 days, suggesting greater experiential avoidance or general psychological inflexibility reported at that time. Work variables showed heterogeneous changes. WAMI showed a slight upward trend in work meaning at both T1 and T2, but this was not statistically significant. WAAQ showed a favorable trend toward greater psychological flexibility at work at 7 days, close to but not significant. UWES-9 did not improve; on the contrary, it decreased significantly at 7 days, especially in dedication and absorption.

Variable	Comparison	n	Average change	95% CI	p	Cohen dz	% favorable	Interpretation
DASS-21 total	Pre vs Post	48	-4.71	-8.50 to -0.92	0.016	-0.36	15.94%	Improvement
DASS-21 total	Pre vs 7 days	48	9.04	2.12 to 15.97	0.012	0.38	-30.61%	Worsening/unfavorable increase
DASS-21 depression	Pre vs Post	48	-1.00	-2.67 to 0.67	0.235	-0.17	10.08%	Improvement
DASS-21 depression	Pre vs 7 days	48	3.17	0.60 to 5.74	0.017	0.36	-31.93%	Worsening/unfavorable increase
DASS-21 anxiety	Pre vs Post	48	-2.62	-4.27 to -0.98	0.002	-0.46	26.81%	Improvement
DASS-21 anxiety	Pre vs 7 days	48	2.12	-0.70 to 4.95	0.137	0.22	-21.70%	Worsening/unfavorable increase
DASS-21 stress	Pre vs Post	48	-1.08	-2.67 to 0.50	0.176	-0.20	11.02%	Improvement
DASS-21 stress	Pre vs 7 days	48	3.75	1.43 to 6.07	0.002	0.47	-38.14%	Worsening/unfavorable increase
AAQ-II total	Pre vs Post	48	-0.15	-1.73 to 1.44	0.854	-0.03	1.43%	Improvement
AAQ-II total	Pre vs 7 days	47	4.66	2.61 to 6.71	<0.001	0.67	-45.82%	Worsening/unfavorable increase

average WAMI	Pre vs Post	48	0.14	-0.21 to 0.50	0.421	0.12	3.20%	Improvement
average WAMI	Pre vs 7 days	48	0.13	-0.28 to 0.53	0.537	0.09	2.78%	Improvement
UWES-9 average	Pre vs Post	48	-0.05	-0.39 to 0.29	0.774	-0.04	-0.95%	Worsening/unfavorable increase
UWES-9 average	Pre vs 7 days	48	-0.48	-0.93 to -0.03	0.037	-0.31	-9.38%	Worsening/unfavorable increase
WAAQ average	Pre vs Post	48	0.21	-0.33 to 0.75	0.438	0.11	5.00%	Improvement
WAAQ average	Pre vs 7 days	47	0.44	-0.05 to 0.93	0.075	0.27	10.43%	Improvement

Table 4: Main longitudinal changes.

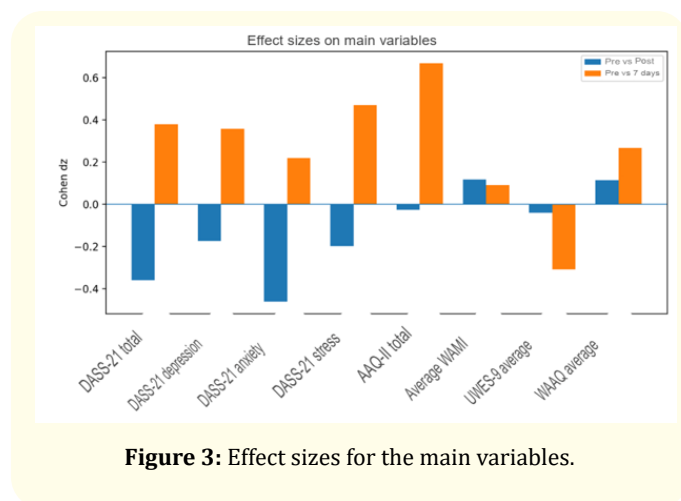


Figure 3: Effect sizes for the main variables.

In exploratory correlational analyses, job engagement was inversely associated with overall psychological distress at T0 and T1, and partially associated at T2. Changes in WAMI and UWES were also observed to move in the same direction, particularly between T1 and T2. These findings suggest a relationship between work meaning and engagement, although they should be interpreted with caution due to the exploratory and interpretive nature of the job scales.

Moment/Comparison	Variable X	Variable Y	n	Pearson's r	p Pearson	Spearman's rho	p Spearman
Pre-intervention	UWES_mean_final	DASS-21 total	48	-0.30	0.037	-0.34	0.019
Immediate post	UWES_mean_final	DASS-21 total	48	-0.33	0.022	-0.34	0.019
7-day follow-up	UWES_mean_final	DASS-21 total	48	-0.29	0.042	-0.25	0.090
7-day follow-up	WAAQ_mean_final	AAQ-II total	47	-0.34	0.020	-0.17	0.248
Pre vs Post	Δ DASS-21 total	Δ AAQ-II total	48	-0.34	0.018	-0.25	0.086
Pre vs Post	Δ WAMI_mean_final	Δ UWES_mean_final	48	0.25	0.083	0.32	0.029
Pre vs 7 days	Δ WAMI_mean_final	Δ UWES_mean_final	48	0.25	0.093	0.35	0.016
Post vs 7 days	Δ WAMI_mean_final	Δ UWES_mean_final	48	0.25	0.087	0.49	<0.001

Table 5: Relevant exploratory correlations.

This pilot study provides preliminary evidence on the behavior of psychological and work-related variables after a Hekalogia-based intervention in working adults. The strongest result was the immediate reduction in total psychological distress and anxiety, a relevant finding considering that anxiety, stress, and depression are frequent dimensions of work-related distress and are associated with performance, burnout, satisfaction, and well-being [1-7].

However, the 7-day results show a different pattern. The increase in total DASS-21, depression, stress, and AAQ-II scores prevents us from confirming a sustained improvement effect in the early follow-up. From a cautious interpretation, these results could reflect subsequent emotional activation, greater awareness of distress, contextual variability in the workplace, or a lack of subsequent integration; these possibilities require an active comparator, extended follow-up, and qualitative analysis to avoid premature causal inferences [3,4,13-15].

Regarding the meaning of work, WAMI showed a small but not statistically significant favorable trend. This suggests that a brief intervention may not be sufficient to permanently transform the meaning of work, although it could initiate a subjective process of redefinition that requires a longer duration, integration, and qualitative measurement. Recent literature links the meaning of work with well-being, health, job resources, and engagement [10-12].

Specific work-related psychological flexibility, measured by the WAAQ, showed a non-significant favorable trend, while the AAQ-II showed an unfavorable increase after 7 days. This divergence between the WAAQ and AAQ-II may be due to construct differences: the WAAQ assesses flexibility in the work context, while the AAQ-II captures general experiential avoidance/inflexibility. Recent reviews recommend analyzing psychological flexibility contextually and not reducing it to a single global indicator [13,14]. From a methodological standpoint, the main strength is the longitudinal analysis with 48 participants and multiple standardized instruments. Another strength is the traceability of data extraction and the distinction between validated and interpretive information. However, the absence of an analyzable control group, the lack of 30-day follow-up, and the visually assisted transcription of some scales limit causal inference and necessitate replication with more robust protocols [4,15].

Overall, the data partially support the study hypothesis. Hekalogia showed an immediate favorable effect on anxiety and psychological distress, but did not demonstrate sustained improvement at 7 days. Work-related variables showed a heterogeneous pattern: work meaning with a slightly favorable trend, work flexibility with an exploratory trend, and engagement without sustained improvement. This profile is consistent with the literature indicating that complex work-related outcomes require broader interventions, contexts, and follow-up than a single acute measurement [3-5,10-14].

Conclusion

The Hekalogia-based intervention was associated with an immediate reduction in overall psychological distress and anxiety in working adults. However, this positive change was not sustained at 7 days, at which point an increase in scores for psychological distress, stress, depression, and experiential avoidance was observed. Regarding exploratory work variables, work meaning showed a slight positive trend, and psychological flexibility at work showed a non-significant positive trend, while job engagement decreased at the 7-day follow-up. Given the pilot, single-group, and uncontrolled design, these findings should be interpreted strictly as preliminary evidence and not as proof of causal, clinical, or occupational efficacy. It is hypothesized that the processes of emotional release or activation in the work environment may require more prolonged support or follow-up to facilitate the integration of changes; however, this explanation remains speculative and requires empirical verification. This pattern of results supports the need for future controlled trials that include an active comparator, extended follow-up periods of 30 and 90 days, the inclusion of integrating qualitative components, and independent double verification of handwritten measurements.

Ethical Considerations

This study is a pre-experimental, exploratory pilot study designed to evaluate the technical and methodological feasibility prior to conducting a multicenter controlled trial.

Although this pilot phase was not formally approved by an institutional Ethics Committee, the research was conducted in strict adherence to the ethical principles for medical research involving human subjects established in the Declaration of Helsinki of the World Medical Association (Fortaleza/Helsinki Update) and the CIOMS guidelines.

Compliance with the four fundamental bioethical principles was ensured:

- **Autonomy:** All participants provided written informed consent after receiving clear and detailed information about the objectives, procedures, potential risks, and the voluntary nature of their participation, guaranteeing their right to withdraw at any time without repercussions.
- **Beneficence and Non-Maleficence:** The interventions in the pilot study did not pose a risk greater than minimal to the physical or psychological well-being of the participants.
- **Justice and Confidentiality:** Information management was carried out under the principle of anonymization; the data were numerically coded to protect the identity of the participants, guaranteeing professional secrecy and the confidential handling of information.

Conflict of Interest

The authors declare an academic, training, and/or institutional relationship with Hekalogia. Ricardo Javier Ponce Herrera is the developer of the Hekalogia framework. This relationship is explicitly declared to ensure methodological transparency. No additional commercial conflicts of interest related to this analysis are reported.

Funding

No external funding is declared.

Ethics

The data comes from coded forms completed by volunteer participants. The protocol includes informed consent, confidentiality, the right to withdraw, and clarification that the intervention does not replace medical, psychological, psychiatric, legal, or occupational care.

Data Availability

The coded statistical database may be shared upon reasonable request, excluding internal crosswalk with participant names.

Authors' Contributions

Alma Delia Yáñez González participated in the conceptualization of the thesis project, organization of the study, and review of the academic content. Jonathan Abdiel Calderón Nava participated in the methodological structuring, formal analysis, interpretation of results, and preparation of the manuscript. Ricardo Javier Ponce Herrera contributed the conceptual framework of Hekalogia and a critical review of the intervention approach. All authors reviewed and approved the final version of the manuscript.

Complete Statistical Appendix

This appendix retains all the main quantitative results from the revised metadata to ensure that no variables are omitted. The DASS-21 and AAQ-II variables are derived from validated extraction. WAMI, UWES-9, and WAAQ are derived from visually assisted interpretive transcription of scanned handwritten forms.

Variable	Pre mean ± SD	Post media ± DE	7 days average ± SD
DASS-21 total	29.54 ± 20.98	24.83 ± 17.73	38.58 ± 22.80
DASS-21 depression	9.92 ± 7.86	8.92 ± 5.95	13.08 ± 7.92
DASS-21 anxiety	9.79 ± 8.21	7.17 ± 6.90	11.92 ± 8.51
DASS-21 stress	9.83 ± 6.88	8.75 ± 6.74	13.58 ± 7.45
AAQ-II total	10.21 ± 3.04	10.06 ± 4.08	14.83 ± 6.47
WAMI total	44.90 ± 11.16	46.33 ± 9.30	46.15 ± 10.70
average WAMI	4.49 ± 1.12	4.63 ± 0.93	4.61 ± 1.07
WAMI meaning positive	4.58 ± 1.45	4.78 ± 1.30	4.73 ± 1.41
WAMI meaning creation	4.57 ± 1.67	4.81 ± 1.16	4.69 ± 1.46
WAMI contribution/greater good	4.29 ± 1.16	4.26 ± 1.09	4.38 ± 1.28
UWES-9 total	45.96 ± 8.99	45.52 ± 9.01	41.65 ± 13.22
UWES-9 average	5.11 ± 1.00	5.06 ± 1.00	4.63 ± 1.47
UWES vigor	4.97 ± 1.20	5.06 ± 1.21	4.72 ± 1.54

UWES dedication	5.31 ± 0.84	5.01 ± 1.28	4.78 ± 1.62
UWES absorption	5.04 ± 1.27	5.10 ± 1.03	4.39 ± 1.73
WAAQ total	29.60 ± 12.73	31.08 ± 11.31	32.89 ± 10.32
WAAQ average	4.23 ± 1.82	4.44 ± 1.62	4.70 ± 1.47

Table S1: Complete descriptive statistics by variable and time.

Variable	Comparison	n	Average change	95% CI	paired pt	p Wil-coxon	Cohen dz	Interpretation
DASS-21 total	Pre vs Post	48	-4.71	-8.50 to -0.92	0.016	0.021	-0.36	Improvement
DASS-21 total	Pre vs 7 days	48	9.04	2.12 to 15.97	0.012	0.023	0.38	Worsening/increase unfavorable
DASS-21 total	Post vs 7 days	48	13.75	7.45 to 20.05	<0.001	<0.001	0.63	Worsening/increase unfavorable
DASS-21 depression	Pre vs Post	48	-1.00	-2.67 to 0.67	0.235	0.329	-0.17	Improvement
DASS-21 depression	Pre vs 7 days	48	3.17	0.60 to 5.74	0.017	0.033	0.36	Worsening/increase unfavorable
DASS-21 depression	Post vs 7 days	48	4.17	1.88 to 6.46	<0.001	0.001	0.53	Worsening/increase unfavorable
DASS-21 anxiety	Pre vs Post	48	-2.62	-4.27 to -0.98	0.002	0.002	-0.46	Improvement
DASS-21 anxiety	Pre vs 7 days	48	2.12	-0.70 to 4.95	0.137	0.353	0.22	Worsening/increase unfavorable
DASS-21 anxiety	Post vs 7 days	48	4.75	2.13 to 7.37	<0.001	<0.001	0.53	Worsening/increase unfavorable
DASS-21 stress	Pre vs Post	48	-1.08	-2.67 to 0.50	0.176	0.218	-0.20	Improvement
DASS-21 stress	Pre vs 7 days	48	3.75	1.43 to 6.07	0.002	0.002	0.47	Worsening/increase unfavorable
DASS-21 stress	Post vs 7 days	48	4.83	2.80 to 6.87	<0.001	<0.001	0.69	Worsening/unfavorable increase
AAQ-II total	Pre vs Post	48	-0.15	-1.73 to 1.44	0.854	0.381	-0.03	Improvement
AAQ-II total	Pre vs 7 days	47	4.66	2.61 to 6.71	<0.001	<0.001	0.67	Worsening/unfavorable increase
AAQ-II total	Post vs 7 days	47	4.70	2.47 to 6.93	<0.001	<0.001	0.62	Worsening/unfavorable increase
WAMI total	Pre vs Post	48	1.44	-2.12 to 5.00	0.421	0.236	0.12	Improvement
WAMI total	Pre vs 7 days	48	1.25	-2.79 to 5.29	0.537	0.426	0.09	Improvement
WAMI total	Post vs 7 days	48	-0.19	-4.68 to 4.31	0.933	0.857	-0.01	Worsening/unfavorable increase
Average WAMI	Pre vs Post	48	0.14	-0.21 to 0.50	0.421	0.214	0.12	Improvement
Average WAMI	Pre vs 7 days	48	0.13	-0.28 to 0.53	0.537	0.419	0.09	Improvement
Average WAMI	Post vs 7 days	48	-0.02	-0.47 to 0.43	0.933	0.857	-0.01	Worsening/unfavorable increase

WAMI meaning positive	Pre vs Post	48	0.20	-0.27 to 0.68	0.393	0.220	0.12	Improvement
WAMI meaning positive	Pre vs 7 days	48	0.16	-0.40 to 0.71	0.576	0.465	0.08	Improvement
WAMI meaning positive	Post vs 7 days	48	-0.05	-0.61 to 0.52	0.868	0.667	-0.02	Worsening/unfavorable increase
WAMI meaning creation	Pre vs Post	48	0.24	-0.31 to 0.80	0.384	0.582	0.13	Improvement
WAMI meaning creation	Pre vs 7 days	48	0.12	-0.44 to 0.69	0.658	0.511	0.06	Improvement
WAMI meaning creation	Post vs 7 days	48	-0.12	-0.70 to 0.47	0.687	0.758	-0.06	Worsening/unfavorable increase
WAMI contribution/greater good	Pre vs Post	48	-0.03	-0.47 to 0.40	0.874	0.939	-0.02	Worsening/unfavorable increase
WAMI contribution/greater good	Pre vs 7 days	48	0.08	-0.45 to 0.61	0.753	0.528	0.05	Improvement
WAMI contribution/greater good	Post vs 7 days	48	0.12	-0.44 to 0.67	0.670	0.441	0.06	Improvement
UWES-9 total	Pre vs Post	48	-0.44	-3.48 to 2.60	0.774	0.876	-0.04	Worsening/unfavorable increase
UWES-9 total	Pre vs 7 days	48	-4.31	-8.35 to -0.27	0.037	0.091	-0.31	Worsening/unfavorable increase
UWES-9 total	Post vs 7 days	48	-3.88	-7.89 to 0.14	0.058	0.085	-0.28	Worsening/unfavorable increase
UWES-9 average	Pre vs Post	48	-0.05	-0.39 to 0.29	0.774	0.917	-0.04	Worsening/unfavorable increase
UWES-9 average	Pre vs 7 days	48	-0.48	-0.93 to -0.03	0.037	0.094	-0.31	Worsening/unfavorable increase
UWES-9 average	Post vs 7 days	48	-0.43	-0.88 to 0.02	0.058	0.088	-0.28	Worsening/unfavorable increase
UWES vigor	Pre vs Post	48	0.10	-0.34 to 0.53	0.654	0.445	0.07	Improvement
UWES vigor	Pre vs 7 days	48	-0.25	-0.74 to 0.24	0.314	0.631	-0.15	Worsening/unfavorable increase
UWES vigor	Post vs 7 days	48	-0.35	-0.78 to 0.08	0.111	0.161	-0.23	Worsening/unfavorable increase
UWES dedication	Pre vs Post	48	-0.31	-0.69 to 0.08	0.120	0.375	-0.23	Worsening/unfavorable increase
UWES dedication	Pre vs 7 days	48	-0.53	-1.02 to -0.05	0.032	0.109	-0.32	Worsening/unfavorable increase
UWES dedication	Post vs 7 days	48	-0.23	-0.78 to 0.32	0.407	0.455	-0.12	Worsening/unfavorable increase
UWES absorption	Pre vs Post	48	0.06	-0.33 to 0.46	0.753	0.731	0.05	Improvement
UWES absorption	Pre vs 7 days	48	-0.65	-1.22 to -0.09	0.025	0.043	-0.34	Worsening/unfavorable increase

UWES absorption	Post vs 7 days	48	-0.72	-1.29 to -0.14	0.015	0.031	-0.36	Worsening/unfavorable increase
WAAQ total	Pre vs Post	48	1.48	-2.32 to 5.28	0.438	0.321	0.11	Improvement
WAAQ total	Pre vs 7 days	47	3.11	-0.33 to 6.54	0.075	0.317	0.27	Improvement
WAAQ total	Post vs 7 days	47	1.57	-2.11 to 5.26	0.394	0.438	0.13	Improvement
WAAQ average	Pre vs Post	48	0.21	-0.33 to 0.75	0.438	0.325	0.11	Improvement
WAAQ average	Pre vs 7 days	47	0.44	-0.05 to 0.93	0.075	0.299	0.27	Improvement
WAAQ average	Post vs 7 days	47	0.22	-0.30 to 0.75	0.394	0.423	0.13	Improvement

Table S2: Complete longitudinal comparisons.

95% CI: 95% confidence interval; dz : effect size for paired samples.

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