

# Abstract

The importance of multi-component lifestyle medicine intervention in improving common mental disorders has received growing attention in the realm of psychiatrists and clinical psychology. Existing studies suggested bidirectionality between lifestyle medicine and mental health issues, arguing its positive impacts on improving depressive and anxiety symptoms. However, the orientations of prospective users were not explored due to the effects and influences of lifestyle medicine on mental health adopted experimental approaches or meta-analyses. Therefore, this paper will examine service users' perceptions and attitudes of lifestyle medicine and their preferred mode of service delivery.

The objective of this study is to explore perceptions and awareness, which involves using qualitative semi-structured interviews with (i) individuals with minimal to mild depressive and/or anxiety symptoms and (ii) individuals with moderate to severe minimal to mild depressive and/or anxiety symptoms to figure out the thoughts of human minds. Three core themes have emerged from this study. While it is acknowledged that mental health is essential, some participants were reluctant to engage and learn more about lifestyle medicine due to the perceived stigma and poor branding. Besides, perceived motivators for subsequent learning and participation were discovered. This study contributes through further understanding of what individuals think and offer clinical contributions in advising the design of lifestyle medicine programs that specify to users' personal preferences from a multi-perspective angle. Strategic and operational advice were suggested.