

Depth of Field: Exploring minds, hearts and voice - evaluating an anti-stigma educational resource

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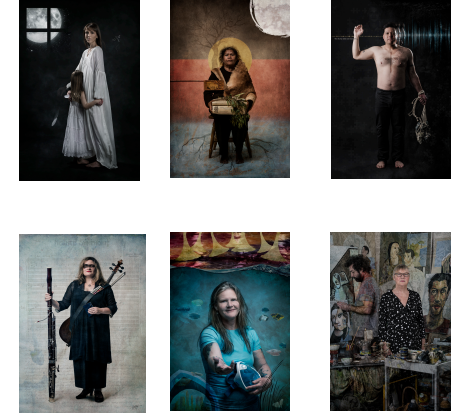


DEPTH OF FIELD
A REFLECTIVE LEARNING RESOURCE



BACKGROUND

The [Depth of Field: Exploring Minds, Hearts and Voice](#) exploratory research project developed a **strength based, anti-stigma** resource through **co-production** with **mental health consumers** using reflective and humanities based pedagogies.¹ Six visual narrative workshops were developed, designed to surface unconscious bias that can lead to **stigma**, whilst inspiring questioning, in-depth discussions and **reflection**.



AIM

To explore the impact of the visual narrative workshop, *Katherine Borderline Warrior*, on current and future healthcare professionals.

Objectives:

- Explore shifts in stigmatic attitudes and behavioural intentions towards people who have experienced mental health issues.
- Determine the feasibility and acceptability of the resource.



METHOD

- A feasibility mixed method study was conducted using a purposeful sample of healthcare professional (HCP) students (medicine, pharmacy, podiatry and social work) and practitioners (nursing, social work, occupational therapy, physiotherapy, and allied health assistant).
- Participants completed the Open Minds Scale for Healthcare providers' (OMS-HC) questionnaire² immediately before and after participating in the workshop.
- Semi structured interviews were completed with a sample of the workshop participants to explore attitudinal shifts and obtain general feedback on the resource.

RESULTS

Semi-structured interviews preliminary results

HCP students (n=6) themes

- Recovery is possible
- Empathy
- Humanise
- *"it's really rewarding [to see that individuals can] actually lead a normal life"*
- *"understanding of why the behaviour was there basically"*
- *"remember everyone's a person"*

HCP practitioners (n=5) themes

- Empowerment
- Barriers
- *"courage to stand up to stigmatizing language amongst healthcare professionals"*
- *"validated some of the things that I was doing"*
- *"recovery based takes time and we don't have that"*
- *"we can't legislate for attitudes"*

Resource feedback

- The power of an artistic photograph.
- The benefit of a lived experience educator (HCP student workshop only).
- The learning potential for interactive small group reflection and discussions.

OMS-HC scale results

Table 1. Change in participants' attitudes and behavioural intentions towards people with mental illness on the OMS-HC total score scale.^a

	W (test statistic)	p-value	Mean difference	SE difference	95% Confidence Interval		Effect Size
					Lower	Upper	
HCP students (N=70)	1347	<0.001 ^b	2.500	0.443	1.500	3.50	Large (0.687)
HCP practitioners (N=10)	19.0	0.720	-1.000	1.944	-7.00	5.00	-

^a Positive mean differences indicates an improved attitude/behavioural intention from pre- to post-intervention.

^b Denotes a statistically-significant result after applying the Holm-Bonferroni correction.

CONCLUSIONS

- Challenges to addressing stigma are complex and require multifaceted solutions.^{3,4}
- The workshop targeted empowerment, but not structural stigma, key deficiencies in stigma research. ³
- The workshop targeted empathy and therapeutic optimism, key drivers for stigma reduction. ⁴
- The resource utilised reflective and humanities based pedagogies. ^{5,6}

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