



A World of Indifference:

Canadian Women's Experiences of Psychiatric Hospitalization
The Canadian Premiere at the CFMHN 2015 National Conference

Goals of Study: A World of Indifference sought to provide women who had experienced psychiatric hospitalization in Canada with an opportunity to present and discuss their experiences, to identify what was and was not helpful and to provide recommendations.

Research Questions Asked: Each participant was invited into a Grand Tour Question, i.e. "Tell me about your experience with psychiatric hospitalization thus inviting the women to answer the question and highlight the experiences they *themselves* wanted to discuss. The following probes proved helpful for the women for many had never had the opportunity to speak uninterrupted, from a position of authority – and without fear of judgement or reprisal.

1. What is life like for you right now?
2. What was your life like prior to your experience(s) with psychiatric hospitalization?
3. Through what series of events did your psychiatric hospitalization(s) take place?
4. How would you describe your experience of psychiatric hospitalization?
5. What was helpful? What was not helpful? Please explain
6. What was involved with your psychiatric hospitalization? What services, treatments, programs or events were a part of that experience?
7. What adjectives best describe your experience and why?
8. What memory or memories stand out for you regarding this time of your life?
9. What was the impact of being hospitalized?
10. If you had the opportunity to speak to student nurses or nurses who work in psychiatry what would you want to tell them? Why?

Why did the Women Agree to Be Filmed?

Every woman who agreed to participate in the film did so because of my promise to take this to Canada's nurses. Together we discussed how they'd like me to do this and it was their wish that I took it to a National conference of leaders such as yourselves – many of you are in key leadership positions where they hoped you could ensure that their voices would not be dismissed. Yes, many were worried about the implications – facing decades of stigma because of being viewed as mentally unstable and to blame in some way – but it was the promise of this film being brought to all of you and their hope that you'd now take it forward, that contributed to their full informed consent.

Random Sampling:

The film (and subsequent publication) provides the un-edited outcome of these questions posed either in 1:1 interviews or in a focus group. Sampling was *random*, and aside from seeking diversity in the participants in so far as age, race, class, sexual orientation, decade of the psychiatric hospitalization, ability etc *no* efforts were made to pre-select participants with any particular experience or opinion. These are the women's truths – and I know you'd agree that they deserve to be heard, affirmed and believed.

Questions to Consider:

1. **Why** are persons who have experienced psychiatric hospitalization often dismissed when they speak about their experiences?
2. **What** contributes to the Indifference the women identified?
3. **What** barriers to we mental health nurses face when we continue to strive to address the issues raised in the film?
4. **How** might this film be used in nursing programs in Canada?

For Canadian Mental Health Nurses Interested in Screening the Film:

Please connect with the producer to discuss your interest in screening the film. Opportunities for use of the film are many, and involve debriefing activities and possible partnership with some of the study participants.

cvandaal@yorku.ca