

# Decreasing Stigma through the Hearing Voices that are Distressing Simulation

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# Setting the stage

- Academic Health Council Funding- Winter 2013 – goal to promote inter professional education and practice
- Collaboration between academic and practice setting
- Two studies were conducted
  - 1. Algonquin College – as part of an interdisciplinary course
  - 2. The Royal- staff and students

# Training Workshop - Goals

- Understand day to day challenges that face people with psychiatric disabilities
- To recognize their strengths and resilience
- Learn about the subjective experience of hearing voices that are distressing

# 2-Hour Workshop

- A presentation of the phenomenon of hearing distressing voices
- A simulation experience
  - Participants complete activities common to everyday life while listening to simulated voices on MP3s
- A debriefing, discussion period

# Purpose

- To evaluate the education intervention *Hearing Voices that are Distressing* workshop
- To learn how participants experience the workshop, and if it impacts attitudes towards people who live with mental illness

# Design and Method

- Participants: ROH students, staff and teachers
- Invited to complete surveys prior to and following the workshop
- Responses confidential, anonymous
- Ethics approval

# Perceived Devaluation and Discrimination Scale

## Perceived Devaluation and Discrimination Scale (PDD) (Link, 1987)

- Participants asked to indicate opinions concerning the way “most people” view people with mental illness
- 12 questions rated on 6-point rating scale
- Range of score possible: 12-72

# Recovery Attitudes Questionnaire

Recovery Attitudes Questionnaire-7 (RAQ-7) (Borkin, Steffen, Ensfield et al., 2000)

- Measures beliefs about the concept of recovery from mental illness
- Factor 1: Recovery is possible and needs faith
- Factor 2: Recovery is difficult and differs among people
- 7 questions rated on 5-point rating scale
  - Range possible: Total Score (7-35)
    - Factor 1 (4-28)
    - Factor 2 (3-21)



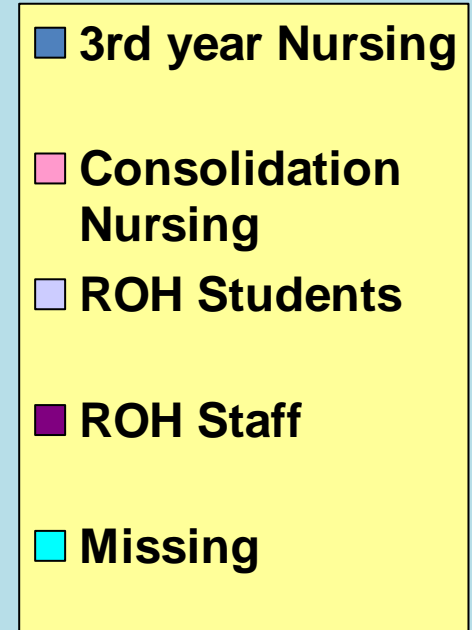
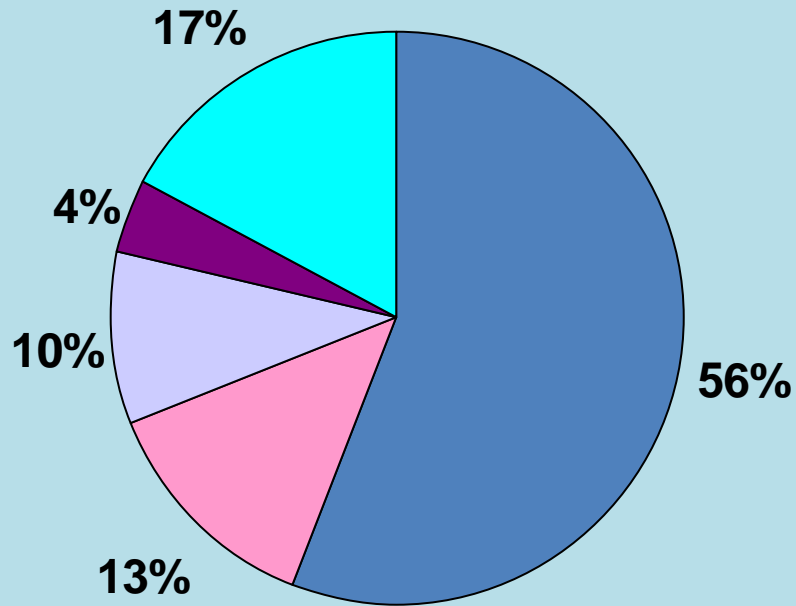
# Narrative Responses

- Open-ended questions
  - What was learned through participating in workshop?
  - What was it like to participate in workshop?
  - Has experience changed the way you think about persons living with mental illness?
  - How will this experience influence your practice?

# ROH Participants

- Data collected from workshops that ran between January and June 2013
- 95 attended workshop at ROH site
- 93 participated in study
- Amount of time participants listened to voices ranged from 10-60 minutes, mean 30.42 minutes, median 30.00 minutes, mode 30 minutes

# Sample Details



# Pre/Post Tests

Scale	Details	Pre-Workshop		Post-Workshop		p
		Mean	SD	Mean	SD	
PDD	PDD Total Score (n=89)	50.1	8.4	46.5	8.9	.000
RAQ-7	RAQ-7 Total Score (n=91)	28.3	2.6	29.2	2.8	.000
	RAQ-7: Factor 1 (n=91)	14.9	2.1	15.8	2.1	.000
	RAQ-7: Factor 2 (n=92)	13.4	1.3	13.3	1.4	.787

# Qualitative Results- Emerging Themes

Themes	Examples
Experience	<ul style="list-style-type: none"><li>• Helped to see what it feels like to hear voices/to live with mental illness/be in someone's shoes</li></ul>
Change in Practice	<ul style="list-style-type: none"><li>• New perspective towards those with mental illness/new understanding/appreciation</li><li>• Will be more empathetic, more patient, more compassionate</li></ul>
Recovery is possible	<ul style="list-style-type: none"><li>• Those with mental illness can function/recover/live with voices</li></ul>

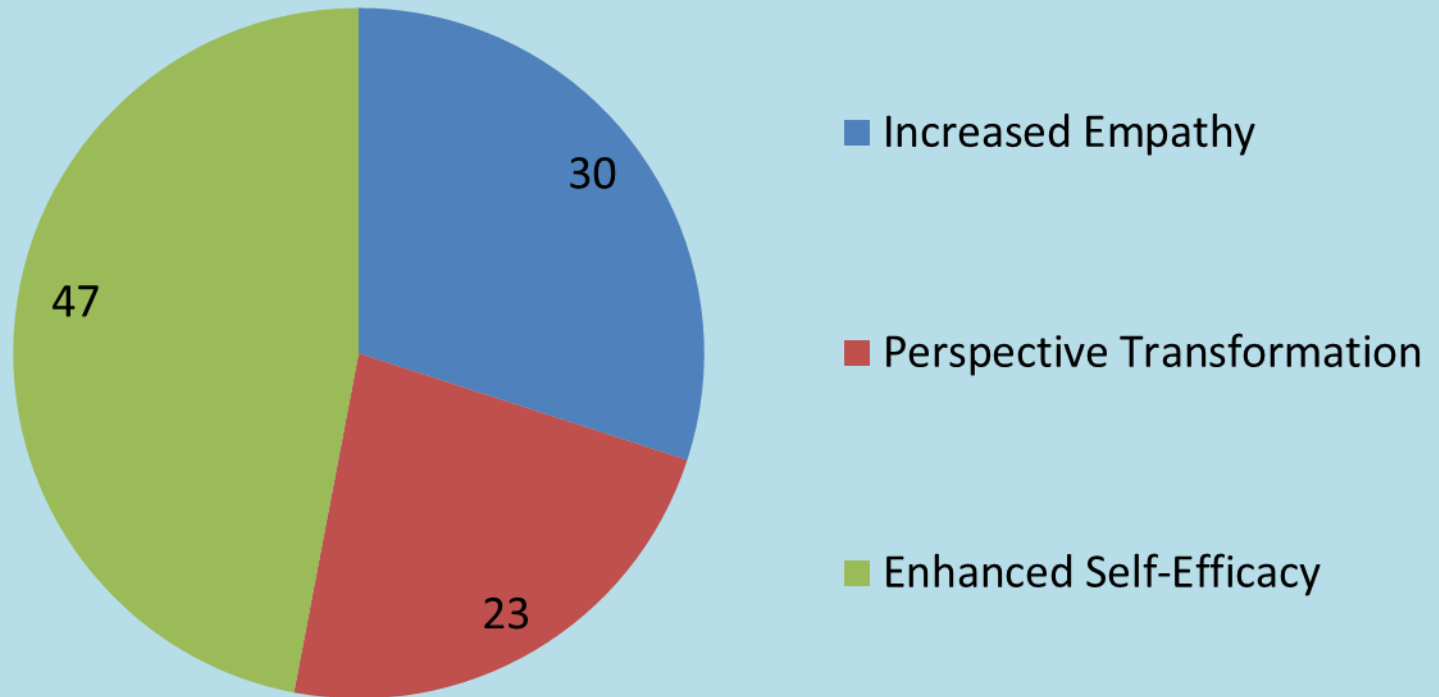
# Experience of the workshop



Descriptive words used in narratives collected placed in a wordle

# Impact of the Workshop

## Categories



## Contact Information

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