WITH RAISED MENTAL HEALTH LITERACY TO BETTER MANAGING OF MOOD DISORDERS
(Acronym OMRA)

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In 2016 residents of Slovenia were on average 43 years old.
Significant inequalities in health related indicators in Slovenian municipalities

Municipalities by the sum of indicators that are better and worse than the average of Slovenia

(NIJZ, 2015)

More better indicators

More worse indicators

Economic growth
Education
Employment
Traffic accidents
Drinking water
Sick leave
Specific morbidity and mortality (cancer, CVD, alcohol, ...)
Suicidal behaviour
Regional and gender diversity on sick leave

9.7 to 21.9 calendar days per person in paid employment
Leading causes of sick leave, 2016

- injury and poisoning
- diseases of the musculoskeletal system and connective tissue
- diseases during pregnancy
- diseases of the respiratory system
- diseases of the circulatory system
- mental and behavioural disorders
- neoplasms
- diseases of the digestive system
- certain infectious and parasitic diseases
- symptoms, signs and abnormal clinical and laboratory findings
- factors influencing health status and contact with health services
- parent’s care of sick child

Source: NJUZ
Inequalities in health care delivery

Regional diversity of prescribed drugs for mental disorders at municipality level (NIJZ, 2015)

Average 15 to 15.9 per 100 inhabitants
The mental health prevention and promotion programs are not equally accessible to all population in Slovenia. We face stigma and lack of knowledge on importance of mental health. Mood disorders are among the most prevalent mental health issues.

What can we do?
PROGRAMME
WITH RAISED MENTAL HEALTH LITERACY TO BETTER MANAGING OF MOOD DISORDERS
Mental health literacy has been defined as "knowledge and beliefs about mental disorders which aid their recognition, management or prevention.

Mental health literacy includes the ability to recognize specific disorders; knowing how to seek mental health information; knowledge of risk factors and causes, of self-treatments, and of professional help available; and attitudes that promote recognition and appropriate help-seeking.

The concept of mental health literacy derived from health literacy, which aims to increase patient knowledge about physical health, illnesses, and treatments.
The Programme OMRA is designed to increase the accessibility to various information related to the early identification of mood disorders and available types of (self) help via:

- OMRA website platform
- educational courses (mental health literacy workshops) for representatives and users of local stakeholders
- publishing of manuals, guides, leaflets designed for early recognition of mental health issues
- promotion of the programme through the media, social networks, public events etc.

Aim of the programme: contributing to higher level of mood disorders literacy in different population groups
The entrance page of the OMRA website
First person accounts - Personal stories on taking care on his or her mental health, overcoming mental health disorder, ...
Resilience on stress is important for mental health:

Self tests/ stress ...
Entering virtual classroom (stigma, depression, anxiety, bipolar disorder)

- literacy questionnaire
- educational material
Strategije za znižanje samostigme

Programi za znižanje samostigme, ki jih poznamo pod imenom "Postati ponosen" naslavljajo bolj varne oziroma prilagodljive vidike razkritja težav v duševnem združju v obliki tehtanja njegovih prednosti (ZA) in slabosti (PROTI). Cilj takih programov je osebo opominomoličiti, podpreti in opogumiti, da se sama odloči za razkritje težav v duševnem združju, ne pa jo siliti, da na vsak način razkrije svoje težave drugim. Odločitev za razkritje težav v duševnem združju je namreč zelo osebna odločitev, ki je odvisna od osebnih in družbeno-kulturnih okoliščin osebe (starost, spol, etnična pripadnost, zakonski stan, izobrazba, okolje bivanja ipd.) in od nje zahteva, da skrbno premisli potencialne prednosti in slabosti razkritja. Razkritje namreč ni črno-bela odločitev. Oseba spreminja strategije razkrivanja v skladu s premisleki o lastnem obvladanju tveganj ob samem razkritju težav v duševnem združju.
Interesting facts about depression, stigma, anxiety, bipolar disorder
Frequently asked questions and answers about depression, anxiety, bipolar disorder.
Search engine for help and support at regional level

Rezultati iskanja

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https://www.zd-celje.si/dejavnost/osnovna-zdravstvena-dejavnost/dispanzer-za-mentalno-zdravje/
An online application form for purchasing electronic newsletter OMRA
2 Manuals: Stress and anxiety; Depression and bipolar mood disorder

Guide to mood disorders
Educational courses OMRA
Mental health literacy workshops

- Intended for **general population** and **vulnerable groups** in the Slovenian north-eastern region (unfavourable indicators of health inequalities)
- Goal: to include in workshops **900 participants** (450 users and 450 representatives from local stakeholders)
- **20 workshops** within 10 months in different places of **Slovenian north-eastern region** (2018-2019)
- Workshops carried out by **multidisciplinary educational team** (psychiatrists, psychologists, anthropologists, culturologists)
- Duration of session: **5 hours**
- Evaluation: participants screened for their **level of literacy on mood disorders** before and after attending the workshop
The Federation of Disabled Workers of Slovenia (140 participants)

Pilot mental health literacy workshop
Overall satisfaction of workshop participants (N = 106)

How were you generally satisfied with the workshop in terms of its organization, presented contents and its actuality, and with the time table and place of the event?

Average level of satisfaction

4.2
Identification of mood disorders

Participants did read Case vignettes (3) and selected one disorder from the list of mental disorders, that in their opinion was described in the particular Case vignette.
Anxiety and Depression Literacy

Participants were screened for their level of anxiety and depression literacy (self-administered questionnaires) before and after attending the workshop.

(Kathy Griffiths: Depression Literacy Questionnaire, D-Lit; Anxiety Literacy Questionnaire, A-Lit)
Self-Stigma of Seeking Help Scale (Vogel, DL. et al, 2006; SSOSH)

Expression of self-stigma of seeking help (N=120)

- Before workshop
- After workshop

Average score on Self-Stigma of Seeking Help Scale

- Low Stigma
- Medium Stigma
- High Stigma
Behavioural intentions of the workshop participants about seeking professional help if they would experience a mental health problem

Prediction of goal-oriented behavior (N = 110)

- If I would notice one of today discussed mental health problems, I would seek professional help right away. 4.1
- In our municipality there are sufficient professional services (e.g. psychiatrist, psychologist, psychotherapist) suitable for treatment of mental health problems. 3.1
- People who are close to me would support me if I have to seek professional help because of mental health problems. 4.0
- Most of the people whose opinions I value, would not approve that I seek professional help in case I had problems in mental health. 2.7
- I believe that everyone should solve own mental health problems without professional help. 2.3
- I believe that I could talk openly with my general practitioner about my mental health problems. 4.1
Conclusions
The Programme OMRA is **innovative** and the **first of its kind in Slovenia**

It is designed **multidisciplinary** representing problems of mood disorders and help seeking behaviour from **different perspectives** (users / providers)

The Programme is constructed on previous **qualitative research**, checking expectations, attitudes, preferable forms of knowledge transfer and experiences of **discussers** (users and providers in the field of mental health)

The Programme addresses as well **vulnerable groups**: unemployed, young people, rural populations, the elderly, disabled
In March 2018 the National mental health program (NMPH) with action plan passed parliamentary procedure. The addressing stigma and mental health literacy are listed as activities.

- The Programme OMRA is already established and it is tuned to the aims and goals of NMHP

- Next two years will be dedicated to increase mental health literacy on personality disorders.
Thank you for your attention!