

Improving mental health literacy through the OMRA programme

*dr. Nataša Dernovšek Hafner & dr. Lilijana Šprah
ZRC SAZU – Sociomedical Institute*



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Mental disorders are **on the rise** worldwide and have a **significant impact** on individuals' **lives and work**.

In 2020, the number of people suffering from anxiety and depression **increased significantly** due to the **pandemic COVID -19**:

- **26%**  **in anxiety disorders and**
- **28%**  **in depressive disorders.**

omra - *What does the acronym stand for?*



The multidisciplinary programme "***With increased mental health literacy to better management of mood disorders***" (acronym: OMRA) was launched in Slovenia in 2017..

omra programme partners



ZRC SAZU

Znanstvenoraziskovalni center ZRC SAZU,
Družbenomedicinski inštitut



Inštitut Karakter



Društvo ALTRA - odbor za novosti v
duševnem zdravju



Društvo Projekt Človek

*In 2020-2022, the programme
was implemented by an
expanded team of
30 colleagues.*

OMRA programme is co-funded by:



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA ZDRAVJE

Increased need for mental health prevention and promotion programmes during the COVID-19 pandemic

- The **COVID-19 pandemic** and the epidemiological measures have also had a **major impact on mental health**;
- Around **10%** of the population has experienced **long-term distress**;
- **WHO, 2022:**
 - the epidemiological picture of **mood disorders worsened globally** –
 - the occurrence of mental health problems such as **depression, anxiety disorders, experiencing excessive stress** and **post-traumatic stress disorder** was more frequent during the COVID-19 pandemic than in the period preceding it;
- Some epidemiological data show that the global prevalence of **depression increased** by **27.6%** and **anxiety by 25.6%** in just one year (2020), with the data for Europe (Central and East) and Central Asia showing a slightly worse picture;

Main OBJECTIVE of the OMRA programme: *to raise the level of mental health literacy*

The construct refers to **knowledge, beliefs** and **attitudes** about mental disorders.

Knowledge **empowers people** with mental health problems and makes others aware that **mental disorders are treatable**, that most people **recover** from mental disorders, and that they can lead creative and fulfilling lives..

Knowledge that helps in the **identification**, treatment and prevention of mental disorders.



**REDUCE SOCIAL STIGMA AND
SELF-STIGMA →
SEEK HELP IN TIME**

OMRA programme target groups

- **general public**
- **professionals** who have a lot of contact with people with mental health problems
- **vulnerable groups** (18 years and older) who may be even less informed and motivated to act on mental health problems:
 - *the elderly*
 - *rural populations (farmers, farmworkers)*
 - *people with mental health problems and*
 - *their families.*



OMRA tools to raise literacy on mood and personality disorders

- **Online literacy platform OMRA** (stress, depression, anxiety, bipolar disorder, stigma, personality disorders);
- **Publications:** E-newsletter, manuals, guide, leaflet;
- **Social media;**
- **Workshops, public lectures and round tables,**
- Engagement in **electronic and print media**



Sculpture in Malmö, Sweden. Foto: NDH

The programme evaluation is multilevel and continuous.

Poti iz labirintov

Rešitev vedno obstaja.

POIŠČI REŠITEV

POIŠČI POMOČ

Kraj

Terapevt

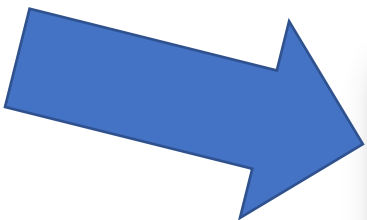


Online literacy platform
OMRA
www.omra.si

Social media:
@ProgramOmra



Online workshops OMRA



OMRA1: Stress makes you sick, make yourself strong!



OMRA2: The emotional merry-go-round of relationships: Let's recognise the personality disorders among us

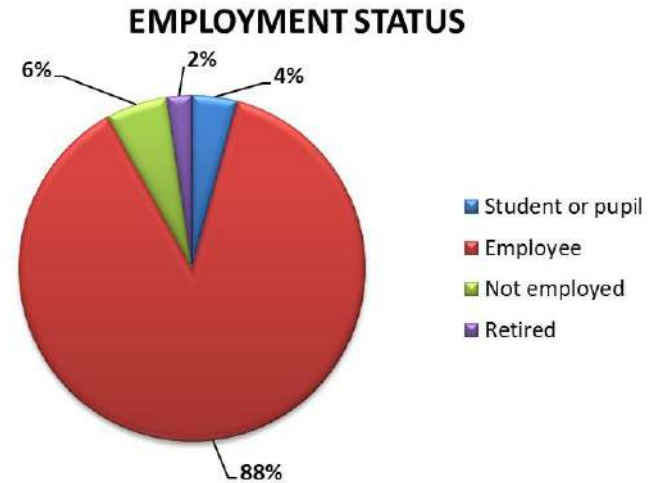
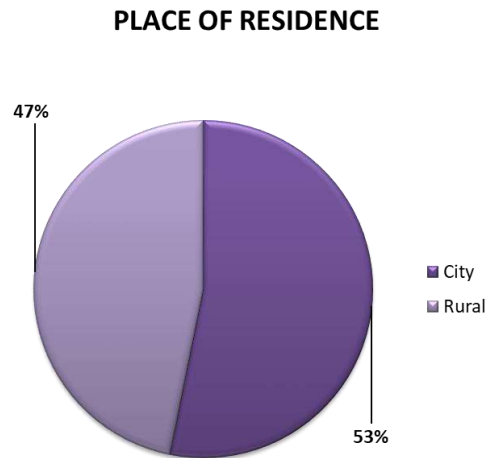
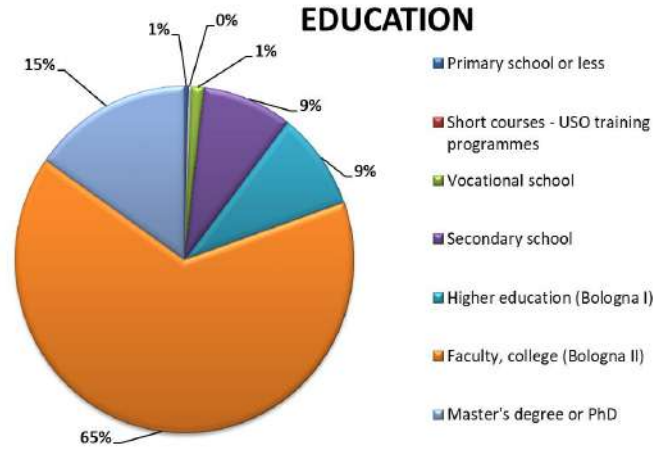
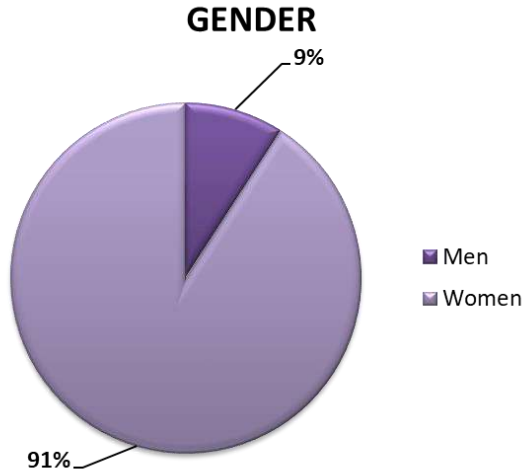


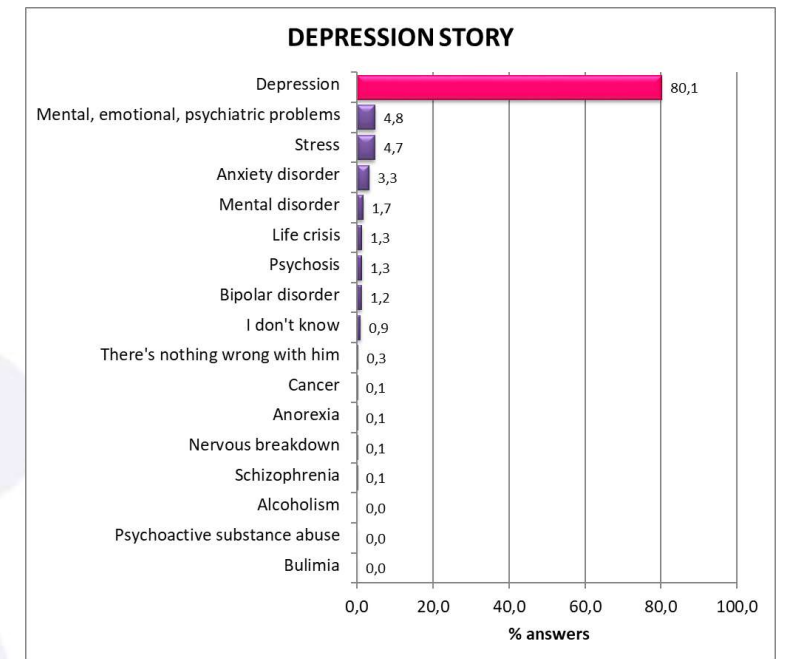
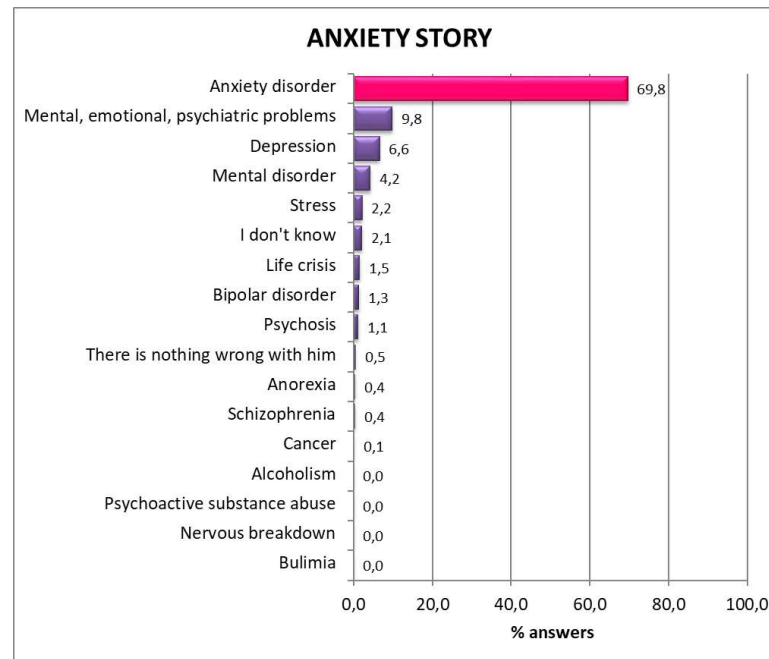
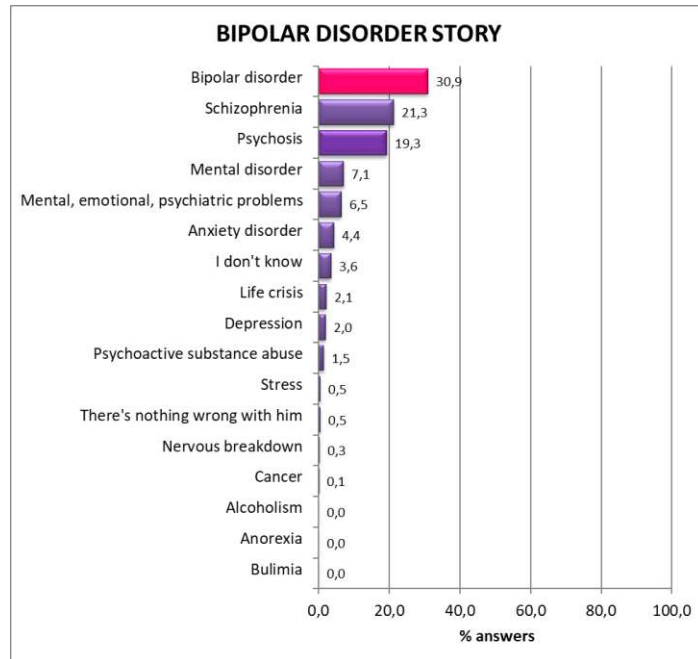
OMRA3: The power of conversation - the weakness of stigma

Workshop	N of implementations	N of registrants	N of participants
OMRA 1	32	1.323	951 (28%↓- in terms of registrants)

From 15. 10 2020 till 10. 3. 2022

32 OMRA online workshops delivered; 951 participants

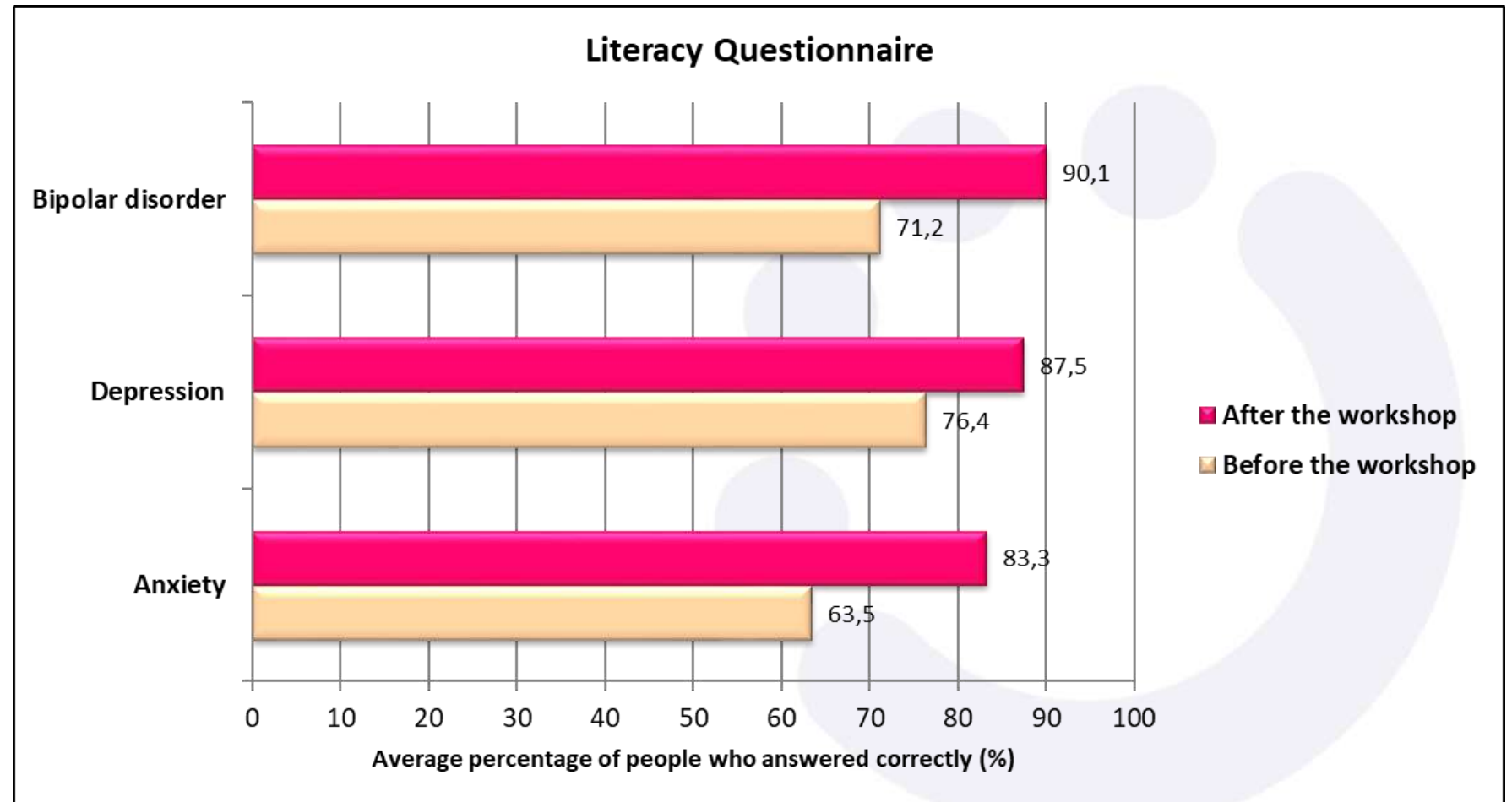




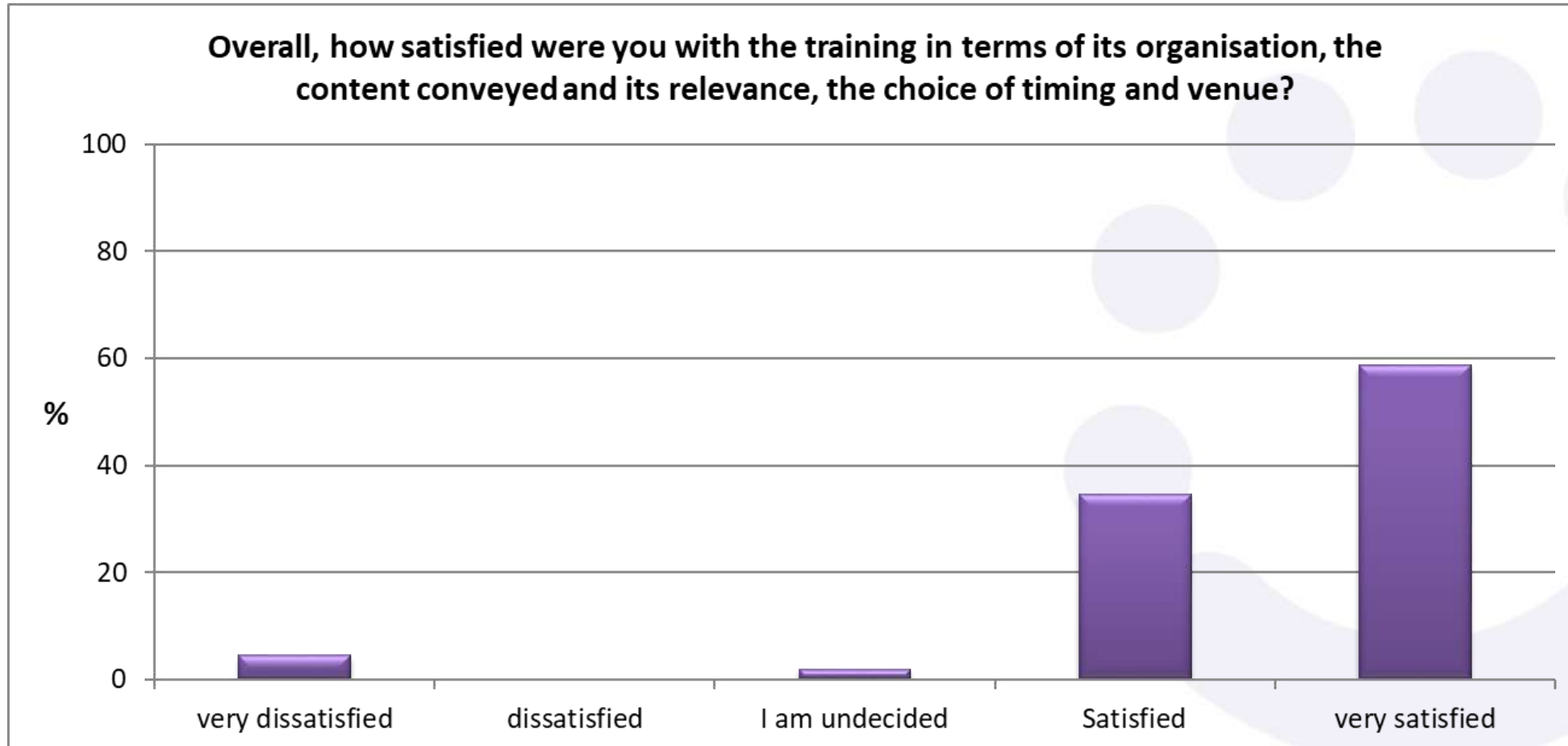
Identification of mood disorders using *case vignettes*

Literacy level before and after the workshop

Literacy Questionnaire	Difference in correct answers
DEPRESSION	11,0%
BIPOLAR DISORDER	18,9%
ANXIETY	19,8%



Satisfaction with the workshop



After participating in the OMRA workshops, participants reported that ...

- have **acquired more knowledge** and **understanding** of mood disorders
- are **more confident** (lower self-stigma)
- are **more empathetic, sensitive,** and **patient** in dealing with their own problems and those of others
- respond **more appropriately** to people with problems
- are **better able to recognise** past and present problems in themselves or others,
- **give advice** and (refer) themselves to specific professional help **more confidently** and with more authority,
- **participate in more workshops** like this one,
- **share and disseminate** information about the **OMRA** programme,
- **advocate** for regular, recurring **training sessions**

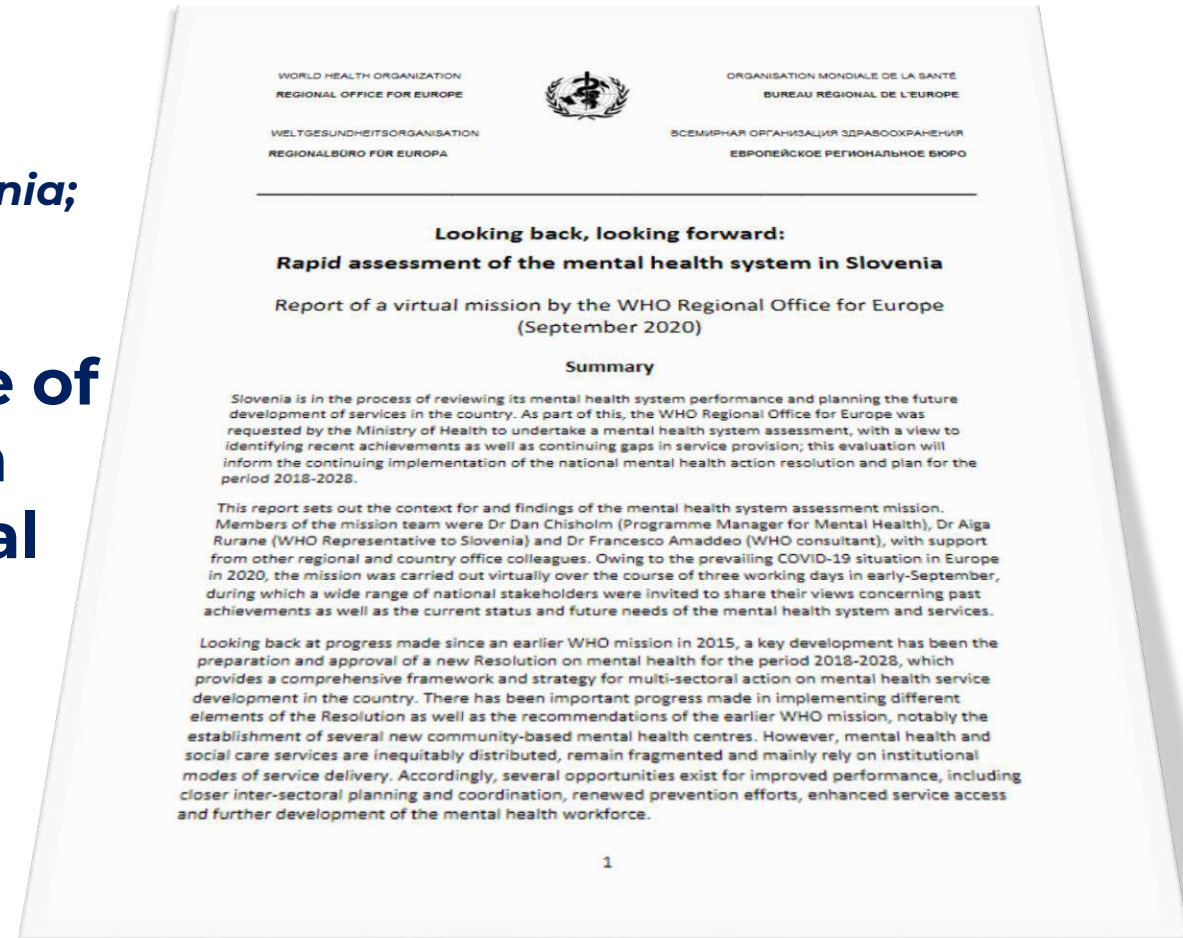


The OMRA programme - an example of good practice

➤ **In the national report of WHO**
*(Looking back, looking forward:
Rapid assessment of the mental health system in Slovenia;*
september 2020; p. 10-8)

➤ **OMRA is highlighted as an example of best practice that contributes in an innovative way to improving mental health literacy in Slovenia.**

https://dmi.zrc-sazu.si/sites/default/files/who_porocilo_-_rapid_assessment_of_the_mental_health_system_in_slovenia_.pdf



Investing in mental health pays off!



Increased
mental health
literacy

Identify mental
health
problems in
time

Seek
appropriate
professional
help

Reduce
economic
burden of
mental
disorders

*By investing in mental health prevention and promotion programmes for depression and anxiety alone, countries save **four times** as much.*



Thank you for your attention!

E-contact: natasa.dernovscek-hafner@zrc-sazu.si & lilijana.sprah@zrc-sazu.si

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