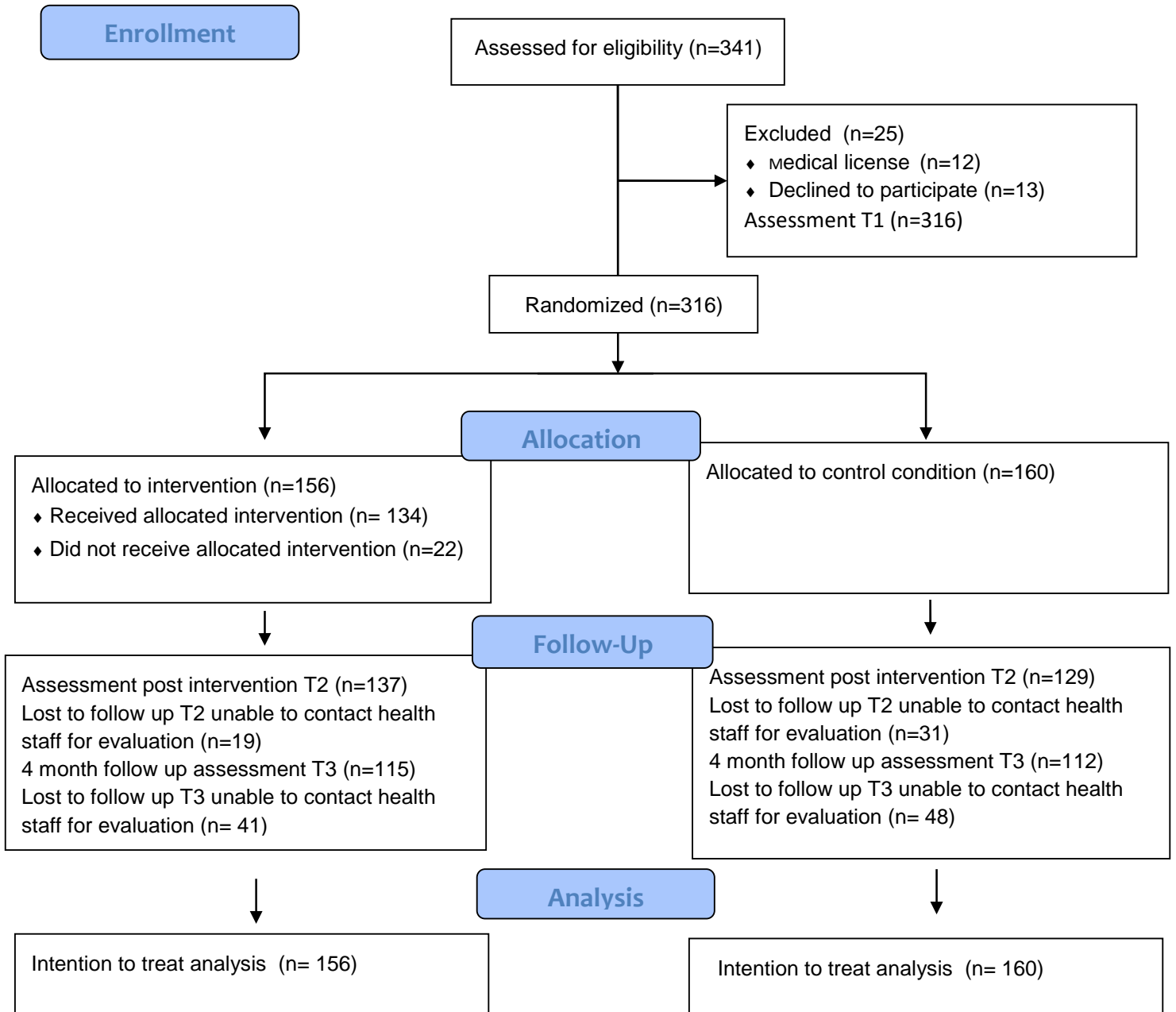


## Participant Flow



**Table 1. Sociodemographic characteristics**

	Experimental Group		Control Group		TOTAL	
	n	%	n	%	n	%
Sex						
Men	29	18.1	25	16.0	54	17.1
Woman	131	81.9	131	84.0	262	82.9
Marital status						
Single	74	46.2	72	46.2	146	46.2
Married/cohabiting	71	44.3	69	44.2	140	44.3
Separated/ widower	15	9.3	15	9.6	30	9.5
Profession						
General practitioner	22	13.8	18	11.5	40	12.7
Nurses	20	12.5	22	14.1	42	13.3
Nutritionist	14	8.8	14	9.0	28	8.9
Psychologist	17	10.6	13	8.3	30	9.5
Social Worker	18	11.3	27	17.3	45	14.2
Midwife	9	5.6	8	5.1	17	5.4
Nurses technician	41	25.6	35	22.4	76	24.1
Dentist	7	4.4	6	3.8	13	4.1
Other	12	7.5	13	8.3	25	7.9

Frecuency of care of person with mental disorder						
Almost every day	39	24.4	33	21.2	72	22.8
Once a week	24	15	20	12.8	44	13.9
Once every 15 days	20	12.5	22	14.1	42	13.3
Once a month	24	15	21	13.5	45	14.2
Once every two months	16	10	20	12.8	36	11.4
Almost never	36	22.5	40	25.6	76	24.1
Missing	1	0.6			1	0.3
Diagnosis of own mental disorder						
Yes	22	13.8	16	10.3	38	12.0
No	138	86.3	140	89.7	278	88.0
Diagnosis of mental disorder in a family						
Yes	25	15.6	23	14.7	48	15.2
No	135	84.4	133	85.3	268	84.8
Contact with the person						
Yes	20	80	20	87	40	83.3
No	5	20	3	13	8	16.7
	M	S. D.	M	S. D.	M	S. D.

Age	39.18	11.11	37.13	9.97	38.17	10.59
N° of years as professional	13.1	9.91	10.83	8.94	12.03	9.50
Working hours	41.46	7.11	41.75	6.26	41.60	6.70

**Table 2: Pre, post intervention, follow-up and ANOVA mean differences in each group variable over time**

	Control Group						Experimental Group						
	Pre intervention		Post intervención		4 month follow-up		Pre intervention		Post intervention		4 month follow-up		
	Mean	S.D	Mean	S.D	Mean	S.D	Mean	S.D	Mean	D.S	Mean	S.D	F
<b>EAPS-TM Factor 1<sup>a</sup></b> Stigmatizing beliefs	3.32	0.72	3.49	0.86	3.46	0.82	3.30	0.86	4.22	0.98	4.11	0.93	32.11***
<b>EAPS-TM Factor 2<sup>a</sup></b> Infantilization and relational distance	4.45	0.82	4.39	0.91	4.17	0.96	4.47	0.87	4.87	0.89	4.68	0.89	11.01***
<b>DS Factor 1<sup>a</sup></b> Closeness and social interaction	3.51	0.84	3.45	0.85	3.39	0.91	3.5	0.89	3.91	0.87	3.74	0.86	7.433***
<b>DS Factor 2<sup>a</sup></b> Intimacy and confidence	2.01	0.87	2.16	0.94	2.3	0.95	2	1.01	2.60	1.02	2.68	1.10	6.182***
<b>CAMI Factor 1</b> Acceptance	1.73	0.57	1.83	0.58	2.13	0.80	1.84	0.63	1.68	0.70	1.90	0.88	3.54*
<b>CAMI Factor 2<sup>a</sup></b> Rejection to the implementation of mental health centers	3.94	0.75	3.87	0.81	3.69	0.79	3.89	0.77	4.13	0.75	4.13	0.71	9.941****
<b>ECTH-PS Factor 1<sup>a</sup></b> Support behaviors	3.34	0.55	3.23	0.48	3.22	0.43	3.39	0.45	3.40	0.50	3.28	0.56	1.466
<b>ECTH-PS Factor 2<sup>a</sup></b> Comfortability	2.87	0.69	2.86	0.63	2.78	0.64	2.98	0.60	3.16	0.66	3.00	0.71	0.7565

<sup>a</sup> Reverse scoring scale

EAPS-TM: Attitudes Scale of Health Care Professionals' toward people with a diagnosis of Mental Illness

DS: Social Distance

CAMI: Community attitudes towards the mentally ill

ECTH-PS: Scale of humanized care behaviors in health personnel

**Table 3: Primary outcomes mean differences between experimental and control groups**

		Differences between experimental and control group in pre test (T1)				Differences between experimental and control group in post test (T2)				Differences between experimental and control group in follow-up (T3)			
		Estimate <sup>a</sup> $\Delta$ E1-C1	t	df	d	Estimate <sup>b</sup> $\Delta$ E2-C2	t	df	d	Estimate <sup>c</sup> $\Delta$ E3-C3	t	df	d
<b>EAPS-TM Factor 1</b>	<b>Stigmatizing beliefs<sup>d</sup></b>	-0.069	-0.74	450.2	-0.09	0.674***	6.71	539.4	0.92	0.603***	5.87	376.2	0.82
<b>EAPS-TM Factor 2</b>	<b>Infantilization and relational distance<sup>d</sup></b>	-0.051	-0.54	439.9	-0.06	0.412***	4.04	551.7	0.53	0.448***	3.75	378	0.58

\*  $p=0.05$ ; \*\*  $p=0.01$ ; \*\*\*  $p=0.001$

<sup>a</sup>  $\Delta$  E1-C1 difference between experimental and control group in pre test

<sup>b</sup>  $\Delta$  E2-C2 difference between experimental and control group in post test

<sup>c</sup>  $\Delta$  E3-C3 difference between experimental and control group in follow-up

<sup>d</sup> Scoring reverse

EAPS-TM: Attitudes Scale of Health Care Professionals' toward people with a diagnosis of Mental Illness (EAPS-TM)

**Table 4: Secondary outcomes mean differences between experimental and control groups**

	Differences between experimental and control group in pre test (T1)				Differences between experimental and control group in post test (T2)				Differences between experimental and control group in follow-up (T3)			
	Estimate <sup>a</sup> Δ E1-C1	t	df	d	Estimate <sup>b</sup> Δ E2-C2	t	df	d	Estimate <sup>c</sup> Δ E3-C3	t	df	d
<b>DS Factor 1, Closeness and social interaction<sup>d</sup></b>	-0.050	-0.52	488.7	-0.06	0.420***	4.19	590.7	0.52	0.309 *	2.38	373.9	0.38
<b>DS Factor 2 Intimacy and confidence<sup>d</sup></b>	-0.036	-0.33	507.9	-0.04	0.423***	3.71	644.3	0.47	0.365***	2.79	370.6	0.40
<b>CAMI Factor 1, Acceptance</b>	0.117	1.66	469.9	0.19	-0.139	-1.35	662.5	-0.23	-0.226*	-2.07	356.3	-0.38
<b>CAMI Factor 2 Rejection to the implementation of mental health centers<sup>d</sup></b>	-0.077	-0.91	466.5	-0.10	0.233***	2.26	550.5	0.32	0.415 *	4.09	377.5	0.57

\*  $p=0.05$ ; \*\*  $p=0.01$ ; \*\*\*  $p=0.001$

<sup>a</sup> Δ E1-C1 difference between experimental and control group in pre test;

<sup>b</sup> Δ E2-C2 difference between experimental and control group in post test;

<sup>c</sup> Δ E3-C3 difference between experimental and control group in follow-up.

<sup>d</sup> Scoring reverse

DS: Distance social

CAMI: Community attitudes towards the mentally ill

**Table 5: Primary outcomes mean differences between experimental and control groups by time differences**

	Differences between post test and pre test in experimental and control groups (T2- T1)				Differences between follow-up and post test in experimental and control groups (T3- T2)				Differences between follow-up and pre test in experimental and control groups (T3- T1)			
	Estimate <sup>a</sup> $\Delta$ (E2-C2)-(E1-C1)	t	df	d	Estimate <sup>b</sup> $\Delta$ (E3-C3)-(E2-C2)	t	df	d	Estimate <sup>c</sup> $\Delta$ (E3-C3)-(E1-C1)	t	df	d
<b>EAPS-TM<sup>d</sup> (factor 1, Stigmatizing beliefs)</b>	0.743***	7.25	536.3	1.01	-0.0708	-0.70	606.1	-0.09	0.6725***	6.53	416.4	0.92
<b>EAPS-TM<sup>d</sup> (factor 2, Infantilization and relational distance)</b>	0.463***	4.38	546.6	0.60	0.0363	0.29	617	0.04	0.4995***	4.13	401.6	0.65

\*  $p=0.05$ ; \*\*  $p=0.01$ ; \*\*\*  $p=0.001$

<sup>a</sup>  $\Delta$  (E2-C2) – (E1-C1) difference between post test and pre test in experimental and control groups

<sup>b</sup>  $\Delta$  (E3- C3) – (E2-C2) difference between follow-up and post test in experimental and control groups

<sup>c</sup>  $\Delta$  (E3-C3) – (E1-C1) difference between follow-up and pre test in experimental and control groups.

<sup>d</sup> Scoring reverse

EAPS-TM Attitudes Scale of Health Care Professionals' toward people with a diagnosis of Mental Illness



**Table 6: Secondary outcomes mean differences between experimental and control groups by time differences**

	Differences between post test and pre test in experimental and control groups (T2- T1)				Differences between follow-up and post test in experimental and control groups (T3- T2)				Differences between follow-up and pre test in experimental and control groups (T3- T1)			
	Estimate <sup>a</sup> $\Delta$ (E2-C2)-(E1-C1)	t	df	d	Estimate <sup>b</sup> $\Delta$ (E3-C3)-(E2-C2)	t	df	d	Estimate <sup>c</sup> $\Delta$ (E3-C3)-(E1-C1)	t	df	d
<b>DS<sup>d</sup> (factor 1)</b> <b>Closeness and social interaction</b>	0.471***	4.21	542.5	0.58	-0.1113	-0.83	600.8	-0.13	0.3598*	2.58	450	0.44
<b>DS<sup>d</sup> (factor 2)</b> <b>Intimacy and confidence</b>	0.459***	3.49	552.3	0.51	-0.0582	-0.38	605.5	-0.06	0.4015**	2.78	463.4	0.44
<b>CAMI<sup>e</sup> (factor 1)</b> <b>Acceptance</b>	-0.256*	-2.26	565.7	-0.43	-0.0874	-0.64	623.8	-0.14	-0.3439**	-2.92	414.9	-0.58
<b>CAMI<sup>e</sup> (factor 2)</b> <b>Rejection to the implementation of mental health centers</b>	0.3112**	2.94	534.9	0.43	0.182	1.56	600.6	0.25	0.4932***	4.74	430	0.68

\*  $p=0.05$ ; \*\*  $p=0.01$ ; \*\*\*  $p=0.001$

<sup>a</sup>  $\Delta$  (E2-C2) – (E1-C1) difference between post test and pre test in experimental and control groups

<sup>b</sup>  $\Delta$  (E3- C3) – (E2-C2) difference between follow-up and post test in experimental and control groups

<sup>c</sup>  $\Delta$  (E3-C3) – (E1-C1) difference between follow-up and pre test in experimental and control groups.

<sup>d</sup> Scoring reverse

DS: Social Distance Scale

CAMI: Community attitudes towards the mentally ill

**Table 7: Scale of humanized care behaviors in health personnel (ECTH-PS) outcomes mean differences between experimental and control groups**

	Differences between experimental and control group in pre test (T1)				Differences between experimental and control group in post test (T2)				Differences between experimental and control group in follow-up (T3)			
	Estimate $\Delta E1-C1^a$	t	df	d	Estimate $\Delta E2-C2^b$	t	df	d	Estimate $\Delta E3-C3^c$	t	df	d
<b>ECTH-PS Factor 1 <sup>a</sup></b>												
Support behaviors												
Health professionals	0.02717	0.2097	163.8	0.0530	0.4366***	3.331	208.1	0.8522	0.2136	1.553	121.3	0.417
Psychosocial professionals	0.4214**	2.494	162.3	0.8226	0.0574	0.3355	213.9	0.1121	-0.147	-0.819	115	-0.288
<b>ECTH-PS Factor 2 <sup>a</sup></b>												
Comfortability												
Health professionals	0.2403	1.454	151.8	0.4691	0.6264***	3.762	182	1.223	0.6362***	3.702	119.9	1.242
Psychosocial professionals	0.3655	1.704	151.7	0.7135	0.1662	0.7689	188.2	0.3245	-0.0264	-0.118	114.5	-0.051

\*  $p=0.05$ ; \*\*  $p=0.01$ ; \*\*\*  $p=0.001$

<sup>a</sup>  $\Delta E1-C1$  difference between experimental and control group in pre test;

<sup>b</sup>  $\Delta E2-C2$  difference between experimental and control group in post test;

<sup>c</sup>  $\Delta E3-C3$  difference between experimental and control group in follow-up.

<sup>d</sup> Scoring reverse

**Table 8: Scale of humanized care behaviors in health personnel (ECTH-PS) outcomes mean differences between experimental and control groups by time differences**

	Differences between post test and pre test in experimental and control groups (T2- T1)				Differences between follow-up and post test in experimental and control groups (T3- T2)				Differences between follow-up and pre test in experimental and control groups (T3- T1)			
	Estimate $\Delta(E2-C2)-(E1-C1)^a$	t	df	d	Estimate $\Delta(E3-C3)-(E2-C2)^b$	t	df	d	Estimate $\Delta(E3-C3)-(E1-C1)^c$	t	df	d
<b>ECTH-PS Factor 1 <sup>a</sup></b>												
Support behaviors												
Health professionals	0.4094***	2.709	181	0.7992	-0.2229	-1.466	196	-0.4352	0.1864	1.189	154.5	0.364
Psychosocial professionals	-0.364	-1.772	181	-0.7106	-0.2051	-0.992	196	-0.4005	-0.5691***	-2.671	154.5	-1.111
<b>ECTH-PS Factor 2 <sup>a</sup></b>												
Comfortability												
Health professionals	0.3861*	2.208	176.7	0.7538	0.00974	0.05541	194.4	0.01902	0.3959*	2.2	147.3	0.772
Psychosocial professionals	-0.1993	-0.8381	176.7	-0.389	-0.1926	-0.8061	194.4	-0.3761	-0.3919	-1.602	147.3	-0.765

\*  $p=0.05$ ; \*\*  $p=0.01$ ; \*\*\*  $p=0.001$

<sup>a</sup>  $\Delta (E2-C2) - (E1-C1)$  difference between post test and pre test in experimental and control groups

<sup>b</sup>  $\Delta (E3-C3) - (E2-C2)$  difference between follow-up and post test in experimental and control groups

<sup>c</sup>  $\Delta (E3-C3) - (E1-C1)$  difference between follow-up and pre test in experimental and control groups.