

# Assessment of the effectiveness of a program for the reduction of stigma towards people with severe mental disorders in primary care workers.

<b>Submission date</b> 12/03/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 29/03/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 10/11/2021	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

People with severe mental disorders (SMD) have higher disease and death rates than the general population. Stigma (negative attitudes and perceptions) contributes to an unfairness in the access to health services and a lower quality of assistance in this population. Stigma is translated into negative attitudes, social distance and discrimination towards this social group. For these reasons, healthcare workers are a priority groups for anti-stigma interventions. This study aims to assess the effectiveness of a program specifically designed to decrease negative attitudes and social distance and increase inclusive behaviors of health workers towards people with severe mental disorders.

### Who can participate?

Adult health workers from Family Health Centers

### What does the study involve?

Participants are randomly allocated by their health centre to one of two groups. Those in the first group receive a program delivered weekly by a psychologist. The program includes education, development of behavior skills and contact with somebody diagnosed with a severe mental disorder.

Those in the second group do not receive any additional program until after the study is finished.

### What are the possible benefits and risks of participating?

All participants have the opportunity to learn how to reduce the stigma surrounding people diagnosed with severe mental disorders. There are no identifiable risks for those taking part in the study.

### Where is the study run from?

Family Health Center Santa Sabina and 13 other Family Health Centers in Chile

When is the study starting and how long is it expected to run for?

March 2017 – December 2018

Who is funding the study?

National Commission for Scientific and Technological Research, CONICYT (Chile)

Who is the main contact?

Dr Pamela Grandon (Scientific)

pgrandon@udec.cl

## Contact information

### Type(s)

Scientific

### Contact name

Dr Pamela Grandon

### Contact details

Pinares 20

Chiguayante

Concepcion

Chile

4100000

+56 41 220 4323

pgrandon@udec.cl

## Additional identifiers

### Protocol serial number

FONDECYT 1171287

## Study information

### Scientific Title

Assessment of the effectiveness of a program for the reduction of stigma towards people with severe mental disorders in primary care workers: A randomized trial.

### Study objectives

The "Igual-mente" ("Equally") Program will decrease negative attitudes and social distance and it will increase inclusive behaviors from the health workers towards people with severe mental disorders.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

1. Ethical and Scientific Committee from Servicio de Salud de Concepción, 24/10/2017, ref: 16-08-44
2. Servicio de Salud de Talcahuano, 04/07/2017, ref: Act N° 67

**Study design**

Clinical cluster randomized controlled trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Mental illness

**Interventions**

Health workers from different primary care centers are randomized by center to experimental or control groups. All the workers from each center are invited to participate and those that accept receive the pre-test assessment. All of those that have received the pre-test assessment are randomly assigned to one group or another by random numbers. Randomization is carried out by an external person, blind to the other aspects of the research.

Those in the intervention group receive a program called Igual-mente (Equally). The program lasts two months with weekly sessions including education strategies, contact with people diagnosed with severe mental disorders and the development of well-behavior skills towards people with a SMD. The program is carried out by a psychologist and a person who has received the diagnosis of severe mental disorder. Both receive previous training and must pass a competence test. They are weekly both personally and distance supervised.

The control group do not receive the program for assessment during the study, but can receive it after the study is completed.

**Intervention Type**

Behavioural

**Primary outcome(s)**

1. Social Distance is assessed using Social Distance Scale.

2. Negative attitudes to people with mental health are assessed using "Scale of Attitudes of Health Professionals towards People with Severe Mental Illness" which is built by a doctoral thesis based on the "Mental Illness Clinicians Attitudes" (Gabbidon et al., 2013) and Community Attitudes to Mental Illness (Grandón, et al., 2016; Taylor, & Dear, 1981).

Both will be evaluated up to 15 days after the end of the program.

**Key secondary outcome(s)**

Behaviour toward consulting with severe mental health disorders is assessed using a the Checklist of Inclusive Behaviours (a scale developed by the authors of this research) up to 15 days after the end of the program.

**Completion date**

31/12/2018

**Eligibility****Key inclusion criteria**

Workers from the Family Health Centers considering both:

1.1. Professionals (nurses, physicians, medical technicians, psychologists and social workers, professional midwife, nutritionists, occupational therapists, pharmacists, matron)

1.2. medical technicians.

**Participant type(s)**

Health professional

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

316

**Key exclusion criteria**

No exclusion criteria

**Date of first enrolment**

10/03/2018

**Date of final enrolment**

31/03/2018

## **Locations**

**Countries of recruitment**

Chile

**Study participating centre**

**Health Familiar Center Santa Sabina**

Concepción

Chile

4030000

**Study participating centre**

**Health Familiar Center O'Higgins**

Concepción

Chile

4030000

**Study participating centre**  
**Health Familiar Center Juan Soto Fernández**  
Concepción  
Chile  
4030000

**Study participating centre**  
**Health Familiar Center Lorenzo Arenas**  
Concepción  
Chile  
4030000

**Study participating centre**  
**Health Familiar Center Tucapel**  
Concepción  
Chile  
4030000

**Study participating centre**  
**Health Familiar Center Chiguay**  
Chiguayante  
Concepción  
Chile  
4100000

**Study participating centre**  
**Health Familiar Center Leonera**  
Chiguayante  
Concepción  
Chile  
4100000

**Study participating centre**  
**Health Familiar Center Pinares**  
Chiguayante  
Concepción  
Chile  
4100000

**Study participating centre**  
**Health Familiar Center Paulina Avendaño**  
Talcahuano  
Concepción  
Chile  
4260000

**Study participating centre**  
**Health Familiar Center Los Cerros**  
Talcahuano  
Concepción  
Chile  
4260000

**Study participating centre**  
**Health Familiar Center Hualpencillo**  
Hualpén  
Concepción  
Chile  
4600000

**Study participating centre**  
**Health Familiar Center La Floresta**  
Hualpén  
Concepción  
Chile  
4600000

**Study participating centre**  
**Health Familiar Center Talcahuano Sur**  
Hualpén  
Concepción  
Chile  
4600000

**Study participating centre**  
**Health Familiar Center Tome**  
Tomé  
Chile  
4160000

# Sponsor information

## Organisation

Universidad de Concepcion

## ROR

<https://ror.org/0460jpj73>

# Funder(s)

## Funder type

Government

## Funder Name

Comisión Nacional de Investigación Científica y Tecnológica

## Alternative Name(s)

National Commission for Scientific and Technological Research, CONICYT

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

Chile

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Claudio Bustos, [clbustos@udec.cl](mailto:clbustos@udec.cl)

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		01/11/2021	10/11/2021	Yes	No
<a href="#">Protocol article</a>	protocol	07/03/2019		Yes	No

<a href="#">Basic results</a>		27/10/2020	27/10/2020	No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes