

Mental health stigma: a videobased randomized controlled trial to reduce depression stigma among university students

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
22/08/2019	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
13/11/2019	Completed	<input type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
13/11/2019	Mental and Behavioural Disorders	<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Depression is the most significant contributor to non-fatal health loss, with 7.5% of all Years Lived with Disability. In Portugal, depression ranks the 4th highest yearly prevalence (7.9%) within the 34 countries taking part in the World Health Organization Survey, and it also presents a huge treatment gap. The transition phase experienced by young people at the beginning of university attendance represents a high-risk moment for depression, and timely intervention in this population group is of the highest importance. The well-recognized negative consequences of mental health stigma have contributed to the notable increase in the number of stigma reduction interventions. However, there is still a lack of research concerning the effectiveness of these interventions. The aim of this study is to find out whether a video-based intervention can reduce the stigma associated with depression in first-year university students.

Who can participate?

Firstyear students

What does the study involve?

Participants are randomly allocated to the control group or one of two intervention groups. The control group receive no intervention. The intervention groups are asked to watch a short video about depression. A different video is assigned to each of the intervention groups. The video contains people sharing their personal experiences of depression, used as a video-based contact intervention, subtitled by the team members. The video used for intervention group 2 is composed of the first video plus a psychoeducational information short video.

What are the possible benefits and risks of participating?

Benefits include increasing our knowledge about how to reduce the stigma associated with depression, as well as on the processes underlying the relationship between stigma and help-seeking behaviours. Possible risks/inconvenience include the time invested in responding to the questionnaires as well as watching the intervention videos.

Where is the study run from?

Institute of Public Health of the University of Porto (Portugal)

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

February 2019 to November 2019

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

Virgínia Conceição

up200501131@med.up.pt

Contact information

Type(s)

Scientific

Contact name

Miss Virgínia Conceição

ORCID ID

<https://orcid.org/0000-0002-3281-1508>

Contact details

Rua Domingos Machado, 102

Porto

Portugal

4250-201

+351 (0)912969687

up200501131@med.up.pt

Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

PMHDS

Study information

Scientific Title

Mental health stigma: a videobased randomized controlled trial to reduce depression stigma among university students

Study objectives

Videobased contact intervention reduces depression stigma among firstyear university students.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 26/12/2018, Institute of Public Health of the University of Porto ethics committee (Rua das Taipas 135, 4050-091 Porto; Tel: +351 (0)222061820; Email: etica@ispup.up.pt), ref: CE18096

Study design

Singlecenter singleblind randomized controlled trial

Primary study design

Interventional

Study type(s)

Other

Health condition(s) or problem(s) studied

The stigma associated with depression

Interventions

All participants will be randomly distributed among one control group and two intervention groups. Participants are numbered in an ordinal manner, and numbers will be randomized using a randomization software online. Intervention groups will be asked to watch a short video about depression. A different video will be assigned to each of the intervention groups.

For the purpose of the intervention, an assessment of the available videos about depression stigma was conducted, and the videos were analyzed taking in account the type of content, its length and socio-demographic aspects of the video participants. The first phase of the decision making was based on what is already known about video-based interventions on mental health stigma, resulting in a total of five potential videos. In the second phase, the videos were analyzed by two independent researchers that selected only two of them. In the third and last phase of the process, the researchers met and agreed on the final video for intervention group 01: a 3 minutes and 29 seconds long video was selected. The video, developed by BBC Three and available on YouTube, contains people sharing their personal experiences of depression, used as a video-based contact intervention, subtitled by the team members. The video used on the intervention group 2 is composed of the first video plus a psychoeducational information short video developed by EAAD, the European Alliance Against Depression (www.eaad.net) and EUTIMIA (www.eutimia.pt), the Portuguese branch of EAAD.

No intervention will be applied to the control group.

Intervention Type

Other

Primary outcome(s)

Percentage of depression stigma will be measured by the Depression Stigma Scale, developed in Australia and used in a number of community samples. The scale distinguishes between personal and perceived stigma and each subscale is constituted by 9 fivepoint Likert scale items. The

Portuguese version was translated and adapted by Eutimia (European Alliance Against Depression in Portugal).

Measured 30 days before the intervention, immediately after the intervention, and 3 months after the intervention

Key secondary outcome(s)

Measured 30 days before the intervention, immediately after the intervention, and 3 months after the intervention:

1. Anxiety stigma, measured by the Generalised Anxiety Stigma Scale
2. Help-seeking behaviour measured by the Attitudes Toward Seeking Professional Help
3. Depression monitoring measured by The Patient Health Questionnaire
4. The Generalized Anxiety Disorder measured by the Generalized Anxiety Disorder

Completion date

30/11/2019

Eligibility

Key inclusion criteria

All firstyear students will be contacted through institutional email and will be asked to answer the questionnaire. After gathering the pretest answers, all respondents will be included in the study.

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Not responding to the Depression Stigma Scale

Date of first enrolment

01/04/2019

Date of final enrolment

31/05/2019

Locations

Countries of recruitment

Portugal

Study participating centre
Institute of Public Health of the University of Porto
Rua das Taipas nº135
Porto
Portugal
4050-600

Sponsor information

Organisation
Institute of Public Health of the University of Porto

ROR
<https://ror.org/043pwc612>

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

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 rgusmão@mac.com (the researcher supervisor) and Virgínia da Conceição (up200501131@med.up.pt). As this study is part of a PhD research, the data will be available as soon as the PhD research is completed (end of 2020), and it can be requested in the 5 years subsequent to that time. Data will be available in SPSS, containing socio-demographic information (age, gender, living situation and previous diagnosis and mental health access care), and the dependent and independent variables of the study, previously described. To access the data, applicants must be associated with an academic institution and for research only. Informed consent was obtained from all the participants and no identifiable personal information was obtained, ensuring total anonymity.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
-------------	---------	--------------	------------	----------------	-----------------

[Participant information sheet](#)

Participant information sheet 11/11/2025 11/11/2025 No

Yes