

Talk 2a – Mental Well-being 專題 2a – 精神健康

Project No.: 04110025

Project Title: “In Our Own Stories” – Stigma reduction programme in promoting a positive attitude towards persons in recovery in secondary school students

Administering Institution: New Life Psychiatric Rehabilitation Association

Co-organisation(s):

The Chinese University of Hong Kong

Project Team Members:

1. Ms Sania YAU (Chief Executive Officer, New Life Psychiatric Rehabilitation Association)
2. Prof Winnie MAK (Associate Professor, Department of Psychology, The Chinese University of Hong Kong)
3. Ms Helen LO (Professional Service Manager (Community Services), New Life Psychiatric Rehabilitation Association)
4. Ms Cindy YIU (Officer-in-charge, The Wellness Centre (Kwai Chung), New Life Psychiatric Rehabilitation Association)
5. Dr Christopher CHAN (Occupational Therapist, New Life Psychiatric Rehabilitation Association)
6. Ms Noelle CHAN (Social Worker, New Life Psychiatric Rehabilitation Association)
7. Ms Ashley WONG (Project Officer, New Life Psychiatric Rehabilitation Association (up to 30 Jun 2013))

Project Start Date and End Date:

1 June 2012 to 31 January 2014

Purposes/Objectives:

The project was a stigma reduction programme that integrated the methodology of oral history and theatre-in-education with the following objectives:

1. To reduce stigma related to mental illness and foster social inclusion among young people;
2. To disseminate the messages of positive attitude towards persons in recovery of mental illness (PIR) to young people;
3. To reduce self-stigma in PIR;
4. To document the stories of the PIR and disseminate it to public through the documentary book.

Activities/Programmes:

The project consisted of three main parts. Stories on the journey of recovery from mental illness were collected from PIRs and developed into a drama script. A series of drama training were provided to them. Secondary school students were arranged to watch either theatre performance or videotaped theatre performance by PIR. A 1-hour workshop in schools were followed for secondary school students with the aim to demystify mental illness and promote a positive attitude towards PIR.

Targets/Recipients:

Secondary school students and PIRs.

Expected and Actual Participation:

15 PIR were recruited for interview to collect their recovery stories. 20 PIR completed a series of drama training and performed a 50-minute theatre performance in Black Box Theatre in Kwai Tsing Theatre based on the stories collected. The whole process of theatre performance was videotaped. A total of 665 secondary school students completed this programme in either theatre performance or videotape format. Among which 153 students from 10 secondary schools were invited to view a theatre performance and attend a 1-hour workshop in school. A questionnaire that measured stigma, social distance, level of contact, and knowledge on mental illness was administered before and after the theatre performance, as well as after the post performance workshop that was conducted within 2 months after the theatre performance. 512 students from another 9 secondary schools were recruited and arranged to view a videotaped theatre performance followed by a 1-hour workshop. The same measures were administered to them before and after the programme. As well, measures on belief in recovery, self-stigma, self-esteem and self-efficacy were administered to the PIR before and after the theatre performance.

**Benefits Derived:**

There were significant reduction in stigma ($p < .00$) and social distance ($p < .00$) towards PIR among the secondary school students after they have completed the programme by viewing the theatre performance and attending a post follow-up workshop. No marked difference ($p < .23$) between theatre performance and videotape format in stigma and social distance towards PIR was reported. Moreover, there were significant enhancement in self-esteem ($p < .01$) and self-efficacy ($p < .04$) in PIR who were involved in theatre performance.

Project Products:

A documentary book, “心織行”, was published in January 2014.

Objectives Achieved:

All objectives stated in the project were achieved.

Conclusion:

This stigma reduction programme is effective in promoting a positive attitude towards PIR in secondary school.