

Participatory Video as a potentially feasible intervention for reducing loneliness in people with severe mental illness

V Carmichael, R Diraddo & R Whitley

Background - Recovery

- High levels of isolation and loneliness in people with severe mental illness (Boardman, 2011; Perese & Wolf, 2005)
- Impaired social relationships (Boucher, Groleau & Whitley, 2016)
- A core element of recovery is known as ‘social recovery’ or ‘connectedness’ (Drake & Whitley, 2010)
- Both arts-based and activity-based interventions show some promise in fostering social recovery

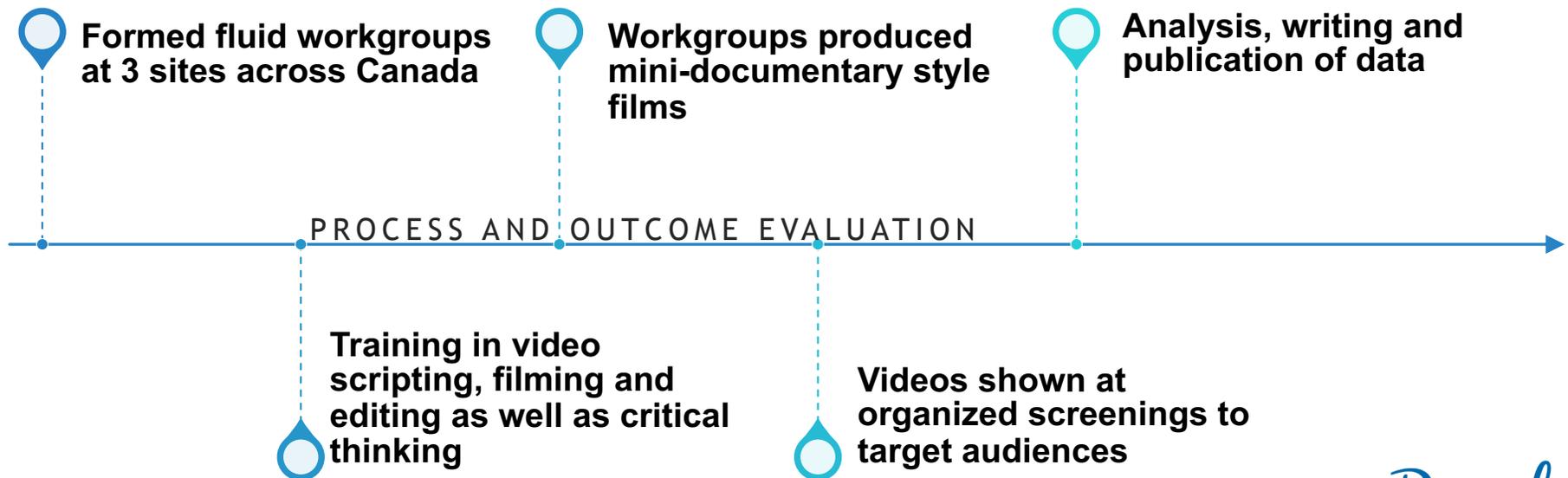


What is Participatory Video (PV)?

- Bottom-up method of making locally-grounded mini-documentaries
- Always a group activity
- Works best with pre-existing and marginalized groups
- Members act as local community educators to raise awareness and catalyze change
- Takes advantage of new visual culture

CIHR Funded Study (2014-2020)

Aim: to examine the impact of involvement in a Participatory Video project on the recovery of people with severe mental illness



Process and outcome evaluation: Evaluating the impact on recovery

- In-depth semi-structured interviews lasting around 1 hour in duration (n=20, response rate = 87%)
- Analyzed using thematic analysis techniques



Results

- Groups produced 26 videos
 - Loneliness, isolation and alienation emerged as key theme (Carmichael, Adamson, Sitter & Whitley, 2019)
- Organized 49 screenings to over 1500 people (Whitley, Sitter, Adamson & Whitley, 2020)
- Participants reported that involvement fostered social recovery by imparting multitude of psychosocial benefits

Summary

- Participatory Video can foster ‘social recovery’ in those who participate in the film-making process
 - Teamwork, pairs meaning and outcomes
- May address the issues of loneliness and isolation in people with severe mental illness

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Douglas
INSTITUT UNIVERSITAIRE EN SANTE MENTALE / MENTAL HEALTH UNIVERSITY INSTITUTE

Thank you!

robert.whitley@mcgill.ca (PI)

victoria.carmichael@spi.ox.ac.uk

www.radarmentalhealth.com

Further reading:

- Carmichael, V., Adamson, G., Sitter, K. C., & Whitley, R. (2019). Media coverage of mental illness: a comparison of citizen journalism vs. professional journalism portrayals. *Journal of Mental Health*, 28 (5), 520-526.
- Whitley, R., Sitter, K., Adamson, G., & Carmichael, V. (2020). Can participatory video reduce mental illness stigma? Results from an action-research study of feasibility and impact. *BMC Psychiatry* 20(1), 16.