## Title
Depression training involving consumer educators: Impact on stigma toward people with depression.

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## Type of abstract
- [ ] Research
- [ ] Practice development
- [ ] Practice implementation

## Aim of project/study
To measure the impact of a depression training day, involving a consumer educator, on pharmacists' stigma toward people with depression.

## Method
Two group, randomized, clustered, comparative design with one group of pharmacists receiving training including a 75 minute session with a consumer educator (intervention group) and another group not receiving training (control group). Stigma was measured using the Social Distance Scale for Depression (SDS_D)\(^1\) at baseline and 7 to 11 weeks post intervention. Post-measurement (T2) comparisons were made between the intervention (n=50) and control group (n=35) by Independent samples T-tests. For the data of pharmacists who had unique identifiers that matched for the two time points, T1 and T2 (n=52), Paired samples T-tests and One way ANOVA on the difference in change between T1 and T2 were carried out.

## Result(s)
Survey instruments were completed by 149/181 pharmacists at baseline (T1 response rate: 82%) and 85/142 post intervention (T2 response rate: 60%).

The results of the unpaired T-test at T2 showed that the mean social distance toward people with depression decreased from baseline to 7 to 11 weeks post intervention for the intervention group (p<0.05) and remained stable in the control group (p>0.05). These findings suggest that depression training involving consumer educators can effectively reduce pharmacists' stigma toward people with depression.

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with depression in the intervention group (16.8 ± 3.8) was lower than the mean social distance in the control group (18.5 ± 4.4). This difference was considered marginally significant (t(83) = 1.914, p = 0.059). Paired samples T-tests on the data of T1 and T2 showed that in the intervention group the mean social distance toward people with depression was significantly lower (t(25) = 2.075, p = 0.048) on T2 (16.46 ± 3.31) than on T1 (17.92 ± 4.35). This is in contrast to the control group where the mean social distance toward people with depression was not significantly different (t(25) = -1.036, p = 0.310) between T1 (17.38 ± 4.57) and T2 (18.38 ± 4.75). One-Way ANOVA analysis between control and intervention group on the difference in change in social distance over T1 and T2 confirmed these significant results (F(1, 50) = 4.242, p = 0.045).

The results suggest that a training day involving consumer educators, in continuing pharmacy education, decreases stigma toward people with depression.

References:

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