



fuse

The Centre for Translational
Research in Public Health

askfuse



What works to reduce stigma for adults who experience (multiple) disadvantage?

Dr Cassey Muir

Research Associate: Newcastle University

Public Involvement and Engagement Lead: NIHR Children and Families

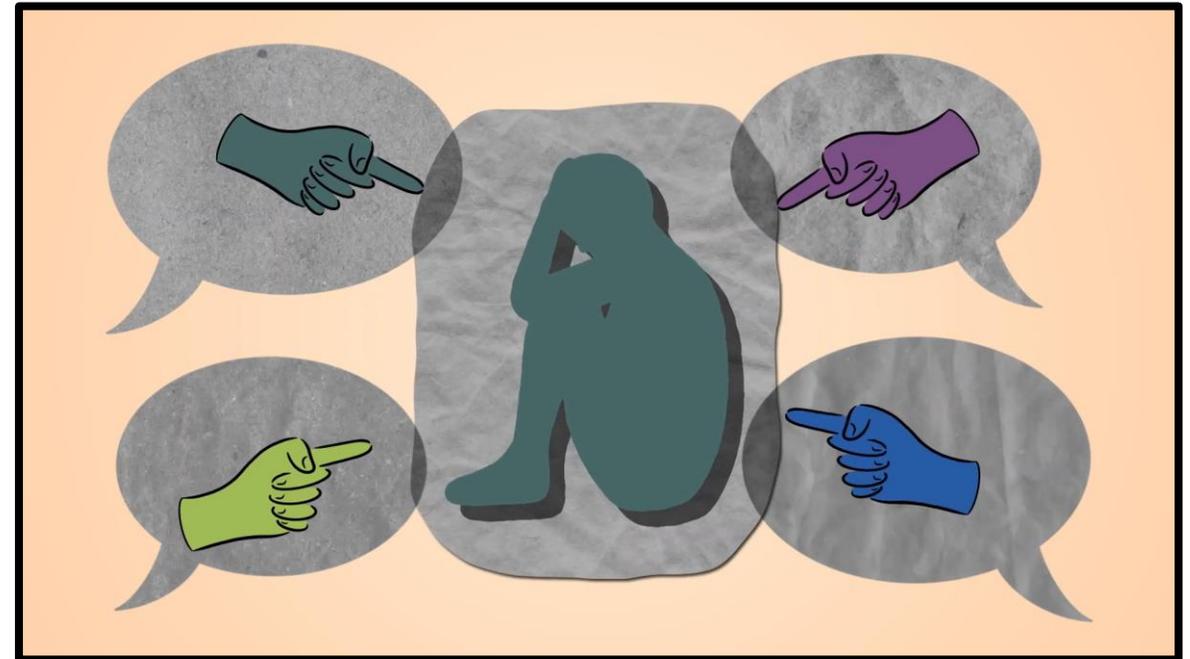
Policy Research Unit, UCL

Cassey.Muir@newcastle.ac.uk



Stigma and Multiple Disadvantage

1. Those experiencing multiple disadvantages struggle with a combination of risk factors (e.g., mental health and substance use) *AND* social exclusion for belonging to multiple stigmatised groups.
2. Stigma negatively impacts an individual's life choices, their sense of value, their mental and physical health and their access to services.
3. There is limited literature on bringing together stigma work around multiple disadvantages and how to construct and deliver successful anti-stigma practices on multiple and singular stigma levels.



Umbrella Review

We wanted to bring together lots of different reviews to understand:

1. What is currently known about different approaches to reducing stigma (evidence and gaps) for adults who experience disadvantage?
2. Which interventions are effective in reducing stigma?





fuse

The Centre for Translational
Research in Public Health



CHANGING FUTURES
LANCASHIRE

askfuse

Public and Practitioner Involvement

1. Lived Experience Panel
4 members with experience of multiple disadvantage & stigma
2. Changing Futures Lancashire
9 practitioners and navigators
3. Research Advisory Group
11 researchers



Findings Overview

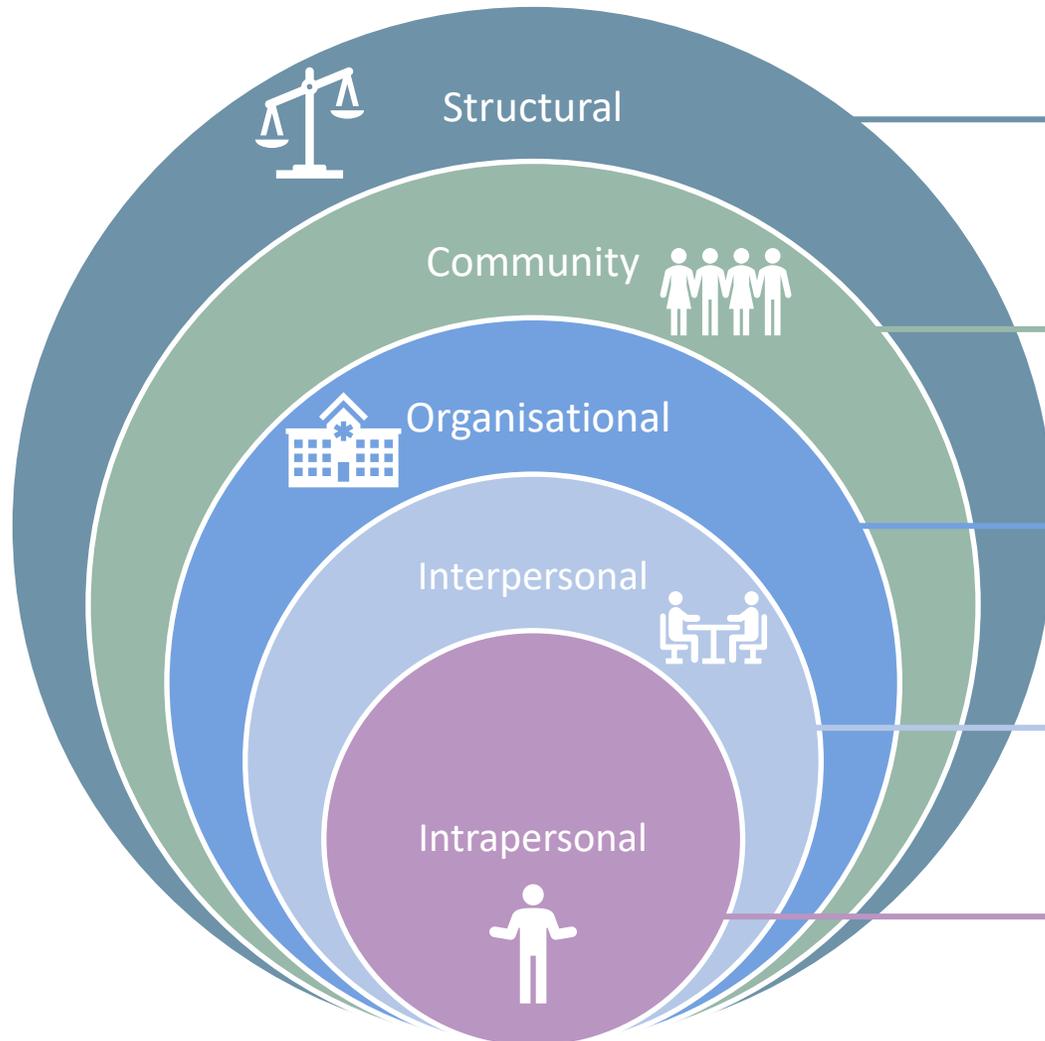
Evidence: 51 Reviews (787 studies)

- 42 reviews focus on mental health stigma
- 5 reviews focus on substance use stigma
- 4 reviews focus on two disadvantages (mental health and substance use stigma)

Gaps: 0 Reviews

- No reviews focus on stigma relating to domestic violence & abuse, homelessness, contact with the criminal justice system or poverty
- No reviews focus on stigma related to multiple disadvantage (3 or more)

Level of Intervention



Structural – Reducing stigma through establishing and enforcing legal, policy, and rights-based structures = 0 Reviews

* **Community** – Reducing discrimination and improving public attitudes through education, contact and campaigns = 20 Reviews (19 positive results)

Organisational – Reducing stigma in an organisation or institution through training programs = 1 Review

* **Interpersonal** – Improving practice and care at the provider level through contact-based training and education programs = 25 Reviews (23 positive results)

* **Intrapersonal** – Reducing individuals' self-stigma through psychological education, therapy or counselling = 19 Reviews (14 positive results)

What works for reducing self-stigma?



Intrapersonal level

- Providing opportunities for social support through peer led or group-based interventions
- Assisting people to identify positive stories about themselves and develop positive self-identities (e.g., Narrative Enhancement & Cognitive Therapy)

- *Interventions are less effective for reducing stigma related to anxiety or suicide as opposed to depression or schizophrenia related stigma.*



What works for reducing practitioner-stigma? askfuse

Interpersonal level

- Providing a combination of education and contact based training is more effective than either intervention alone
 - Education = presentations or information on the misconceptions around disadvantages and the impact stigma has on people's lives
 - Contact = opportunities for practitioners to meet and/or learn from people who experience disadvantage and stigma
- Digital interventions and in-person interventions are equally effective

There is uncertainty over the long-term effect of these interventions and whether change in attitude = change in behaviour, but booster sessions have added benefit.



What works for reducing public-stigma?

askfuse

Community level

- Same as for practitioners - providing a combination of education and contact based training is more effective than either intervention alone (public campaigns)

- *Interventions are less effective within the context of substance use.*
- *Interventions may lead to worsening of outcomes for people with severe mental illness – increase in fear or social distance in public members.*



Recommendations from our Public and Practitioner Members

1. To offer individuals who experience disadvantage the opportunity to meet others with similar experiences.
2. To apply a trauma- and stigma-informed lens across the whole workplace as it is not enough to only train frontline staff in stigma reducing practices.
3. To ensure anti-stigma interventions are ongoing and embedded within practice, with booster sessions offered for long-term impact.
4. To incorporate lived experience as part of all service design and delivery (linked to contact-based interventions and co-production).
5. To work in collaboration with and across all services to ensure they are stigma aware (e.g., housing services as well as mental health services).
6. To conduct further reviews/studies exploring the identified gaps (e.g., homelessness stigma).
7. To undertake a follow up review exploring how to reduce stigma amongst children and young people (e.g., interventions in schools) – to break the cycle of stigma.

Thank you for listening!

Any questions: Cassey.Muir@newcastle.ac.uk

X @cassey_muir and @fuse_online

Thanks to: Our PPIE groups, Ian Treasure, Lydia Lochhead, Vicky Carlisle, Will McGovern, Katie Thomson, Christina Cooper, Kat Jackson, Michelle Addison, Steph Scott, Vic McGowan & Ruth McGovern

This study/project is authored by a member (or members) of Fuse, the Centre for Translational Research in Public Health (www.fuse.ac.uk). Fuse is a Public Health Research Centre of Excellence funded by the six universities in the North East and North Cumbria of Durham, Cumbria, Newcastle, Northumbria, Sunderland and Teesside. The views expressed do not necessarily represent those of the funders. The funders had no role in study design, data collection and analysis, decision to publish, or preparation of the work.