

Evaluating service user-led teaching in clinical psychology training

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Introduction

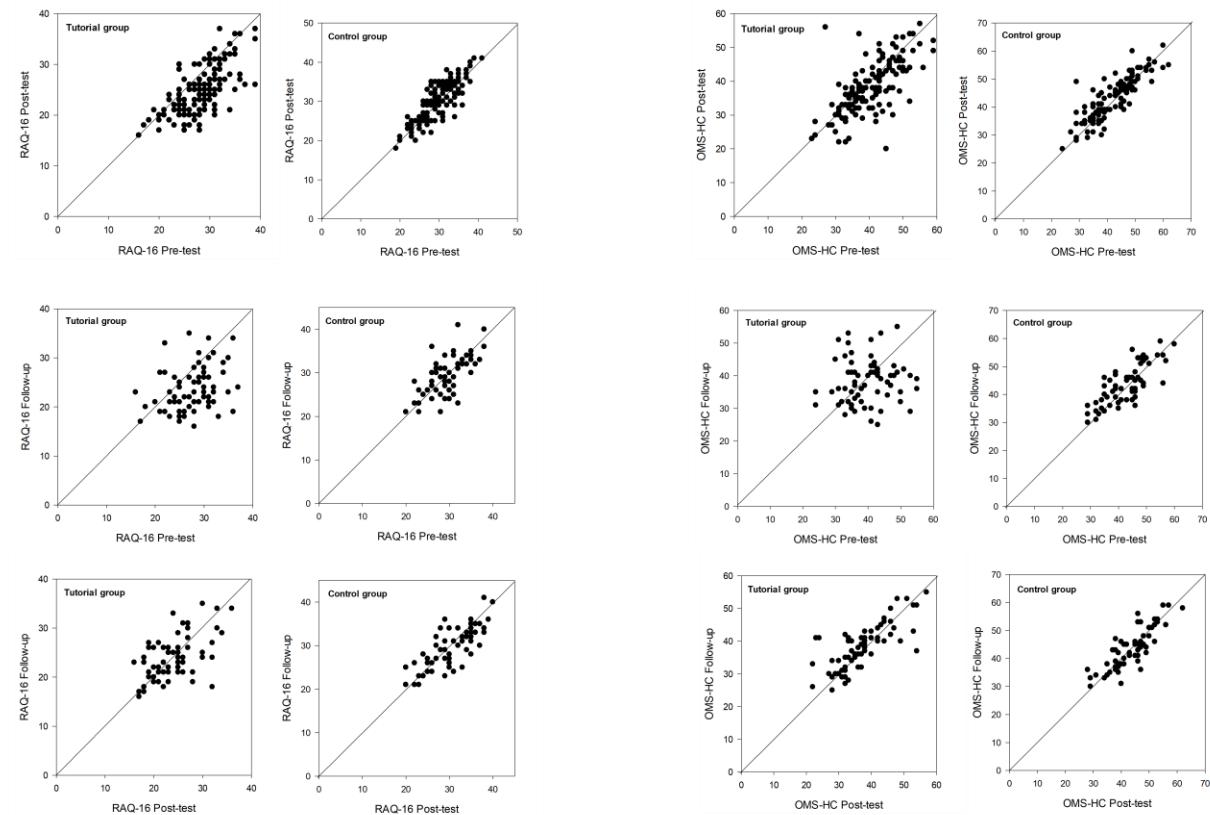
Stigma and discrimination from mental health professionals, including clinical psychologists, detrimentally impacts people who experience mental distress. Key to countering stigma and discrimination is service user-led and recovery-oriented teaching. Such teaching has not been evaluated using robust methods, and is scarce in clinical psychology. Implementation and evaluation of service user-led and recovery-oriented teaching is needed given the BPS mandate of service user involvement in accreditation standards for clinical psychology training, and similar APA developments. The present study contributes to addressing this need.

Method

- Attitude change was measured after 2 hours of service user-led teaching of mental health recovery in 142 postgraduate students in a clinical psychology course in New Zealand, compared with a control group of 126 students.
- Two-month follow-up data were available for 68 students who received the teaching and 62 in the control group.
- Measures used were the Recovery Attitudes Questionnaire (RAQ-16) and the Opening Minds Stigma Scale for Health Providers (OMS-HC).
- Aggregated and case-based analyses were used.

Results

- Compared with the control group, attitudes toward recovery and reductions in stigma improved after the teaching to a moderate to large extent and were maintained after two months.
- Attitudes to recovery were improved in 79% of the tutorial group at post-test and 73% at follow-up, and 62% showed reductions in stigma after the teaching and 63% at follow-up.



Conclusion: Recovery-oriented and service user-led teaching is key to countering mental health provider stigma and discrimination, including from clinical psychologists. Statistically and practically important attitude change is possible in clinical psychology training. *It is time for clinical psychology to enact contact-based and recovery-focused education training and practice as is mandated in policy worldwide.*

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