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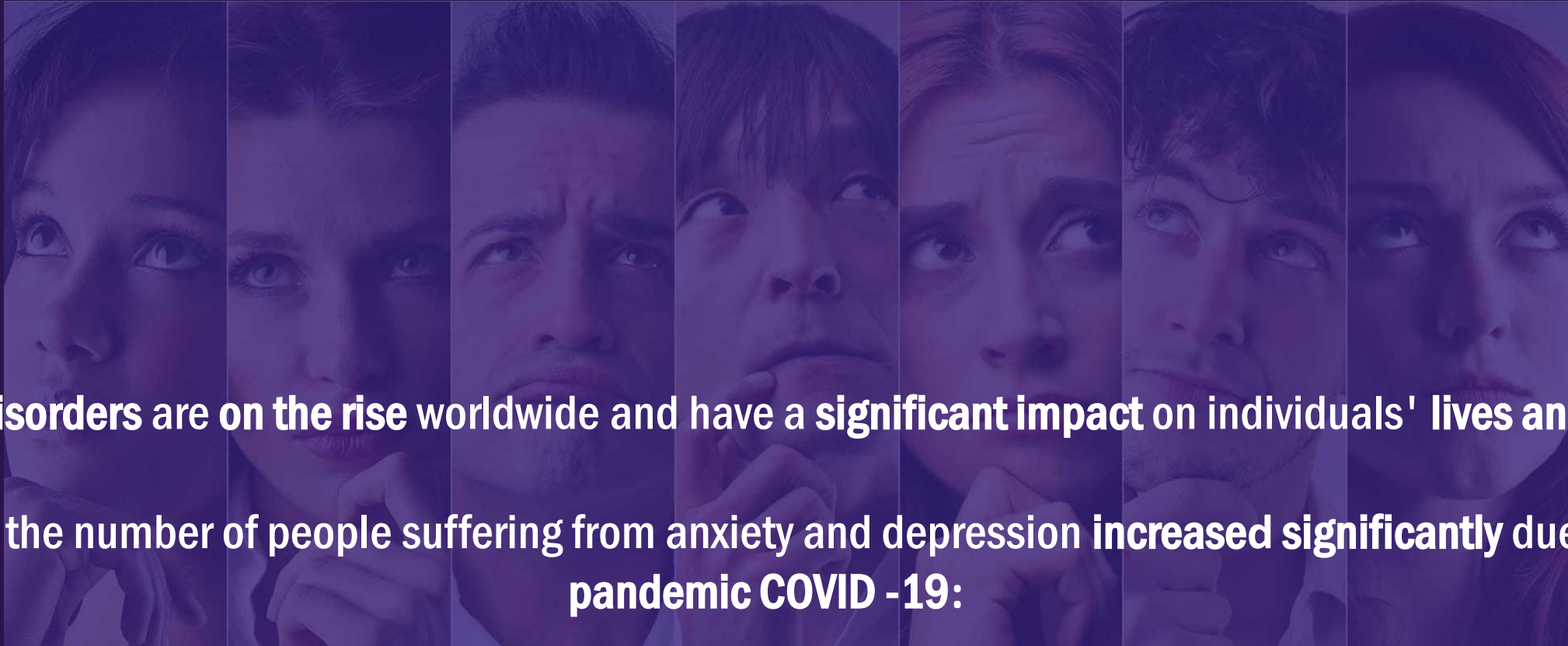


World Academy of
Art and Science

The impact of a mental health promotion programme on depression awareness

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Mental disorders are on the rise worldwide and have a significant impact on individuals' lives and work.

In 2020, the number of people suffering from anxiety and depression increased significantly due to the pandemic COVID -19:

- **26%**  **in anxiety disorders and**
- **28%**  **in depressive disorders.**

Mental disorders often go unrecognised

50% who suffer of MH problems, DO NOT SEEK professional help!

The reasons for such behavior:



Van Gogh

- Lack of knowledge about the **characteristics** of mental disorder
- Lack of knowledge about the **consequences** of mental disorder
- Stigmatization



The concept of Mental health literacy

Is of crucial importance to:

- raise public awareness of mental disorders
- their treatment and
- reduce stigma

MHL programs should be tailored to specific target groups and circumstances:

- Different work environment
- Age
- Gender
- Disabilities



Source: Chat GTP



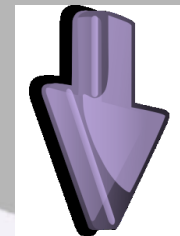
The multidisciplinary programme ***"With increased mental health literacy to better management of mood disorders"*** (acronym: ***OMRA***) was launched in Slovenia in 2017.

***Main OBJECTIVE of the OMRA programme:
to raise the level of mental health literacy***

The construct refers to **knowledge, beliefs** and **attitudes** about mental disorders.

Knowledge that helps in the identification, treatment and prevention of mental disorders .

Knowledge empowers people with mental health problems and makes others aware that mental disorders are treatable, that most people recover from mental disorders, and that they can lead creative and fulfilling lives..



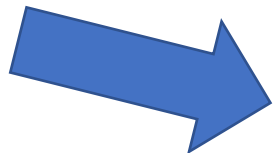
***REDUCE SOCIAL STIGMA AND SELF-STIGMA →
SEEK HELP IN TIME***

The aim of the study

- To examine participants' **levels of depression literacy** before and after attending the workshops and
- to determine whether selected Socio-demographic variables influence levels of depression literacy.



Online and onsite workshops OMRA



OMRA1: Stress makes you sick, make yourself strong!



OMRA2: The emotional merry-go-round of relationships: Let's recognise the personality disorders among us



OMRA3: The power of conversation - the weakness of stigma

Workshop	N of implementations	N of participants	Workshops delivered
OMRA 1	58 (on-site) + 35 (on line)	1.485	October 2018 - March 2024

Instrument used: D-lit; *The Depression Literacy Questionnaire*; before and after the 60 minutes OMRA workshop on depression.

Sociodemographic characteristic of the study participants

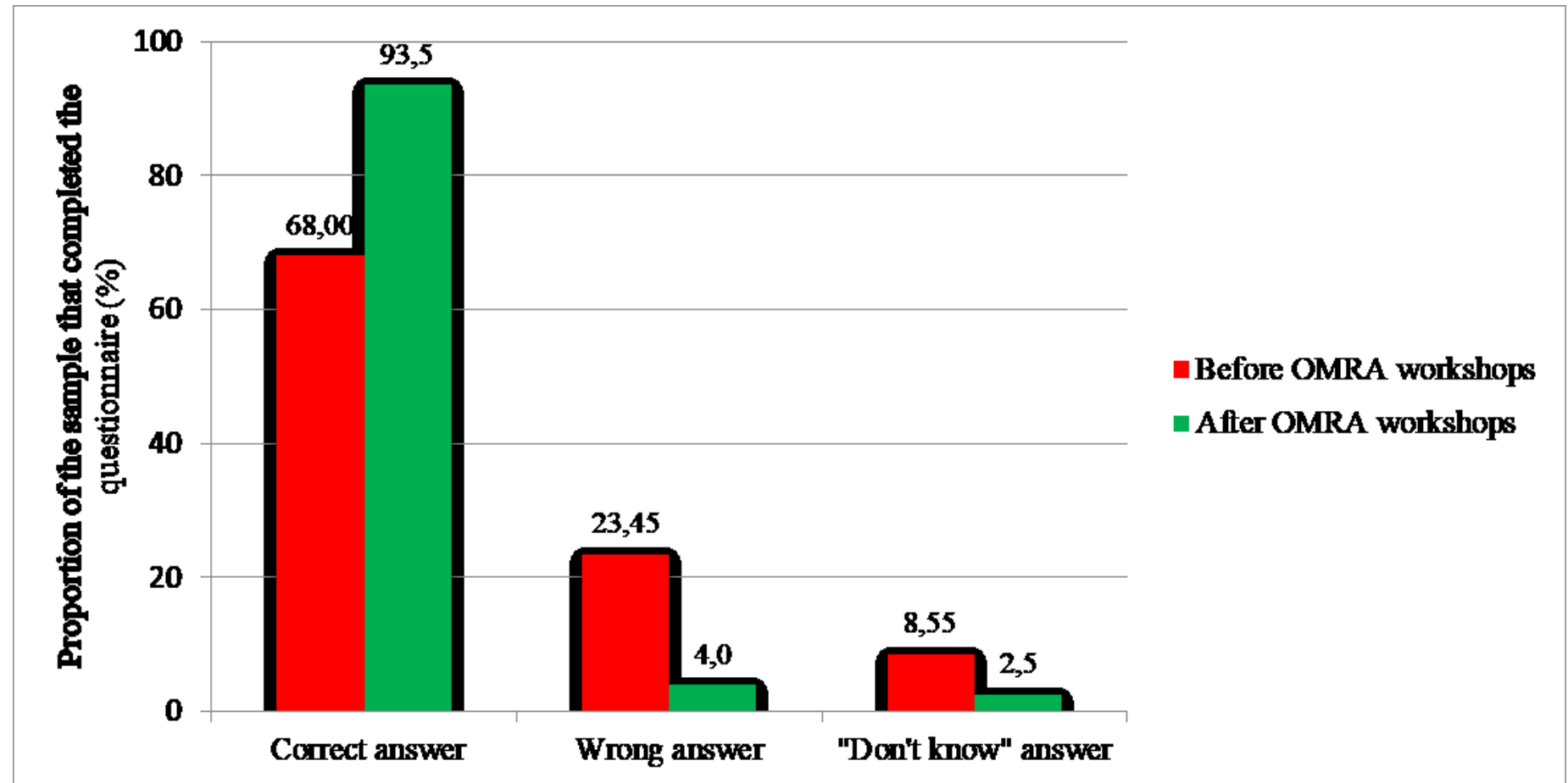
Results 1

Gender (%)	Age (Mean age \pm SD)	Place of residence (%)	Education (%)	Employment status (%)
Female: 87.9	M=44.27 (SD \pm 12.12)	Urban: 48.6	Primary school or less: 2.5	Student: 3.8
Male: 12.1	M=42.70 (SD \pm 10.95)	Rural: 51.2	Shorter school education: 0.5	Employed: 79
			Vocational school: 4.5	Not employed: 10.6
			Secondary school: 15.5	Retired: 6.6
			Higher education: 12.3	
			Faculty, university: 54.3	
			Master's or doctorate: 10.3	



Impact of the OMRA workshops on depression literacy level

Results 2



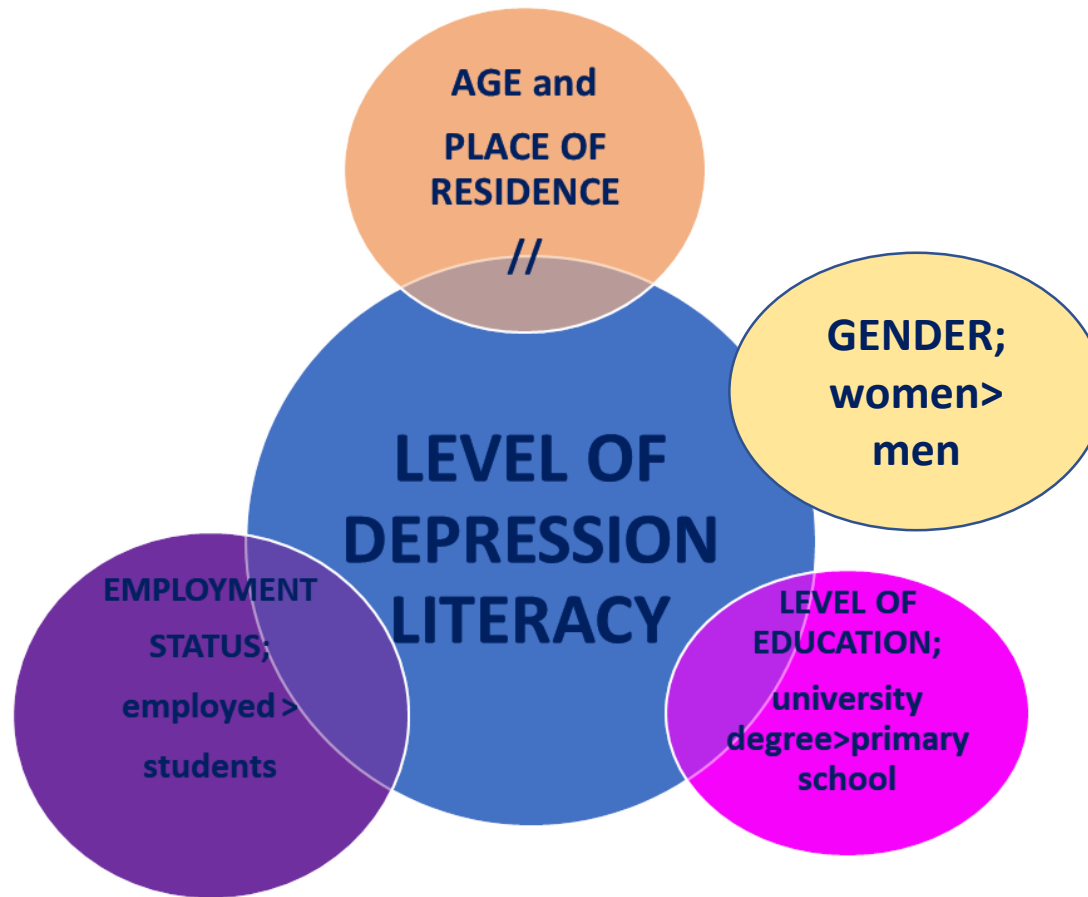
The answers of D-lit most frequently answered *wrong* or with „*do not know*“ before workshops

Results 3

Questionnaire (D-lit) items	Proportion of the sample with the wrong answer BEFORE the workshops take place (%)	Proportion of the sample with the wrong answer AFTER the workshops take place (%)	Difference in the proportion of wrong answers BEFORE and AFTER the workshops (%)
Counselling is as effective as cognitive behavioural therapy for depression.	67.6	34.4	33.2
Clinical psychologists can prescribe antidepressants.	65.4	26.3	39.1
Many treatments for depression are more effective than antidepressants.	50	34.6	15.4
Moderate depression disrupts a person's life as much as multiple sclerosis or deafness.	46.2	31.2	15
People with depression often speak in a rambling and disjointed way.	42.1	16.7	25.4
Cognitive behavioural therapy is as effective as antidepressants for mild to moderate depression.	43.3	19.6	23.7



Effect of socio-demographic variables on the level of depression literacy



The OMRA programme - an example of good practice

➤ In the national report of WHO

(Looking back, looking forward:

Rapid assessment of the mental health system in Slovenia; september 2020; p. 10-8)

➤ OMRA is highlighted as an example of best practice that contributes in an innovative way to improving mental health literacy in Slovenia.

https://dmi.zrc-sazu.si/sites/default/files/who_porocilo_-_rapid_assessment_of_the_mental_health_system_in_slovenia_.pdf



Investing in mental health pays off!



Increased
mental health
literacy

Identify mental
health problems
in time

Seek
appropriate
professional
help

Reduce
economic
burden of
mental
disorders

By investing in mental health prevention and promotion programmes for depression and anxiety alone, countries save four times as much.



Thank you for your attention!

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