

Data Analysis Summary of Minding Your Mind Speaker Program: Help Seeking

Introduction

The Minding Your Mind Speaker Program is conducted at middle schools and high schools throughout the greater Philadelphia region and beyond. Minding Your Mind’s Speaker Program features young adults who have mental health conditions talking to students about their experiences with mental illness in a way that challenges negative stereotypes. The Speaker Program is an evidence-based **contact** strategy to reduce stigmatized attitudes about mental illness and improve attitudes towards seeking mental health services. Statistical analysis of the Speaker Program shows that the program is improving students’ attitudes about seeking mental health services. These improvements demonstrate that Minding Your Mind’s Speaker Program is an effective program for improving attitudes about seeking professional help.

Evaluation Design

To measure the effect of the Speaker Program on students’ attitudes towards seeking professional help, the students are given the Attitudes Towards Seeking Professional Counseling Help (ATSPCH) survey before the intervention and immediately after the intervention. The ATSPCH is a valid and reliable instrument. The ATSPCH assesses students’ level of agreement on a scale of one to four with ten statements about seeking professional help. For half of the statements, a higher level of agreement indicates a more positive attitude towards seeking help. For the other half of the statements, a higher level of agreement indicates a more negative attitude towards seeking help. The negative statements are reverse scored and then all of the scores for each statement are summed. A higher overall total indicates a more positive attitude towards seeking help. Therefore, higher scores at posttest compared to pretest are desired.

Results

When measuring statistical significance, something called a p-value shows whether or not the result is statistically significant. The threshold for statistically significant P-values can be set at different levels, but usually .05 is selected. When this is the threshold, any p-value below .05 is considered statistically significant. In this case, the p-value is measuring whether the differences between the students’ pretest and posttest scores are statistically significant. As the table below shows, the p-value is well below the threshold of .05. **In plain language**, this suggests that the Speaker Program is indeed improving students’ attitudes towards seeking professional help. Specifically, students are more likely to express willingness to seek help after they participate in the Speaker Program.

In the table below, the first column lists the students’ average scores before the Speaker Program, the second column lists their average scores afterwards, and the third column indicates if there is a statistically significant difference between before and after. Remember, the specific numbers in the third column are not that important, just that they are below .05. For a more detailed explanation of this section, p-values, and the statistical test used to obtain these results, contact the Scattergood Fellow on Stigma Reduction, Timothy Clement at tclement@scattergoodfoundation.org

N=177 students **Table of Mean Averages and P-Values**

Average Score Pretest	Average Score Posttest	Significance (p-value)
24.98	29.71	.000

ATSPCH

(The ATSPCH is a valid and reliable instrument for measuring attitudes towards seeking help)

Attitudes Toward Seeking Professional Counseling Help Scale Instructions: Please read the following statements and rate them using the scale provide. Place your ratings to the left of each statement by recording the number that most accurately reflects your agreement or disagreement for the following items. There are no “wrong” answers, just rate the statements as you honestly feel or believe. It is important that you answer every item.

Disagree
1

2

3

Agree
4

- ___ 1. If I believed I was having a mental breakdown, my first inclination would be to get professional help.
- ___ 2. The idea of talking about problems with a psychologist strikes me as a poor way to get rid of emotional conflicts.
- ___ 3. If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in psychotherapy.
- ___ 4. There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears without resorting to help.
- ___ 5. I would want to get psychological help if I were worried or upset for a long period of time.
- ___ 6. I might want to have psychological counseling in the future.
- ___ 7. A person with an emotional problem is not likely to solve it alone; he or she is likely to solve it with professional help.
- ___ 8. Considering the time and expense involved in psychotherapy, it would have doubtful value for a person like me.
- ___ 9. A person should work out his or her own problems; getting psychological counseling would be a last resort.
- ___ 10. Personal and emotional troubles, like many things, tend to work out by themselves.

Numbers 2, 4, 8, 9, and 10 are reverse scored