An Educational Film about Shared Decision Making in Primary Care for Depression

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What is shared-decision-making (SDM)?

1. A process where patients and their relatives are involved as active partners with clinicians
2. in clarifying acceptable options for treatment
3. and choosing a preferred option that is consistent with their preferences and beliefs/attitudes (values) towards the pros and cons of available options

Tools for effectively raising awareness of SDM and its value for supporting recovery from depression (and other mental health problems) are needed

Film Production Team

The film was produced in partnership with experts by experience to ensure the film content reflected their perspectives, priorities and lived experience of depression

Depression is the most common mental health condition in the UK

Majority of depression in adults is managed within primary care (~ 90%)

Three broad available options for treatment:

1. Self-management/help
2. Psychological therapies or counselling
3. Medication

Individuals have their own personal preferences and values towards to the pros and cons of the available treatment options

Busola with the story board

Scouting for filming locations

Chris recording the narration with Kevin

How did we produce the film?

Six service users worked in collaboration with two health psychologists to co-produce the film. Key co-production processes were:

1. **Consensus on ground rules and ways of working**
2. **Service users were encouraged to do self-directed research on SDM**
3. **Thought showering and story boarding to establish film content and to develop the script**
   - Group discussions led by service users drawing on their perspectives and lived experiences
4. **Skills auditing and development**
   - Two services users co-directed the film
   - Four service users appeared as cast members in the film, and another fulfilled the role of narrator
   - Others led on the design of SDM logos and graphics for use in the film
5. **Service users were supported with skills development in project management and access to resources** (e.g. professional film studio).

Film Content

As a vehicle to support acquisition of knowledge and skills for SDM, the film uses:

1. A fictional narrative of John who is experiencing symptoms of depression, and his friend, Stacey who supports him on his journey through the primary care mental health system
2. The narrator provides summaries of key principles and processes of SDM at appropriate junctures in the film
3. Scenes with John, Stacey and the General Practitioner are used to model the skills/behaviours for effective SDM
4. Excerpts from interviews with a Health Psychologist, General Practitioner and Psychological Therapies Practitioner are used to augment learning of SDM processes

Frank Bruno MBE

The boxing legend and mental health campaigner visited Newcastle University on the 2nd Sep 2014 to provide his input and contribution to the film

How can the film be used?

1. **Raise awareness / benefits of SDM for supporting the recovery process**
2. **An exemplar of good practice on involving experts by experience in the design of interventions for tackling stigma and improving mental health services**
3. **Teaching / training aid for clinicians, mental health advocates and peer support workers**

The film can be viewed or downloaded from the following website: http://sdmdepression.ncl.ac.uk