

## **Summary of Findings**

To our study participants,

We're so grateful to all of you for being part of this research. In this study, we wanted to understand how we can reduce stigma toward young people who are at-risk for psychosis – and you helped us test two different resources designed to do just that.

### **What was the study about?**

Stigma toward people with mental health challenges – especially psychosis – is still a big issue. It can stop people from getting support, make them feel ashamed, or lead to unfair treatment. We wanted to find out whether short written resources could help reduce stigma toward people at-risk for psychosis, and whether including real lived experience quotes made a difference in this.

### **Who took part?**

301 people (including you!) joined the study. We recruited 197 university psychology students and 104 parents or caregivers of a child aged 12–25. Everyone was randomly assigned to read one of two resources:

- Education Only: which included facts about the at-risk for psychosis criteria, treatment, and stigma
- Lived Experience + Education: the same info, plus quotes from young people with lived experience

You completed short questionnaires before and after reading the resource, and you also gave us feedback about how you found it, and suggestions for how we can make the resources better.

### **What did we find?**

Here's what we learned from your responses:

Both of the resources helped reduce stigma-related attitudes, like fear, anxiety about interacting with, and misconceptions about, young people at-risk for psychosis. However, there were no major differences between the two resources in terms of the outcomes we measured. This means that adding in the lived experience quotes didn't improve the effectiveness of the resources in this study. However, overall, we found based on our measures that the Education-only resource easier to read and understand.

From your open-ended responses, we learned that those who read the lived experience quotes felt that they helped boost empathy, but for some people, the extra information made the resource feel overwhelming and very text heavy. The feedback we received for how to improve the resources included adding more stories from young people at-risk for psychosis and including video components to reduce wordiness and increase impact.

### **Why this matters?**

This study shows that even brief, written resources can make a positive difference in how people think and feel about young people at UHR for psychosis. But it also highlights that when we include lived experience stories, we need to be thoughtful about how they're presented – so that they increase understanding without being too much text to take in.

Thanks to your input, we can now keep improving anti-stigma efforts so they're more effective and accessible for different audiences.

Thank you again for your time, care, and insight. Your participation is helping change how people understand and support young people at UHR.

Zoe, Ash, Jeneva & Yael

The Stigma & Self-Stigma Team