

1. ABOUT THE DATASET

Title: Data supporting 'Stigma and its impact on disclosure and mental health secrecy in young people with clinical depression symptoms: a qualitative analysis'

Creator(s): Katie Prizeman (katiediab@gmail.com), ORCID
<https://orcid.org/0000-0003-3960-6467>

Organisation(s): Department of Psychology and Clinical Language Sciences, University of Reading, Reading, United Kingdom

Rights-holder(s): Katie Prizeman

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Description: The aim of this qualitative research was to gather data about young people's experiences of depression stigma and its impact on loneliness, social isolation, and mental health disclosure and secrecy. This novel information can then be used to guide psychosocial interventions for young people with depression.

This study provides new evidence of how young people with depression experience stigma and its effects on disclosure and mental health secrecy. Knowing how young people struggle with these issues can allow us to develop interventions to encourage them to come forward and discuss their mental health in order to receive appropriate support and treatment. We recommend young people be signposted and have access to mental health champions or nominated teachers in their schools or universities.

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Related publication:

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Contact: Katie Prizeman

katiediab@gmail.com

Acknowledgements: I would like to thank all participants who took part in helping us collect some of the data for this study.

2. TERMS OF USE

Copyright 2023 Katie Prizeman. This dataset is licenced under a Creative Commons Attribution 4.0 International Licence:

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PROJECT AND FUNDING INFORMATION

Title: Mixed methods approach exploring the effect of mental health stigma on (non)/disclosure, loneliness, and social isolation in young people with depressive symptoms

Dates: March 2023 - April 2023

NW time on the project was funded by the European Research Council (ERC SOAR-851890). This project received no other funding.

This dataset was not created in the course of a funded project.

4. CONTENTS

File listing:

1. Data_File_Prizeman_2023

Includes 1 excel file made up of 3 excel sheets:

- Sheet 1 titled: Socio-Demographic Data. Includes information about 28 participant socio-demographic characteristic information [i.e., age, gender, ethnicity, country, education level, total MFQ score, and whether or not they were included in the study (met inclusion criteria)].
- Sheet 2 titled: Raw MFQ Data. Includes 28 participants raw MFQ data (participant responses to MFQ questions and MFQ scoring).
- Sheet 3 titled: Verbatim Interview Quotations. Includes selected N = 28 participant verbatim interview quotations from interview recordings.

5. METHODS

Methods

Study design. The present study involved a qualitative methodology. Following participant conceptual model drawing, semi-structured interviews were used to develop an understanding of young people's views of public and internalized stigma and its effect on secrecy and disclosure of depression, as well as feelings of loneliness and social isolation in young people with depression symptoms.

Participants and recruitment. Participants were recruited from the community through emails and in person and included N = 28 young people aged 18-25. All participant recruitment will strictly follow the standards of voluntary and informed consent and data protection. The only consistent inclusion criterion across the research is that participants be 16 years of age or older, and have increased symptoms of depression [Mood and Feelings Questionnaire (MFQ) cut-off score >27], or have previously been diagnosed with depression by a medical professional.

Data collection

Participants completed demographic questions about age, gender, education, and ethnicity.

Conceptual model drawings and semi-structured interviews. As a launching point for the semi-structured interview, each participant first developed a conceptual model drawing. Participants were asked to create their own conceptual model drawing of how they think these concepts link together based on subjective experiences and views, and then explain how and why they have made these connections. All drawings were based on participants' subjective feelings and experiences. Following that, semi-structured interviews were used to discuss the way in which participants had linked the concepts. Thematic analysis was used to analyze data.

References

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