

Magnifying the Voices of patients with Schizophrenia through Digital Storytelling.

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Background

- **People living with Schizophrenia** suffer from comorbid physical conditions, lowering their life expectancy by **20%-30%** than the general population (1).
- The **WHO Comprehensive Mental Health Action Plan** recommends policies to **improve the physical health** of people with severe mental illness (2).
- Research has focused on the perspectives of healthcare professionals **rather than the patients themselves**.
- **Digital storytelling is a participatory research method** in which participants collaborate to produce powerful audiovisual stories.
- **Digital storytelling is an innovative tool** to hear the voices of marginalized people such as those living with schizophrenia

Objective/Aim

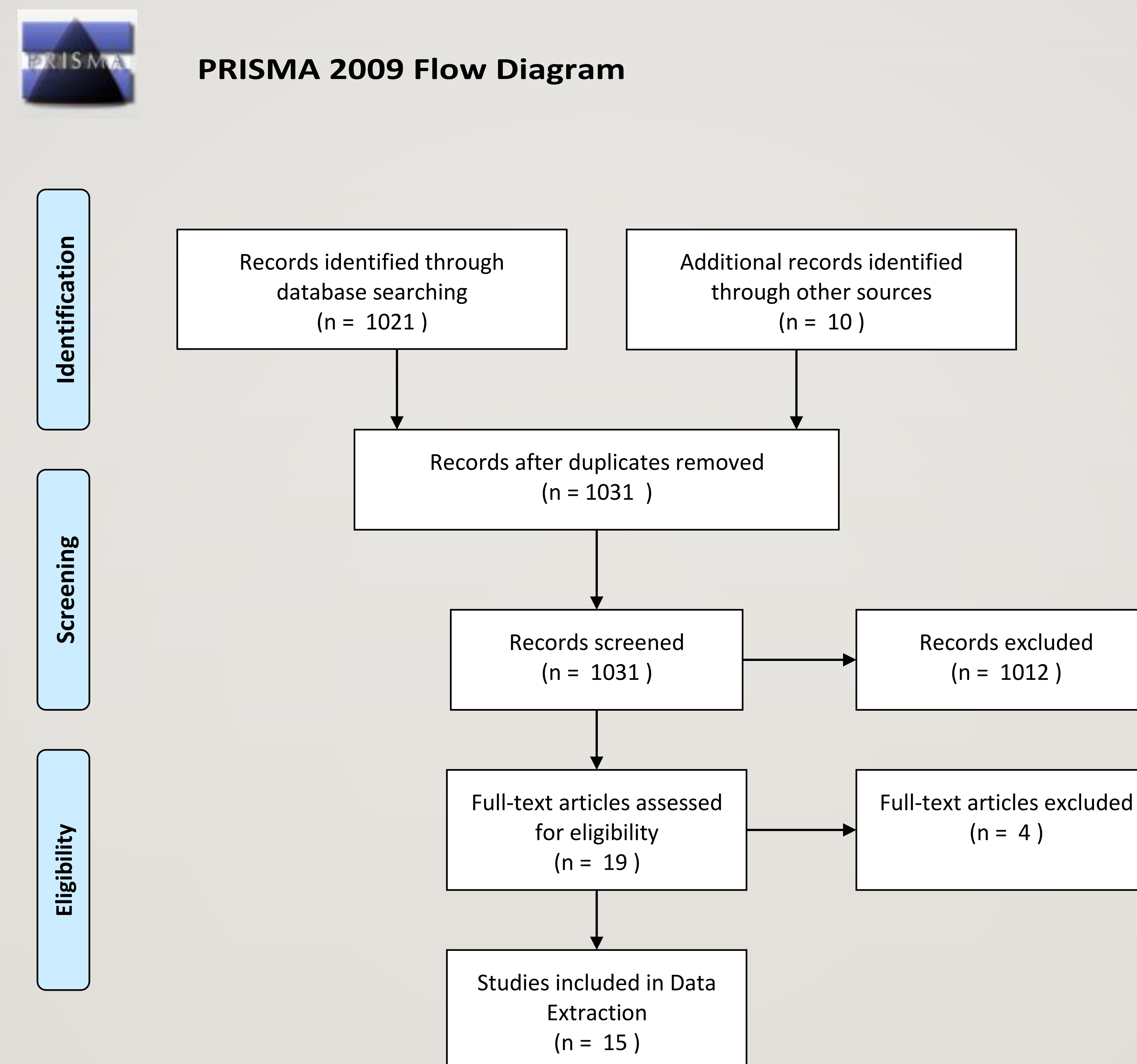
- Highlight the **perspectives of people with schizophrenia** through a literature review.
- Explore **the process of developing a digital story** with a healthy PhD student by creating a prototypical digital story.

Methodology

- A **literature review** was conducted in CINAHL database on **qualitative studies of the physical health** of people with schizophrenia.
- **Participatory methods** were used to capture a story and create a digital story from a volunteer PhD student.
- The digital story was recorded collaboratively by participant and researchers using Audacity and wevideo.com

Methodology

Figure 1 Process of the research project



Results

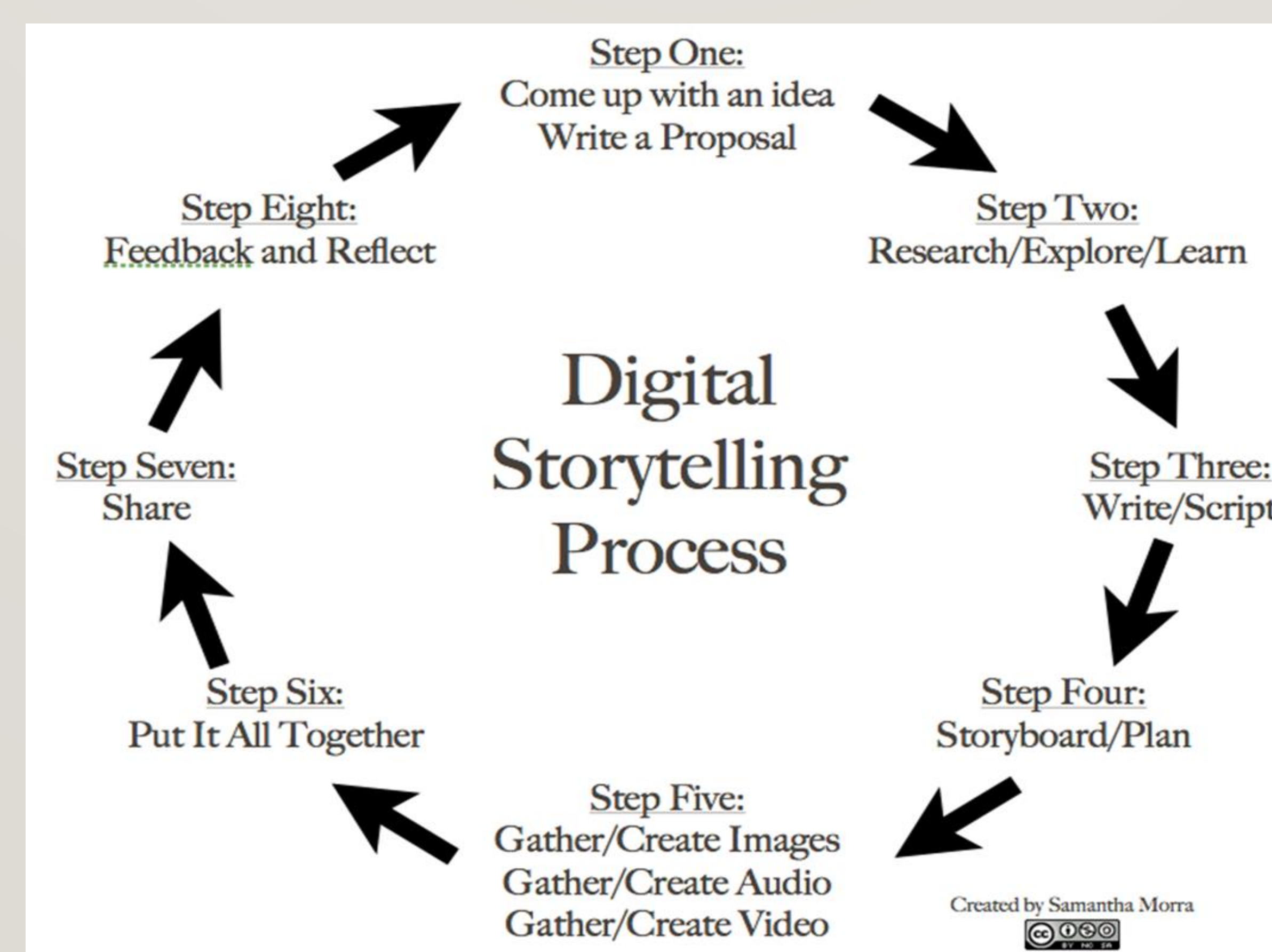
- A total 1031 studies were reviewed: 15 met inclusion criteria.
- **Weight gain** was the dominant theme, however physical health issues faced by people living with schizophrenia were heterogeneous in nature.
- Developing a digital story was feasible and acceptable.
- A prototype digital story was developed with a healthy PhD student (see video).

Implications

- The literature review revealed a paucity of qualitative research highlighting the perspectives of people living with schizophrenia. More research needed.
- Digital stories can be a starting point to uncover the voices of people with schizophrenia.
- Further utilization of digital storytelling as a tool to elevate voices of marginalized people is promising.

References

- 1) Bushe, C. J., Taylor, M., & Haukka, J. (2010). Mortality in schizophrenia: a measurable clinical endpoint. *Journal of psychopharmacology*, 24(4_suppl), 17-25.
- 2) Saxena, S., & Setoya, Y. (2014). World Health Organization's comprehensive mental health action plan 2013–2020. *Psychiatry and clinical neurosciences*, 68(8), 585-586.



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