Impact of EX-IN trainings in Switzerland and Germany: Results of the training evaluation

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Aims

• To evaluate the impact of the EX-IN training programs on the participants’
  • physical and mental health
  • hope, self-efficacy, introspection
  • Recovery
  • stigma resistance
  • work situation

• To examine the influence of the proximity of the last hospitalization on participants’ outcomes
Methods

- 8 trainings in CH and 1 in D (2010-1016)
  - 144 persons completed EX-IN

- Standardized questionnaires before and after the training
  - Questionnaire to Assess Resources and Self-Management Skills (FERUS) (Jack 2007)
  - Internalized Stigma of Mental Illness Inventory (ISMI) (Sibitz et al, 2013)
  - SF-12 Health Survey; Health related quality of life (HRQoL) (Bullinger & Kirchberger, 1998)
  - Recovery Assessment Scale (RAS) (Cavelti, Wirtz, Corrigan, & Vauth, 2017)

- Analysis
  - Complete cases
  - Statistical analyses in SPSS
Results
Participants’ characteristics at start of the training

- N = 103 (74 % of all EX-IN participants)

<table>
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<tr>
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<th>N (%)</th>
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<tbody>
<tr>
<td>Female</td>
<td>69 (67 %)</td>
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<tr>
<td>Living alone</td>
<td>49 (47 %)</td>
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<tr>
<td>Employed</td>
<td>29 (28 %)</td>
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<tr>
<td>Prior experience as PSW</td>
<td>35 (34 %)</td>
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<tr>
<td>Years betw. inpatient admission and start of EX-IN</td>
<td>Mean (sd): 4,4 (4,6)</td>
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Changes over time

No significant changes in health-related quality of life
Changes over time

Significant improvement in introspection

\[ p = 0.049 \]
Changes over time

Significant improvements in personal recovery and stigma resistance

![Bar chart showing improvements in personal recovery and stigma resistance before and after training.](chart.png)

- Personal Recovery: p<0.001
- Stigma resistance: p<0.001

Peer Support Worker trainings in CH and D, HORATIO Festival 09 May 2019
### Changes in employment

Significantly more participants employed after EX-IN

(n = 72)

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<thead>
<tr>
<th></th>
<th>before</th>
<th>after</th>
<th>p-value</th>
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<tr>
<td>Employed</td>
<td>23 (32 %)</td>
<td>36 (50 %)</td>
<td>0,015</td>
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<tr>
<td>Main income: salary</td>
<td>22 (31 %)</td>
<td>25 (36 %)</td>
<td>0,549</td>
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Recent hospitalization and changes in outcomes
Significant differences in stigma resistance and self-efficacy

Two groups: Participants with

1. hospitalization in the year before EX-IN: n = 63 (61 %)
2. Previous hospitalization > 1 year ago: n = 30 (29 %)

Group 1 showed

1. significant lower stigma resistance at t1
2. significant lower self-efficacy at t1
3. but similar improvements during training
4. No differences at t2
Discussion

EX-IN as a sufficient preparation for PSW?

• EX-IN improved
  • personal recovery
  • stigma resistance
  • Introspection
  • employment
• Recent hospitalization no criterion for exclusion of training
• Indication that competencies enable to face challenges of PSW, e.g.
  • power imbalance
  • rejected attitudes from non-peer staff
  • confronting expectations
  • unclear role definitions
Thank you for your attention