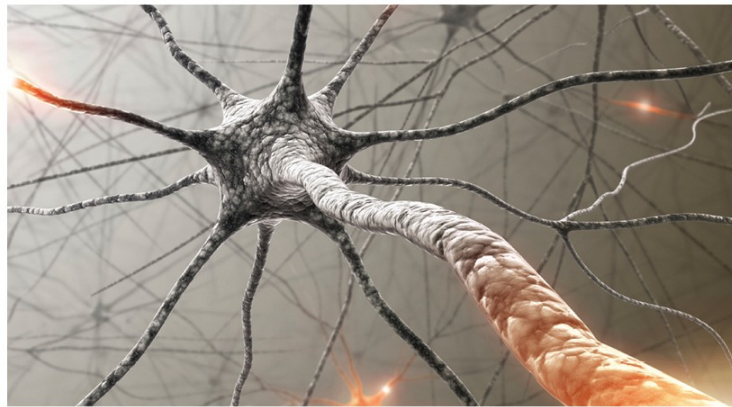




MENTAL HEALTH REPORTING: A CONTEXT-INFORMED APPROACH

Atlantic Symposium on Child and Youth Mental Health – 2015
Post-Symposium Webinar - November 2, 2015



PROTECTING CANADIANS FROM ILLNESS



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Webinar Presenter



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Starting Point

- Health data should inform policy and program decisions related to mental health;
- Yet, health data are often underused...
- *Why is that?*



The Challenge

- How *do* we make health data more **relevant**?

The Approach

- Region-specific reporting of health data
- Speak to context
- Knowledge translation (KT) principles



The Road to Greater Relevance

Mental Health Snapshot 2012

What should the scope be?

- *Focus on mental well-being*
- *Non-medical determinants of health*
- *Atlantic – specific lens*
- *Key vulnerable populations*

What do you want to accomplish by sharing this knowledge?

- *Create a product that:*
- *1) informs program planning*
- *2) influences public health policy*



Two Guiding Ideas (KT)

- 1) Knowledge created in isolation is less likely to be used, and;
- 2) Knowledge which others perceive to be relevant is more likely to be passed along.

Knowledge Product Criteria

K Product criterion ¹	Explanation	Indicators
Content quality	<ul style="list-style-type: none"> - The data are relevant ✓ - The content engages the reader ✓ - The evidence is robust ✓ 	<ul style="list-style-type: none"> - Sex and age differentiated data ✓ - Data accounts for population diversity ✓ - Key messages are easy to interpret
Legibility	<ul style="list-style-type: none"> - The language is accessible to diverse audiences - Graphs and tables are easy to read - The layout is clean 	<ul style="list-style-type: none"> - Use of plain language - Graphs enhance text - Adequate white space - B/W print works well
Timeliness	<ul style="list-style-type: none"> - The product is well-timed to inform target audiences and/or to influence decisions - The product is developed in a timely manner 	<ul style="list-style-type: none"> - Product is ready in time to meet operational requirements and/or inform key stakeholders - Realistic project timeline - Project deadlines are met
Relevance	<ul style="list-style-type: none"> - The product responds to priority policy and program topics - The evidence supports knowledge exchange objectives 	<ul style="list-style-type: none"> - Target audiences are receptive to the knowledge product - The evidence can be used to inform, influence or engage
Format	<ul style="list-style-type: none"> - The length and type of product is appropriate for the target audience(s) - More than one format may be useful 	<ul style="list-style-type: none"> - Audience responds positively to product format - Have you stuck to the principle of 1:3:25?
Credibility	<ul style="list-style-type: none"> - The data are credible ✓ - The interpretation is acceptable to target audiences ✓ - The ability to act as honest broker 	<ul style="list-style-type: none"> - Data sources are relatively current (last 5yr) and trusted ✓ - Peer / expert reviewers support conclusions / messages - A credible communicator



Data Considerations & Trade-Offs

Type: Self-reported, self-rated, administrative

Specificity: Age, ethnicity, place of residence

Incidence / prevalence: Point/ period estimates

Comparability: Reporting consistency

Reliability: Sample size, statistical significance

Mental Health Snapshot 2012

Income and financial security are among the strongest predictors of mental health.

Cultural values, such as sense of place and community, protect the mental health and well-being of those living in Atlantic Canada.

Heavy alcohol use is more common in the Atlantic Region, particularly among youth.

Youth who are mentally fit are more likely to participate in positive social behaviours.

Understanding the Early Years (2008-09)

Early experiences affect mental health *over the course of a person's life*

- » **2X boys** (12-15%) than girls have low pro-social behaviour
- » **Low pro-social** behaviour associated with low maternal education and low income
- » Single-parent, father unemployed, one parent no high school = **lower social support**

Perceived Mental Health (formerly self—rated)

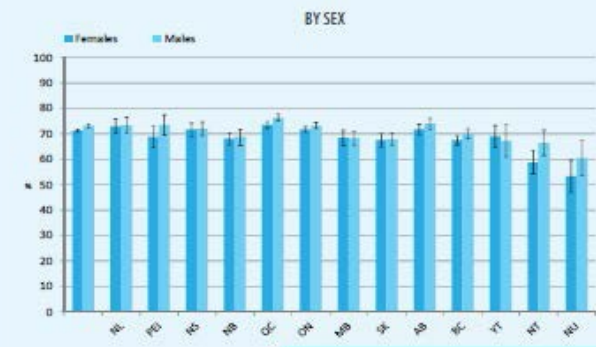
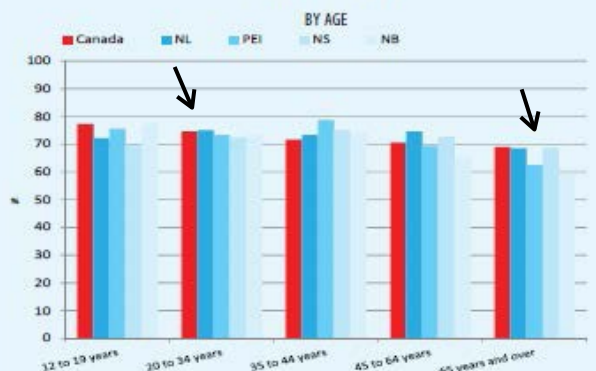
Is perceived mental health indicative of “actual”?

- Social desirability bias: conforming to expectation
- Research shows:
 - » is *consistent* with clinical measures;
 - » appears *more reliable* than administrative data.

Subjective Measures: What do you see?

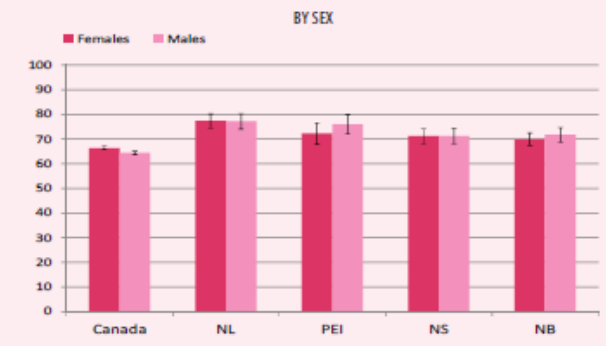
PERCEIVED MENTAL HEALTH, 2011-2012

Percentage of people age 12 years and over who rated their own mental health as 'very good' or 'excellent'



SENSE OF BELONGING, 2011-2012

Percentage of people age 12 years and over who reported a 'somewhat strong' or 'very strong' sense of belonging to the local community.



Confidence Intervals: Choose Wisely !

- Can point to meaningful differences
- More helpful the fewer the categories
- Use caution with descriptive statistics
- For clarity and strength of comparison

Data Differentiation

To speak to context:

- At a minimum, 2 variables most of the time
- Ideally, 3 variables
- In reality, 2 variables some of the time

A Typology of Evidence

- Lomas et al. (2005)

Context-free evidence

- What works in general
 - » e.g. medical-effectiveness research

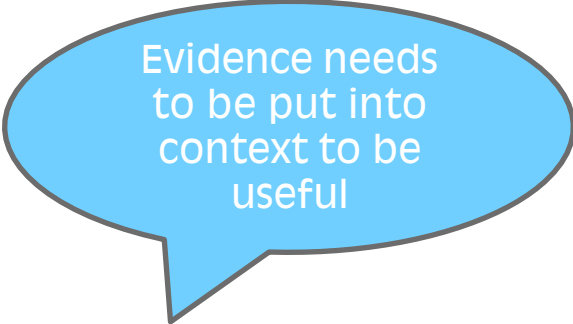
Context-sensitive evidence

- Evidence put into a particular operational setting
 - » e.g. implementation effectiveness

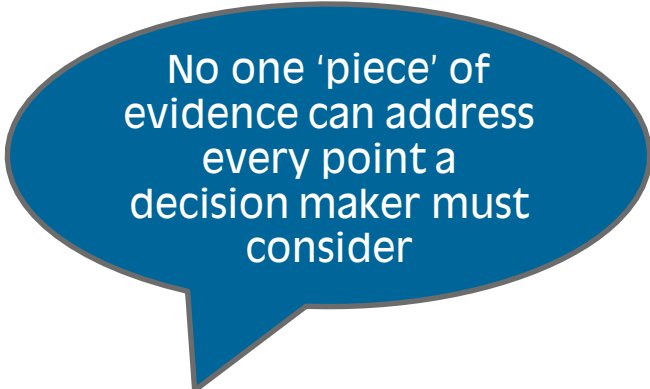
Colloquial evidence

- Establishes a fact or reason for believing in something
 - » e.g. expert opinion, first-hand experience

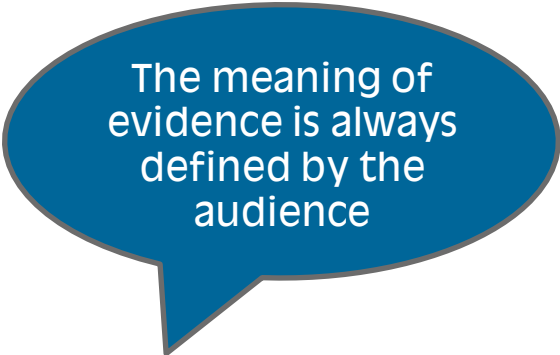
Evidence Pointers




Evidence needs to be put into context to be useful



No one 'piece' of evidence can address every point a decision maker must consider



The meaning of evidence is always defined by the audience



Evidence is fluid and evidence is fallible

Source: Hammersley M, 2005 in *The Knowledge Translation Toolkit*, Bennett and Jessani, IDRC, 2011

Additional Resources

Mental Health Commission of Canada. 2015. *The Mental Health Strategy For Canada: A Youth Perspective*.

Public Health Agency of Canada. 2015. *Report from the Canadian Chronic Disease Surveillance System: Mental Illness in Canada, 2015*.

Mental Health Commission of Canada (2015). *Informing the Future: Mental Health Indicators for Canada*.