



Title: Using an arts-based program to reduce mental-health-related stigma in young people

Acronym: weARTolerance

Project leader: Ana Beato

Host organisation: Universidade Lusófona de Humanidades e Tecnologias

Main purpose of the project:

This project aims will design and evaluate the impact of an arts-based program to reduce mental-health-related stigma and promote tolerant attitudes among Young Portuguese people. The program has 8 sessions and uses experimental tools and techniques from theatre, cinema/photography, music and plastic arts.

Design/methodology/approach:

A mixed-method design will be used. Focus-groups will provide useful insights during the preparation and the evaluation of the program. Adolescents and young adults (12-24 years-old), with and without psychological and neurodevelopmental conditions, will participate on the program. A randomized controlled trial will be delivered to assess its efficacy.

Potential results:

This project will provide evidence about the value of an arts-based program to fight prejudice and might be replicated afterwards by different institutions in various contexts from the community. The Project also contains a final presentation delivered to a larger audience. The all process Will be shown in a documentary.

Social relevance of the research:

The project is in line with the World Health Organization's priorities, increasing understanding and awareness about mental health, and reducing stigma. We will use high quality research methods and work with Young people, as active agents of social change and as a population particularly at risk for mental health problems.

Originality/value of the project:

This project involves various members of the community, stakeholders, and people with and without mental health conditions. The program provides a range of opportunities to train creative skills based on various artistic expression and to change mental-health-related stigma, integrating young people from different backgrounds, ages, and previous mental health conditions.